

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Delicious, with Authentic Mexican Flavors and Ingredients!

Great for Leftovers, Too:

Enchiladas with Peanut Almond Sauce

1 Cup Raw Whole Almonds
6 Dried *Ancho Chili Peppers,
Seeded, Cut into Pieces
3 TB White Sesame Seeds
1 Cup Roasted, Salted Peanuts
½ Red Onion, Coarsely Chopped
2 Cloves Garlic
1 Slice Whole Wheat Bread, Dipped
in Apple Cider Vinegar, Drained
2-3 Cups Chicken (or Veg) Broth
18 Corn Tortillas
2 Large Cooked Chicken Breasts,
Shredded - or 3 Boxes Frozen Spin-
ach, Defrosted, Drained Well
½ Cup Chopped Roasted Peanuts
Chopped Cilantro

Step One

Preheat the oven to 350F. Toast the almonds on a sheet pan for 8 minutes. While the almonds are toasting, in a skillet over medium-high heat toast the chilies and sesame seeds until the seeds are golden, about 3 minutes.

Step Two In a food processor, grind the peanuts and almonds, sesame seeds and chilies. Add the onion, garlic and bread and 2 cups of the broth. Puree.

Step Three Add the puree to the skillet. Bring to a simmer over medium heat to blend the flavors. Cook and stir for 5 minutes. (If mixture is too thick to dip the tortillas, add more broth.)

Step Four Warm the tortillas briefly

in the microwave and dip them, one at a time into the nut puree - fill with 2 TB of the chicken (or spinach). Fold in half and place in a 9" X 12" baking pan. Spread the remaining sauce over the top, and bake for 20 minutes. Garnish with chopped peanuts and cilantro to serve.

2 Kitchen Smidgen

*Ancho Chili Peppers are Dried Poblanos. Look for ones that are still supple and pliable - they should smell like spicy raisins. Remove the seeds and stems, and cut them into pieces with kitchen shears.

3 Get Creative

The whole wheat bread dipped in vinegar is a way to add texture and flavor to the sauce. This technique is also used in delicious red-pepper-filled Spanish Romesco Sauce!

4 WINE of the Week

Annie's Lane Chardonnay

Clare Valley, Australia

Cost Plus World Market around \$10.00

This lively, clean, green Chardonnay, with flavors of peaches and melons, is a palatable pairing for lightly spicy Mexican dishes. It's rich mouth-filling feel is due to a method of vinification called malolactic fermentation that creates a buttery body and more taste complexity in the wine.