

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: A Loaf of Bread and a Bottle of Wine Makes the Meal!

### Casual Dinner or Great Appetizer!

#### Artichokes and Peppers with Basil-Balsamic Vinaigrette

- 3 Boxes Frozen Artichoke Hearts, Defrosted
- 1 TB Extra Virgin Olive Oil
- 1 Tsp Each Sea Salt and Pepper
- 3 Red, Yellow or Orange Peppers, Roasted and Cut into Thin Strips
- \*Basil-Balsamic Vinaigrette
- ¾ Cup (¼") Cubed Asiago, Fontina or other Semi Soft Italian Cheese
- ¼ Cup Capers, Drained
- ¼ Cup Kalamata Olives, Chopped
- ¼ Cup Chopped Basil

**Step One** Toss the artichoke hearts, olive oil and salt and pepper together. Place on a sheet pan and roast for 20 – 30 minutes.

**Step Two** Toss the peppers and

roasted artichoke hearts with about half of the dressing. Place on a large platter and top with the cheese, capers, & olives and basil.

\*Basil-Balsamic Vinaigrette

- 1 Garlic Clove, Grated
  - 2 TB Dry Red Wine
  - 2 TB Balsamic Vinegar
  - 1 Tsp Dijon Mustard
  - ½ Cup Basil Leaves, (Packed)
  - ¼ - ½ Cup Extra Virgin Olive Oil
  - Sea Salt and Black Pepper to taste
- Place the first 5 ingredients in a food processor or blender and process well. Drizzle in the olive oil, and season with salt and pepper.

### 2 Kitchen Smidgen

Fontina cheese is a classic Italian cheese made from cow's milk. With a 45% milk fat content, the cheese is

creamy and rich with a nutty flavor, which gets stronger with aging. Not only is it good as a slicing cheese – but luscious and smooth when melted. Make sure you buy Italian Fontina for this recipe – Danish Fontina has a much milder taste that may be overwhelmed by the other stronger flavored ingredients in this dish. How to tell if it is Danish Fontina? Look for the red rind.

### 3 Get Creative

Asiago, pronounced ah-SYAH-goh, is a delicious mild cheese is named for the region in the Italian Alps where it was first produced. There are two types: pressato (fresh) and d'allevo (mature). The cheese, made with whole milk from grass fed cows is matured for 20 to 40 days. The fresh is smooth and creamy and the mature is crumbly and tangy.

### 4 WINE of the Week

**Michele Chiarlo Barbera d'Asti**  
Piedmont Italy

Total Wine around \$13.00

Did you know that there are over 350 grape varieties growing in Italy? One you shouldn't miss is Barbera (bar-BEH-ra). Barbera is a black (red) grape that has cherry flavors, soft tannins, and medium to high acidity. A perfect pick with almost any Italian meal - and easy on the wallet as well!