

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Tangy and Sweet, Accented with Fresh Tarragon Flavor!

Distinctive Flavor from Your Grill: Maple Mustard BBQ Chicken

Marinade

- ¼ Cup Spicy Whole Grain Mustard
 - 2 TB Lemon Juice
 - 2 Tsp Worcestershire Sauce
 - 1 Tsp Minced Tarragon
 - ¼ Tsp Black Pepper
 - 4 Boneless Skinless Chicken Breasts
– Halved Horizontally
- #### Sauce
- ½ Cup Spicy Whole Grain Mustard
 - ¼ Cup Lemon Juice
 - 2 – 4 TB Maple Syrup
 - 1 TB Worcestershire Sauce
 - 1 TB Minced Tarragon
 - Dash of Cayenne Pepper
 - ¼ Tsp Black Pepper
 - ½ Tsp Sea Salt

Chopped Fresh Tarragon

Step One Whisk together the marinade ingredients in a large bowl. Add the chicken and mix well. Cover and Marinate for up to 1 hour.

Step Two Mix the sauce ingredients together and place in a small saucepan over medium heat and warm for about 10 minutes.

Step Three Remove the chicken from the marinade and pat dry. Grill over medium heat for 5 - 7 minutes. Turn it only once during cooking. Remove, dunk in the warm sauce and garnish with tarragon.

2 Kitchen Smidgen

When buying tarragon, make sure you buy French tarragon instead of Russian. French tarragon is ex-

tremely fragrant with a pronounced anise flavor. Yet another tarragon variety – often called Mexican tarragon - can stand in for the French in a pinch, but is a little “spicier”. Tarragon’s species name, *dracunculus*, comes from the Latin for dragon, and reflects the shape of its leaves as well as its middle ages reputation for curing snake bites.

3 Get Creative

You probably know that maple syrup is a delicious sweetener made from the sap of maple trees. But did you know that it’s available in different grades from AA though D? Grade A is sold widely and typically served with pancakes or breakfast. Grade B is my favorite, darker with a little more intense flavor; it’s worth the work to seek it out! Try your own taste test to discover which one you like.

4 WINE of the Week

George Duboeuf Fleurie Flower Label

Beaujolais, Fleurie, France
Total Wine around \$15.00

This flavorful wine is from maker Georges Duboeuf, who has been called the “king” of Gamay. Gamay is the primary grape grown in Beaujolais. Fleurie is one of the top ten wine areas or “Crus” in Beaujolais. It has potent aroma of ripe strawberries and cherries and a juicy taste to match.