

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Everyone Loves the Flavors of Sushi!

Enjoy Sushi without the Roll:

Inside Out Nori Rolls

Shrimp Marinade

¼ Cup Light Soy sauce

2 TB Dark Brown Sugar

2 TB Grated Fresh **Ginger**

4 Large Garlic Cloves, Grated

2 LBs Large Shrimp

*Asian Yellow Brown **Rice**

Sliced Avocado

Sliced Cucumber

Crumbled **Nori**

Black Sesame Seeds

Step One Whisk soy sauce, brown sugar, ginger, and garlic in large bowl. Preheat a very clean grill or grill pan at medium-high heat. Add the shrimp to the marinade; toss to coat. Let marinate at room temperature 15 minutes. Brush the grill with

olive oil. Grill the shrimp until cooked through, about 2 minutes.

Step Two Place a scoop of rice on the plate, top with avocado slices, cucumber, shrimp, sesame seeds and crumbled Nori.

2 Kitchen Smidgen

*Asian Yellow Brown Rice

¼ Cup Minced Yellow Onions

2 TB + ¼ Cup Extra Virgin Olive Oil

1 TB **Turmeric**

1 Tsp Freshly Cracked Black Pepper

2 Cups Brown Basmati **Rice**

4 Cups Vegetable Broth

¼ Cup Chopped Cilantro

½ Cup Rice Vinegar

1/3 Cup Sugar

2 Tsp Salt

Step One Sauté the yellow onions with the 2 TB oil in a large stock pot

until soft. Add the turmeric and pepper and cook and stir another minute. Add the rice and broth. Bring to a boil. Cover and reduce the heat and let simmer for 45 minutes or until the rice is done.

Step Two While the rice is cooking, add the vinegar, sugar and salt to a small sauce pan, heat until the sugar is dissolved. Remove from the heat and whisk in the oil. Toss the dressing with the rice.

3 Get Creative

Nori are thin, dried seaweed sheets. Dark green, almost black, we most often see Nori as the outer layer of sushi rolls. When you are looking for Nori for this recipe, look for toasted Nori or to toast it yourself, hold the Nori over a gas flame or quickly under the broiler to toast the sheet before crumbling.

4 WINE of the Week

Pine Ridge Chenin Blanc Viognier
Clarksburg, Lodi California
Total Wine about \$10

Both Chenin Blanc and Viognier wines are traditional choices for sushi and Asian foods. This wine is a terrific combo of both of the best characteristics of grapes - it's subtle sweetness provides balance alongside foods with a touch of spice. You'll smell light floral aromas with a crisp, bright honey taste.