

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Simple, Fast and Delicious, Full of Citrus and Herb Flavor!

### Perfect for Desert, or an Afternoon Cup of Tea:

#### Orange Basil Cake

2 Cups All Purpose Flour  
1 Cup Whole Wheat Pastry Flour  
2 TB Minced Fresh Basil  
2 Tsp Baking Powder  
½ Tsp Baking Soda  
½ Tsp Sea Salt  
1½ Cups Sugar  
½ Cup Extra Virgin Olive Oil  
½ Cup Skim Milk  
Zest of 2 Oranges  
¼ Cup Orange Juice  
1 Tsp Vanilla Extract  
2 Large Eggs  
2 Egg Whites  
Powered Sugar for Garnish

**Step One** Preheat oven to 350F.  
Spray a 9 or 10" parchment-lined

springform pan with non stick spray.

**Step Two** In a large bowl, mix flour with basil, baking powder, baking soda, and salt.

**Step Three** In a second large bowl, beat sugar with oil, milk, zest and orange juice, vanilla, and eggs until well combined. Beat the flour mixture into the egg mixture until no lumps remain.

**Step Four** Pour batter into the prepared pan and bake for 40 to 45 minutes or until a toothpick comes out with just a few crumbs. Remove pan from oven and let cool.

### 2 Kitchen Smidgen

Did you know Basil is in the mint family? And in India, basil has been cherished as an icon of hospitality, while in Italy, it was a symbol of

love? The more than 60 varieties of basil are used in many cuisines from the Mediterranean to Asia. Not only does it taste wonderful, It is a good source of vitamin K, a very good source of iron, calcium and vitamin A. In addition, basil is a good source of dietary fiber, manganese, magnesium, vitamin C and potassium. Wow!

### 3 Get Creative

Add a creamy flourish to your cake with "faux creme fraiche". Creme Fraiche is a French cream that is tangy just like sour cream. You can make a delicious substitute for the fat and calories of the real creme fraiche by combining equal parts of greek nonfat yogurt, light sour cream and a TB of fresh lemon juice. Dollop it on your dessert and add a couple of berries for a luscious treat!

## 4 WINE of the Week

**NV Segura Viudas Reserva Brut Cava**  
Spain  
Cost Plus World Market about \$15.00

This is delicious dry citrusy clean sparkling. Made with 3 grapes you may not have not tasted before, cava is a blend of Macabeo (50 per cent), Parellada (35) and Xarel-lo. It has lots of small active bubbles that ascend to your nose quickly, because it is made in the same way as Champagne!