

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Perfect Cool Summer Dinner for a Hot 4th Weekend!

Fire Up the Grill For:

Mediterranean Shrimp with Orzo and Dill

The Vinaigrette

1/4 Cup Chopped Fresh Dill, plus
extra for garnish
1/4 Cup White Wine Vinegar
3 TB Dijon Mustard
1/2 Cup Olive Oil, plus additional
for brushing shrimp
Salt and Freshly Ground Pepper

The Orzo

1 LB Orzo, Cooked According to
Package Directions
1/2 Head Fennel, Finely Chopped
3 Green Onions, Thinly Sliced
1 Pint Grape Tomatoes, Halved
1 Cup Crumbled Feta cheese
16 Large Shrimp, Peeled

Step One Make the vinaigrette by placing the dill, vinegar, and mustard in a food processor or blender and blending until smooth. With the motor running, slowly add the olive oil and blend until emulsified. Season with salt and pepper to taste.

Step Two Add the first 4 orzo ingredients to a large bowl. Pour the vinaigrette over the orzo mixture and stir well to combine. Gently fold in the feta cheese.

Step Three Preheat the grill or a grillpan on high. Brush shrimp with oil and season with salt and pepper. Grill for 1-2 minutes per side or until just cooked through. Place the orzo on plates and top with the shrimp. Garnish with additional dill.

2 Kitchen Smidgen

Dill is a versatile soft leaved perennial herb that can be used fresh, as a seed or as dried leaves, called dill weed. It has a unique tangy taste that is especially good with seafood, salads and vegetables.

3 Get Creative

Feta is one of the most famous exports of Greece. This semi soft white cheese is made of goat's milk just like Chevre from France. Use it anytime you want strong cheese flavor and a soft texture in your dish. Believe it or not, its salty-briny taste is a great partner for sweet watermelon!

4 WINE of the Week

Don David Torrontes

Cafayate Valley, Chile
Cost Plus about \$15.00

If you are looking for the perfect grilled seafood partner for the weekend – look no further! This is Argentina's characteristic white grape, and nicely, Torrontes is the name of the wine AND the grape. It's tropical and honey aromas and fresh citrus, lime and peach flavors are balanced with a zingy acidity – making it a refreshing aromatic white for hot summer weather.