

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN USE  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Crunchy Lettuce, Briny Seafood and Tangy Dressing!

### Delicious Greens Tonight: Grilled Seafood Salad

#### Dressing

1/2 Cup Red Wine Vinegar  
1 TB Dijon Mustard  
1 Tsp Anchovy Paste (or 1 anchovy finely chopped)  
2 Cloves Garlic, *In a Paste* \*  
1 Tsp Minced Fresh Thyme  
1/2 Cup Extra Virgin Olive Oil  
Kosher Salt and Pepper To Taste  
Make the dressing by placing all the ingredients in a jar and shaking well. Season with salt and pepper.

#### Salad

1 - 2 LBs *Your Choice of Fresh Fish* \*, cut into 1" pieces  
12 Jumbo Shrimp, shelled and deveined

12 Large Sea Scallops  
1/4 Cup Extra Virgin Olive Oil  
Salt and freshly ground pepper  
Cherry Tomatoes, halved  
Romaine Lettuce, coarsely chopped

#### Step One

Brush the fish, shrimp and scallops with the olive oil and season with salt and pepper to taste. Grill the fish, shrimp and sea scallops until just cooked through, about 2 to 3 minutes per side.

#### Step Two

Toss the romaine and the tomatoes together with the dressing. Top with the fresh fish, shrimp and scallops.

## 2 Kitchen Smidgen

\*One of the quickest ways to get

*your garlic* to incorporate into a salad dressing is to smash it into a paste. Mince your clove, add a little kosher salt to it, and using the flat side of your knife mash the garlic clove and the salt together. The salt will literally melt into the garlic, making it meld easily with your other salad ingredients.

## 3 Get Creative

\*... *And shake up the "Salmon" habit!* Salmon is a wonderful choice, but not always in season. Check out the fish counter for some of these tasty substitutes: Steelhead Trout, Tuna, Grouper, Halibut - any fish that is cut into a steak would be excellent in this recipe.

## 4 WINE of the Week

### Paso a Paso Verdejo

LA MANCHA, Spain  
Cost Plus about \$10.00

How about a white that will pair perfectly with your seafood salad, plus lots of other summer dishes? This refreshing Spanish wine is crisp, lemony and limey on the nose with a medium bodied taste of citrus, melons and peaches. Verdejo (vehr-DAY-yoh) is the name of the grape and the wine. Paso a Paso hails from La Mancha, a dry region south of Madrid - made famous by Don Quixote and his windmill battles.