

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Perfect for an Appetizer, Salad or a Light Dinner!

Zippy, Fresh and Cool:

Pat's Shrimp Cocktail

1 TB Grated Garlic
 ¼ Cup Minced Shallots
 ¼ Cup Cilantro, chopped
 ¼ Cup *Clamato juice cocktail
 ½ Cup Light Ketchup
 2 - 4 TB Fresh Lemon Juice
 1 Tsp Chipotle Tabasco, or to taste
 ¼ Cup Horseradish
 Sea Salt and Freshly Ground Pepper to taste
 2 Ripe Avocados, Peeled, Pitted and in ½" Cubes
 2 LBs Cooked Large or Extra Large Shrimp, Peeled and

Deveined
 Shredded Romaine Lettuce
 Lemon Wedges
 Stir garlic, shallots, and cilantro together in a bowl. Add the Clamato, ketchup, lime juice, chipotle pepper sauce, and horseradish. Season with salt and pepper. Gently stir in avocado. Cover, and refrigerate 2 to 3 hours. Serve the shrimp on a bed of shredded lettuce topped with the cocktail sauce and a lemon wedge.

2 Kitchen Smidgen

**The first rule for cooking shrimp: Don't Overcook. First, shell and

devein the shrimp. For each lb, use 4-6 cups of water. You don't need a lot of seasoning - salt works great. Just like your pasta water, your shrimp water should taste like the sea. Bring the water to a rolling bowl and add in the shrimp. As soon as they are all pink - take them out and pour them in a colander. Done. Perfect, tender shrimp.

3 Get Creative

*Clamato is a clam juice and tomato juice combo. It's a great addition to cocktail sauce, but also makes a super stock for a fish stew or Manhattan Clam Chowder. Or, if you are so inclined, a delicious Bloody Mary. Find it in the juice aisle at the grocery store.

4 WINE of the Week

Château du Jaunay Muscadet de Sèvre-Et-Maine Sur Lie

Loire Valley, France
 Total Wine around \$11.00

Crisp, refreshing, lemon and lime are great descriptors for this delicious white. Melon de Bourgogne is the grape used in the wine, produced almost exclusively in the Loire Valley of France. It's made with the "Sur Lie" process which means it has been aged on the yeast cells of the grapes, giving it a good complexity. A super bargain for its traditional accompaniment - shellfish, once you try it you'll be hooked!