

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Fun and Flavorful Appetizer or Dinner!

### Perfect Make Ahead Meal: Salt and Pepper Grilled Chicken Skewers

6 Chicken Thighs  
2 TB Extra Virgin Olive Oil  
Sea Salt and Freshly Ground Black Pepper to taste

#### Step One

Toss the chicken with the olive oil and sprinkle with salt and pepper. Set aside for 30 minutes.

#### Step Two

Remove the chicken from the oil and cut each thigh in 3 pieces. Skewer, and cook on a hot grill pan or grill until the juices from the chicken run clear - about 10 minutes, turning only once.

#### Romesco Sauce

1 Cup Slivered Almonds

2 (1") Slices Rustic Country Bread  
½ Cup Sherry Vinegar  
2 Roasted Red Peppers  
2 TB Tomato Paste  
1 TB Lemon Juice  
1 TB Sweet Smoked Paprika  
½ Tsp each Salt and Black Pepper  
¾ Cup Extra Virgin Olive Oil

#### Step One

On a baking sheet, toast the almonds in a 350F oven for 10 minutes. Set aside to cool.

#### Step Two

Cube the bread, and place in a bowl with the vinegar for 30 minutes.

#### Step Three

In a food processor, grind the almonds, add the vinegar and bread, the peppers, tomato paste, lemon

juice, paprika, salt and pepper. With the motor running, slowly add the olive oil. Taste for salt and pepper and serve.

### 2 Kitchen Smidgen

Bold, nutty and smoky - **Romesco** sauce is made with roasted red peppers, almonds and garlic. Originally from Catalonia in Spain, instead of being thickened with flour it calls for bread, a unique "Old World" technique for rich and creamy sauces.

### 3 Get Creative

Romesco is not just for chicken. Its a delicious sauce for white flaky fish, and a fun dipper for crudites or boiled shrimp. I sometimes enjoy it as Spanish Pasta, topping whole wheat penne pasta with a grating of manchego cheese and a sprinkle of cilantro.

## 4 WINE of the Week

Segura Viudas Heredad Brut  
Penedes, Spain  
Cost Plus World Market about \$20

Spain's famous bubbly, Cava, is also from the Catalonia community in Spain. Served in tapas bars as an accompaniment to delicious savory small bites like Chicken with Romesco, this Cava has a creamy apple and pear taste, with aromas of pears, green apples and vanilla. Fun to drink before, during and after dinner!

