



## 4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

## The Friday 4

**1 Quick Recipe:**

### South American Inspired Seafood Soup

- 1 Yellow Onion, chopped
- 1 Red Bell Pepper, chopped
- 1 TB Olive Oil
- 2 Cups Coconut Milk
- 1 tsp Dried Oregano
- 1 tsp Smoked Paprika
- ½ tsp Sea Salt
- ¼ tsp Freshly Ground Black Pepper
- 1 Can (15 oz) Fire Roasted Tomatoes OR 4 Roma Tomatoes, cut in half and placed skin side up under broiler until blackened
- 2 Lbs White Fish (like Amberjack, or Cod), cut in 2" pieces
- 1 Lb Medium Shrimp, peeled and deveined
- 2 Lemons, juiced
- ¼ Cup Chopped Cilantro

**Step One** Sauté onion and red pepper in oil over medium heat until soft, about 1 minute. Add coconut milk and spices. Bring liquid to boil, then simmer over low heat about 5 minutes.

**Step Two** Add tomatoes and simmer until warm. Stir in fish and cook for 5 minutes. Then add shrimp and simmer until just cooked through. Add lemon juice. Salt and pepper to taste. Garnish with cilantro.

**2 Kitchen Scoop**

Don't be afraid to buy and enjoy frozen fish. Unless you live on the coast, chances are the fish you are eating was frozen and shipped, even if it looks like it was fresh in the fish case. Many boats have equipment that freeze just-caught fish when still at sea.

**3 Clever Idea**

This recipe calls for 2 cups of coconut milk. If you remember that a standard sized 15 oz can holds 1 and ½ cups of product you can judge how many cans a recipe requires. Don't worry about how to save the rest of the coconut milk – it freezes great! It will separate when defrosted, but comes back together when whizzed up with the blender or immersion blender for a minute or two.

**4 Cheers!**

**Crios Torrontes**  
**Mendoza Argentina**  
**About \$16**

A winemaker with a fabulous reputation for high end Malbec, Susana Balbo is the mastermind behind this great-value-for-the-money white. Hailing from the slopes of the Andes in northern Argentina, this Torrontes is very fruity, floral and aromatic. If you are a fan of Viognier, Dry Rieslings or Gewurztraminer you will love wines made from the Torrontes grape.