

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN USE  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Hearty, Warm, Delicious and Easy for Family and Friends!

### Shake it Up with Seafood:

#### Luscious and Lighter Seafood Gumbo

- 1 Cup Whole Wheat Flour
- 1 Tsp Olive Oil
- 1 Cup Chopped Smoked Turkey
- 2 Cups Chopped Onion
- 1 Cup Chopped Red Pepper
- 1/2 Cup Chopped Celery
- 4 Garlic Cloves, Grated
- 1 (15 oz) Can Fire-Roasted Tomatoes
- 1 TB Purchased Cajun Seasoning
- 24 - 32 Oz Light Chicken Stock
- 2 Bay Leaves
- 1 (8 oz) Pkg Crab Meat
- 1 LB Medium Shrimp, Uncooked, but Peeled and Deveined
- 1 Tsp - 1 TB Hot Sauce
- Kosher or Sea Salt and Freshly Cracked Black Pepper to Taste

#### To Serve:

Warm Brown Rice, Chopped Parsley, Thinly Sliced Green Onions

**Step One** Place the flour in a 9 or 10-inch cast-iron skillet; cook over medium heat 20 - 30 minutes or until nicely browned, stirring constantly with a whisk. Remove from the heat.

**Step Two** Heat the oil in a stockpot. Add the turkey and sauté until browned. Add the onion, red pepper, celery, and garlic; sauté until vegetables are tender. Add the tomatoes, Cajun seasoning, stock and bay leaves, and bring to a boil.

Gradually add the browned flour, stirring with a whisk. Reduce heat; simmer, uncovered, for 20 minutes, stirring occasionally.

**Step Three** Remove and discard the bay leaves. Add the shrimp and

cook for 3-4 minutes or until the shrimp just begin to pink. Add the crab and hot sauce. Taste for salt and pepper. Serve the gumbo over brown rice, garnished with chopped parsley and green onions.

### 2 Kitchen Smidgen

Traditionally Gumbo is made with a Roux - or mixture of oil and flour stirred until it becomes brown and toasty. I've substituted the roux with toasted flour, which gives much of the same flavor without all the fat!

### 3 Get Creative

Fire Roasted Tomatoes are roasted and peeled before being canned. Anytime a vegetable is roasted, additional flavor is added. Try using the fire roasted tomatoes to ramp up the taste in any dish!

## 4 WINE of the Week

Cloudline Pinot Noir  
Willamette Valley, Oregon

Total Wine around \$18.00

Oregon Pinot Noir has a reputation for being expensive. Good news - this soft and round wine with an aroma and taste of cherries and red fruit is not! Good Acidity, soft tannins and light to medium body make Cloudline from the Willamette Valley a great choice to stand up to the rich gumbo, without overwhelming it.