

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: This Spice Combination is Super with Chicken or Pork, Too!

A Taste of Morocco and Tunisia : Grilled Fish with North African Spices

4 TB Olive Oil
 ½ Tsp Pepper
 1 Tsp Cumin
 1 Tsp Ground Coriander
 1 Tsp Turmeric
 1 Tsp Smoked Paprika
 2 Cloves Garlic
 6 Green Onions
 ½ Cup Cilantro, Packed
 ¼ Cup Parsley, Packed
 4 Tuna Steaks, or other Fish
 Steaks or Filets

Step 1 Heat 2 TB Olive Oil in a small sauté pan over medium

high heat. Add the pepper, cumin, coriander, turmeric and paprika. Stir for 1 - 2 minutes or until spices are fragrant.

Step 2 Add the garlic to a food processor and pulse until well minced. Add the onions, cilantro and parsley. Add the spiced oil and pulse. Cut the fish lengthwise into ½" slices. Place the fish in a zippy bag, pour the marinade over, and refrigerate for 2 hours.

Step 3 *Remove the fish from the frig 30 minutes before grilling. Using a grill pan, or clean, oiled grill outside, cook the fish until

done, (turning once) about 2-3 minutes per side.

2 Kitchen Smidgen

*When grilling meat or fish, it's always a good idea to bring it to room temperature before cooking - it allows the protein to cook evenly, avoiding drying out the exterior before the inside cooks.

3 Get Creative

To maximize the flavor of dried spices, toast them in a pan with or without oil. Stir them around until they release their aromas, then remove from the heat so they don't scorch.

4 WINE of the Week

Domaine/Maison Joseph Drouhin
Beaujolais Villages

Beaujolais, France
Total Wine around \$13.00

Here's a fun light red to pair with fish like this. Serve this easy drinking, fruit forward red wine a bit chilled to bring out its delicious raspberry-strawberry flavors. Made with the Gamay grape, it hails from the greater Burgundy area of France, in Beaujolais. Carbonic maceration is the traditional method used to create this wine. Grapes are placed in a large vessel to ferment, so most of the juice ferments inside the grapes, resulting in low tannins and fruity bright tastes.