

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: One Delicious Chocolaty Bite is Enough!

Make them on Sunday, Everyone will Enjoy them all Week:

Date Chocolate Coconut Balls

½ Cup Toasted Almonds

½ Cup Toasted Walnuts

½ Cup Toasted Pecans

16 Pitted Large Dates

3 TB Pomegranate Molasses (or Honey)

Zest of 2 Oranges

½ Tsp Cardamom

½ Tsp Cinnamon

3 Oz Dark Chocolate (at least 70% Cocoa), Finely Chopped

1/8 Tsp Fine Sea Salt

1 Cup Unsweetened Coconut

Step One Place the first eight ingredients in a food processor

and pulse until the mixture is completely chopped and forms a thick paste. Add in the dark chocolate. Place in a bowl and refrigerate for at least 1 hour, up to over night.

Step Two Remove from the fridge and with a spoon, make 1" balls by carefully pressing the balls together. Roll in the unsweetened coconut. (These keep great in the fridge for a week!)

2 Kitchen Smidgen

I love the brighter, fresher taste of unsweetened dried coconut. Without sugar, the pure coconut flavor shines through. Did you know that coconuts are part of the daily diet of many

people around the world as it provides a nutritious source of meat, juice, milk, and oil? It's name comes from early Spanish explorers who called it "coco" which means monkey face, because the three indentations (eyes) on the hairy nut resembles the head and face of a monkey. No matter how you eat coconut, you are getting a delicious mix of fiber, vitamins and minerals!

3 Get Creative

Don't you love the Chocolate Coconut Balls in the "Sand Trap" above? Make your golfer their own sand trap by pouring a box of raw or demadura sugar in a large white platter. Make a flag and place in a plastic cup to create the pin.

4 WINE of the Week

**Freixenet Cordon Negro Brut
Catalonia, Spain**

Kroger, Publix about \$12

It's not a surprise to Friday Four readers that I like sparkling wine with dessert, (actually with anything:), but this is a sparkler that you may not serve to friends because it is ubiquitous at college bashes and big parties. But it's time to take another look at this easy-to-drink and affordable cava. Fresh-EN-net is made in the traditional, or methode Champenoise method, resulting in active tiny bubbles and a crisp, but slightly yeasty taste and aroma. Try it again - you'll like it!