

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Relax on Christmas Morning - Brunch is Done!

### Open a Bottle of Sparkly and Enjoy:

#### The Grits

1 ½ cups Quick - 5 Minute Grits  
1 Tsp Sea Salt  
1/2 Cup Soft Low Fat Cream Cheese  
½ Cup Shredded Parmesan

**Step One** Bring 6 cups of water and the salt to a boil. Whisk in the grits, reduce the heat to a simmer and cook over low heat for about 5 minutes, stirring often.

**Step Two** When the grits are creamy blend in the cream cheese and the Parmesan. Top the grits with the shrimp and gravy. Serve sprinkled with the bacon and accompanied by hot pepper sauce.

#### The Shrimp and Gravy

1LB Large Shrimp, peeled, deveined and halved lengthwise

Juice of 1 lemon  
1 Tsp Sea Salt  
½ Tsp Cayenne Pepper  
3 Slices Turkey Bacon, Finely Chopped  
½ Cup Minced Red Onion  
½ Cup Minced Red Bell Pepper  
6 Scallions, Chopped  
1 Garlic Clove, Minced or Grated  
2 TB Whole Wheat Flour (or Brown Rice Flour to make it Gluten Free)  
1 Cup Vegetable Stock  
Sea Salt and Black Pepper  
Bottle of Hot Sauce

**Step One** Toss the shrimp with the juice, salt and cayenne. Set aside.

**Step Two** Fry the bacon in a skillet until crispy. Remove and set aside. Add the onion, and pepper, sauté until wilted, about 5 minutes. Add the scallions and garlic; sprinkle the

flour over the mixture, sauté for 2 minutes. Stir in the stock and cook for 5 minutes. Add the shrimp to the gravy, sauté until just pink and season with salt and pepper.

### 2 Kitchen Smidgen

Complete your brunch with recipes from past Friday Fours:

12/21/07 Baked Maple Cinnamon French Toast

11/19/10 Corn Muffins & Herb Butter

### 3 Get Creative

And Add some fruit with:

**Oranges with Cinnamon Pomegranate Honey**  
8 Large Navel Oranges, Sliced into Thin Rounds  
8 Large Dates, Pitted and Chopped  
¼ Cup Almonds, Toasted and Chopped  
3 TB Honey + 3 TB Pomegranate Molasses  
½ Tsp Cinnamon + Pinch of Salt  
Place Orange Slices on a Large Platter, overlapping. Top with the dates and almonds. Whisk together the honey, molasses, cinnamon and salt and drizzle over the platter.

## 4 WINE of the Week

Poema Cava

Spain

About \$10.00 at Kroger, Publix

Perfect with the addition of a little orange or pomegranate juice, or just by itself with a couple of pomegranate seeds dropped in the bottom of your glass. You'll find Poema crisp, bubbly and refreshing!