



4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

1 Quick Recipe:

Flavorful Chickpea Curry

2 TB Olive or Avocado Oil
 1 Tsp Turmeric
 1 Tsp Cumin
 ½ Tsp Freshly Ground Black Pepper
 1 Tsp Garam Masala
 ¼ Tsp Cayenne Pepper
 1 Tsp Ground Coriander
 1 Red Onion, Chopped
 1 TB Grated Ginger
 4 Cloves Garlic, Grated
 1 (15 oz) Can Fire Roasted Crushed Tomatoes
 2 (15 oz) Cans Chickpeas, Drained and Rinsed
 Sea Salt to Taste
 1 ½ Cups Coconut Milk (15 OZ Can)
 Sliced Red Onions & Chopped Fresh Mint & Chopped Tomatoes for Garnish

Step One Heat oil in a saucepan over medium-high heat. Stir in the spices and stir until fragrant. Add in the onion, and ginger, and cook until the onion is wilted. Stir in the garlic, 1 Cup water, the can of tomatoes, and chickpeas; season to taste with salt. Bring to a boil, reduce the heat to low,

cover and simmer until chickpeas are soft, about 15 minutes.

Step Two After the chickpeas are softened, use a potato masher and mash them a little bit. Don't mash them all, you want a chunky sauce! Add the coconut milk and cook and stir for another 10 minutes or so - this will thicken the sauce. Serve, topped with garnishes.

2 Kitchen Scoop

Turmeric is used to bring color and aroma to this curry, garam masala to bring the authentic flavors of In-

dia, along with coriander and cumin - two essential Indian spices. Coriander is the seed that, when it grows - is cilantro! Cumin is what I call the "original smoky spice. It's used all over the world in many different cuisines, as diverse as Cuban, Mexican, Indian, Turkish and Lebanese.

3 Clever Idea

Use your favorite rice as a base for this curry, or shake it up by serving it on an ancient grain like farro or quinoa. I used brown jasmine for the photo above.

Ever tried a Portuguese Sparkler? Two grape varieties found typically in Port, Baga and Touriga Nacional are blended to make this delicious rosé wine in the Portuguese region of Bairrada - a very important area for sparkling wines. Base wines for sparkling wines need the kind of high acidity that the cool Portuguese Bairrada climate delivers. You'll enjoy an intense aroma of red fruits and bread with similar fruit forward tastes and good acidity that gives it structure and persistence.

4 Cheers!

Caves São João Bruto Sparkling Rosé Wine

Portugal
 About \$16

