



Taste and Savor

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

# The Friday 4

## 1 Quick Recipe:

### Sicilian Shrimp

4 TB Sliced Garlic  
 1 Tsp Oregano  
 1- 2 Hot Peppers or Combo  
 of Hot and Sweet, Seeded  
 and Thinly Sliced  
 2 TB Extra Virgin Olive Oil  
 1 - 2 LB Large Shrimp, De-  
 veined and Shelled  
 ½ Cup Sicilian White Wine  
 1 - 2 TB Lemon Juice  
 3 TB Unsalted Butter  
 Toasted Rustic Bread

Sauté the garlic, oregano and peppers in the Extra Virgin Olive Oil until garlic is aromatic, about 1 minute. Place the shrimp in the pan. Pour in the wine and add the lemon juice. Cover and let cook for 3 - 5 minutes. Take off the heat, add the butter and let melt. Stir in the parsley. Serve with the toasted bread.



## 2 Kitchen Scoop

I call this recipe "secret" because when I enjoyed it in Sicily and asked for the recipe, the chef told me it was a "secret", an old family recipe. I took that as a challenge, and when I returned home, immediately got out the sauté pan and got to work. This recipe is super for an appetizer with crusty bread, or topping pasta with a sprinkle of toasted bread crumbs.

## 3 Clever Idea

With just a few ingredients, this recipe relies on quality ingredients. I used frozen wild caught shrimp, red jalepenos and poblano peppers, the wine from below and the freshest dried oregano I could find. Did you know that oregano is one of the dried herbs that we associate with Italy, the Mediterranean AND Mexico? Used all over the world, its power-packed with flavor and nutrition. Make sure

## 4 Cheers!

Tasca d'Almerita  
 Regaleali Bianco

Sicily - About \$16.00

Flavors of green apples, pears and juicy pink grapefruit make this straw-yellow colored wine sing with flavor.

This easy-to-drink wine is super as a sipper, but also pairs well with seafood like this shrimp. A blend of mostly indigenous grapes from Sicily, (plus a bit of chardonnay) it may be a little harder to find, but worth it!