

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Red Strawberries with Brilliant Blueberries and Blackberries!

### Easy and Festive:

#### Memorial Day Fresh Berry Crisp

6-8 Cups Fresh Berries

1 TB Lemon Juice

2 TB Cornstarch

2 Cups Finely Chopped Toasted Pecans

½ Tsp Kosher or Sea Salt

1 Tsp Cinnamon

½ Tsp Nutmeg

1/3 Cup Canola or Grape seed Oil

¼ Cup Agave Nectar

1 TB Vanilla Extract

Greek Yogurt, or Frozen Vanilla Yogurt for Topping

#### Step One

Preheat the oven to 350F. Place the berries and lemon juice in a zippy

bag. Add the cornstarch and shake to coat the berries. Place them in a 9 x12" square or oval baking dish.

#### Step Two

In a large bowl; combine the pecans, salt, cinnamon and nutmeg.

#### Step Three

In another bowl, combine the oil, agave nectar and vanilla extract. Stir the liquid mixture into the pecan mixture to make the crisp topping. Spread the topping over the berries and and bake at 350F for 30 - 40 minutes - or until it is golden brown and the berries are bubbling. Serve warm topped with a dollop of Greek yogurt or frozen yogurt.

## 2 Kitchen Smidgen

Made from the seeds of grapes, grape seed oil tastes light, nutty and clean. It has a fairly high smoke point about 420F. Use it whenever you want a veggie oil that does not have a strong taste like olive oil.

## 3 Get Creative

This recipe is easily customizable to what ever nuts or fruit you have at hand. In the wintertime, try making it with almonds, apples or pears - In summer, it makes a wonderful peach crisp, perfect for a scoop of peach ice cream and berries.

## 4 WINE of the Week

### Yalumba Museum Muscat

Barossa Valley Australia

Total Wine around \$18.00

(Half Bottle 375ML)

A bottle of figs, cherries and spices is an excellent description for this splendid dessert partner from down under. This type of wine is called a "Sticky" by Aussie aficionados of dessert wine - because it has a full rich mouthfeel of sticky loveliness. Made from the Muscat grape, it has spent 7 years in wood before being bottled with the solera system . The solera method uses a succession of containers that are filled with wine over a period of time, typically a year. This allows the wine to maintain a consistent delicious style and taste.