

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Your Choice of Meats, Poultry or Seafood on the Grill!

### No Need to Visit the Steakhouse: \*Churrasco Mixto with Two Salsas!

Put 6" Bamboo Skewers into water to soak. Cut 2 LBs of your choice of meat, poultry or fish into skewer-long-thin strips and slide on to the bamboo skewers, (make sure not to jam the meat too close together.) Sprinkle with sea salt, pepper, olive oil, lime juice and grated garlic. Let sit on the counter for 30 minutes and then grill to desired doneness.

#### Tomato Salsa

1 Cup Peeled, Seeded and Chopped Tomato  
1/2 Cup Each Chopped Red and Green Pepper

3 TB Red or White Wine Vinegar  
1/4 Cup Extra Virgin Olive Oil  
Sea Salt and Freshly Ground Black Pepper, to taste  
Combine all ingredients in a medium bowl and stir well. Let the flavors blend at room temperature for an hour before serving.

#### Salsa Verde

1 Cup Parsley, (Packed)  
1/2 Cup Extra Virgin Olive Oil  
1/2 Cup Cilantro, (Packed)  
1/3 Cup Red Wine Vinegar  
2 Cloves Garlic, Peeled  
3/4 Tsp Red Pepper Flakes  
1/2 Tsp Cumin  
1/2 Tsp Salt

Combine all the ingredients in a food processor or blender and puree. Let the flavors blend at room temperature for an hour before serving.

### 2 Kitchen Smidgen

Churrasco is a Portuguese and Spanish name for grilled meat. A different cut of meat is the distinction for countries from Europe to Latin American to Africa that serve Churrasco. In Argentina and Brazil, this BBQ was traditionally served on the ranch each night for dinner, with a twice a year special event that invited the local community.

### 3 Get Creative

Why do we allow some foods to sit for a time before serving? So the flavors have a chance to blend, brighten, develop or "marry". Try this with your homemade sauces, salsas, chutneys and salad dressings!

it can go the dinner distance from appetizer through a berry dessert.

## 4 WINE of the Week

Le Pont Bandol Rose

Bandol, Provence France  
Total Wine about \$16.00

Spicy and earthy with fruity flavors, this crisp rose pairs well with any meat from the grill. Made from a blend of Mourvedre and Grenache, it can go the dinner distance from appetizer through a berry dessert.