

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Tangy, Lemony and Different Delicious Mini Sandwiches!

Fun for a Picnic or a Potluck:

Lemon Chicken Sliders with Raisin Chutney

8 Cups Raisins
1 ½ Cup Sugar
4 Cups Red Wine
¼ Cup + 2 TB Balsamic Vinegar
1 ½ Tsp Ground Cloves
1 TB Sea Salt
1 ½ Tsp Ground Black Pepper
2 Lemons
½ Cup Light Mayo

8 Cooked Chicken Thighs, preferably made with Garam Masala
12 Whole Wheat Dinner Rolls

Step One Very thinly slice the lemons. (A mandolin or the slicing blade of a food processor is best for this job) Set aside for at least 2 hours.

Step Two In the bowl of a food processor, add the raisins and sugar. Pulse to coarsely chop and place in a sauce pan along with the wine, vinegar, cloves, salt and pepper. Bring to a boil and then reduce to a simmer and cook and stir until syrupy – about 10 minutes, Remove from the heat and set aside to cool. (You can prepare ahead of time and place it in the frig.)

Step Three Roughly chop the lemons and stir into the mayo. Chop the chicken. On the bottom of each roll layer the jam, then the chicken. Spread the top bun with lemon mayo and place on the sandwich.

2 Kitchen Smidgen

Cloves are flower buds that are

dried and sold whole or dried. They have a distinctive, sweet flavor that many people recognize as an aroma of the holidays. They are native to Indonesia, and today are harvested mainly there, Sri Lanka, and India. The word is derived from the French word clou, meaning, "nail." No ground cloves in the cupboard? A good substitute for cloves is allspice.

3 Get Creative

This recipe makes LOTS of raisin chutney - on purpose! The chutney is wonderful over goat cheese, as a glaze for a pork tenderloin or even a topping for a cream-cheese-spread bagel. I usually share when I make it, it's a terrific hostess gift.

4 WINE of the Week

Black Swan Shiraz

SE Australia
Kroger, Publix around \$8.00

You may have passed over this wine in the grocery store, but no more! A perfect wine to use when making the raisin chutney and enjoy with the sliders. Australian Shiraz is one of the best values in the market today – especially those wines with the designation of South East (SE) Australia. Black Cherry plus spices and dark cocoa on the nose opens up to juicy jammy dark fruits on the taste.