



4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

1 Quick Recipe:Peach Shortcakes with
Rosé Glaze

2 Cups Whole Wheat Pastry Flour
(or All-Purpose Flour)
1/3 Old Fashioned Rolled Oats
1/3 Cup Dark Brown Sugar
1 TB Baking Powder
1/2 Tsp Sea Salt
1/2 Tsp Ground Allspice
1/4 Tsp Ground Ginger
1/4 Cup Chilled Unsalted Butter, cut in small cubes
3/4 Cup Milk + 1 TB, (can be dairy or non-dairy)
1 Large Egg White, beaten
2 TB Raw Sugar
4 Ripe Peaches, Peeled and Sliced
*Rosé Glaze
Greek Yogurt OR Whipped Cream for Garnish

Step One Preheat the oven to 350F. Whisk together the flour, oats, sugar, baking powder, salt, allspice and ginger together in a bowl. Cut in the butter cubes with a pastry blender or with 2 knives until the butter pieces are the size of peas. Add the 3/4 Cup milk and stir until just moist. Drop about 2 TB of dough



at a time on a baking sheet covered with parchment paper. Flatten the dough with floured hands and let rest on the sheet for 5 minutes.

Step Two While the dough is resting, make the topping. Whisk the 1 TB of milk together with the egg white. Using a silicone basting brush, paint the top of each biscuit with the mixture. Sprinkle the raw sugar over all. Bake for 15 minutes or until golden. Remove and let cool on a wire rack before splitting. Arrange peach slices on the shortcakes; drizzle with the rosé glaze.

2 Kitchen Scoop**Rosé Glaze*

Prepare the glaze, by bringing 1 Cup rosé and 2 TB raw sugar to a boil in a small saucepan over medium-high, stirring occasionally until sugar dissolves. Cook until syrupy and reduced to about 2½ tablespoons, about 12 - 15 minutes. Cool 10 minutes before using.

3 Clever Idea

These shortcakes get a tropical makeover when you use mangoes instead of peaches. Or make them "Southern" with strawberries or blueberries. No matter what kind of fruit you use, they will be delicious!

4 Cheers!

Gerard Bertrand Cotes des Roses
Languedoc, France
About \$16.00

An easy find in almost any grocery store is this bottle from famous French wine-maker Gerard Bertrand. You'll recognize the bottle by its distinctive rose shape on the bottom - the shape created by a student from France's famous fine arts school, Ecole Boulle. A steal at the price for its strawberry-raspberry aroma and fruit forward flavor - a taste that makes it perfect for the glaze and a glass on the side.