

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN USE  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Delicious Finger Food, Fast and Easy!

### Add These Treats to Your Table:

#### Peach & Pecan Goat Cheese Lollipops

1/4 Cup Peach Preserves, Chopped  
10 Oz Goat Cheese, Room Temp  
1 Cup Toasted Chopped Pecans  
24 Pretzel Sticks

**Step One** Add the peach preserves, goat cheese and 1/4 cup of the toasted pecans to a large bowl. Mix well. Put the remaining pecans on a plate. Using a teaspoon, scoop the goat cheese into small balls. Roll in the pecans to cover all sides. Place the pretzels in the center of each goat cheese ball.

#### Vidalia Dip on Sweet Potato Chips

2 Cups Water  
1/2 Cup White Vinegar  
1 Cup Sugar

4 Cups Thinly Sliced Vidalia Onions  
1 Cup Light Mayonnaise  
1 Tsp Celery Seed  
1 Dash Hot Sauce  
1 Dash \*Worcestershire Sauce  
Salt and Pepper to Taste  
1 Bag Sweet Potato Chips

**Step One** In a saucepan on high heat, bring the water, sugar and vinegar to a rolling boil. Put the onions in a large bowl and pour the vinegar mixture over them. Place in the refrigerator at least 8 hours or overnight. The next day, drain the liquid from the onions and add the mayonnaise, celery seed, hot sauce, Worcestershire and salt and pepper to taste. Serve as a dip, or place a teaspoon of the dip on top of the sweet potato chips.

## 2 Kitchen Smidgen

\*Worcestershire (WOO stah sure) Sauce may be the most mispronounced condiment in the world. This versatile sauce is named after the town of its origin - Worcester, England. Vinegar, molasses, garlic, anchovies and tamarind are just some of the ingredients that comprise the savory brew.

## 3 Get Creative

For another quick bite, update your favorite Pimento Cheese recipe by replacing pimentos with a couple of Roasted Red Peppers. The smoky, toasty peppers will add rich layer of flavor. Spread on toast rounds and top with julienned (thin strips) of fresh basil.

## 4 WINE of the Week

### 2008 Sebeka Chenin Blanc

Western Cape, South Africa

Publix about \$9.00

Here's the perfect "cocktail" wine to drink with hors d'oeuvres this spring - and with the great value, you can afford to serve all your friends. The Chenin Blanc grape, native to the Loire Valley in France, is the most widely planted grape in South Africa. Sebeka has flavors of citrus and pineapple, crisp acidity and a nice finish with just a touch of honey.