

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Delicious Ginger Sesame Fish with NO Cleanup!

A Complete Meal in 1 Package: Ginger Sesame Fish

- 4 Fish Filets (8-10 oz each)
- 4 Cups Cooked Brown Rice
- 2 Cups Shredded Napa Cabbage
- 2 Cups Shredded Carrots
- 6 Green Onions, White and Green Thinly Sliced
- 3 TB Canola or Grape Seed Oil
- 2 TB *Grated Fresh Ginger
- 3 Cloves Garlic, *Grated
- 4 TB Light Soy Sauce
- 5 Tsp Dark Sesame Oil
- 1/4 Cup Chopped Cilantro
- Aluminum Foil

Step One Preheat the oven to

425F. Make 8 foil squares about 16" x 16". On each foil square, spread 1/8 of the rice. Cut each fish filet in half. Layer the fish, cabbage, carrots, and scallions on the rice.

Step Two In a small bowl, whisk the oil, ginger, garlic, soy sauce, sesame oil and cilantro together. Pour over the fish. Close up the packets by crimping the edges together. Bake 20-25 minutes.

*The easiest way to grate the ginger and garlic is with a Microplane.

2 Kitchen Smidgen

This recipe uses aluminum foil to create an oven package for the rice,

fish and veggies. When you see the words "en papillote" it is the same cooking method as we are using here: placing food in a closed package and cooking in the oven or on a grill. You can use foil or parchment paper to make a package.

3 Get Creative

You can enjoy just about any type of fish in this recipe. If your favorite fish is not in season, don't hesitate to use frozen fish. Frozen fish is as good as fresh fish, and indeed sometimes better. Fish and seafood begin to decline in quality immediately after being caught. Freezing fish quickly retains quality and seals in freshness. When fish is frozen at sea it could not be fresher.

4 WINE of the Week René Barbier Mediterranean White

Catalunya, Penedes, Spain
Cost Plus around \$7.00

Simple, Affordable and Refreshing are the three words that describe this light weekday white. This blend of Xarello, Macabeo and Parellada grapes are surprisingly good for sipping with light fish dishes. Never heard of these grapes? Bet you have enjoyed them before - they are the principal grapes of the Spanish sparkling wine, Cava.