

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Tasty, Fresh, Fun to Prepare and Eat!

Use Any Veggies You Like in: Pub Salad

4 Cups Lettuce, Your Choice
4 Cups Bar Ingredients (such as pickled beets, boiled eggs, sliced cucumbers, chopped celery, grape tomatoes or olives)
4 Oz Cheddar and/or Blue Cheese, cubed or crumbled
1 Recipe Pub Dressing
Toss the lettuce together with the Pub Dressing in a large bowl. Arrange the lettuce on a platter as the base of the salad. Place the salad bar ingredients over the lettuce and serve with the remaining dressing on the side.

Pub Dressing

½ Cup Light Mayonnaise

2 TB Malt Vinegar
1 TB Chopped Fresh Tarragon
1 Tsp Whole Grain Dijon Mustard
1 TB+ Dark Beer or Apple Juice
Sea Salt and Freshly Cracked Black Pepper
Combine the mayonnaise, vinegar, tarragon and Dijon mustard in a jar. Add enough beer or apple juice to enable the dressing to pour easily. Season to taste with salt and pepper.

2 Kitchen Smidgen

I like Julia Child's method for boiling eggs. (Exact for advice to boil the eggs twice - I have never had too much trouble peeling my eggs.) So, here it is: put (up to 6) eggs in the bottom of a saucepan. Cover with

cold water and bring the water to a boil, cover, remove from the heat and let sit for at least 17 minutes before removing the eggs and putting them into a bowl of ice cubes and water. Let sit until cool enough to peel.

3 Get Creative

Malt vinegar is delicious with more than fish and chips! Following a beer-like brewing process it is aged for several months in oak barrels, developing a dark, strong flavor and medium intensity. Add a tablespoon of malt vinegar into a pan of quick sautéed kale or collards for a real zing to your greens. It's also wonderful in coleslaw.

4 WINE of the Week

Louis Latour Grand Ardeche Chardonnay

Coteaux de l'Ardeche France
Kroger about \$10

The Ardeche is the name of the region in France and the river that runs throughout it. Louis Latour is the producer of some of the finest wines in Burgundy and surrounding areas. This Chardonnay is an excellent example of a bright, citrusy quaffer. It has a tropical aromas with lots of lemon and tastes like vanilla and spices with good acidity.