

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Crunchy, Herb-y Cornbread Topped with Goat Cheese!

Great with Fresh Green Salad...

Red Pepper and Fresh Thyme Cornbread with Goat Cheese

3/4 Cup All Purpose Flour
3/4 Cup Yellow Cornmeal
1 Tsp each Salt and Black Pepper
1 1/2 TB Sugar
1 TB Baking Powder
1 TB Chopped Fresh Thyme
1/3 Cup Minced Red Pepper
3/4 Cup Grated Parmesan
8 Oz Low Fat Buttermilk
2 Large Eggs
3 TB Extra Virgin Olive Oil
Log of Goat Cheese
Extra Virgin Olive for Drizzling

Step One Preheat the oven to 425F.
Grease a loaf tin with non stick spray.

Step Two In a bowl, mix the flour, cornmeal, salt, pepper, sugar and baking powder. Add the thyme, pepper and parmesan and mix.

Step Three In a second bowl, beat together the buttermilk, the eggs and oil. Mix into the dry ingredients.

Step Four Pour the batter into the prepared tin and bake for 25 - 30 minutes, or until a skewer comes out clean. Leave to cool on a rack.

Step Five When ready to serve, cut 8 thick slices from the loaf and place on a baking sheet. Turn your oven to broil, and cook until the edges are toasted. Cut 8 slices from a log of *Goat Cheese. Flip the bread over, and place the goat cheese on top. Run the slices under the broiler

again until the cheese is warm and melting. Drizzle with olive oil, pepper and serve with a green salad.

2 Kitchen Smidgen

*Goat Cheese is made all over the world, and appears in a wide variety of forms, although most often in a soft, easily spread cheese. Because goat milk tends to be leaner than cows milk, goat cheese is too!

3 Get Creative

And make a Lemon Thyme Dressing for your salad. In a jar, squeeze the juice of a lemon, add the same amount of extra virgin olive oil. Add 1 Tsp dijon mustard and 1 Tsp chopped thyme leaves. Taste for salt and pepper. Shake and serve!

4 WINE of the Week

Kim Crawford Sauvignon Blanc

New Zealand
About \$16.00 at Costco

France's traditional pair with goat cheese is Sancerre wine, made from the Sauvignon Blanc grape. This week, we'll take that notion to the other side of the world. Kim Crawford Sauvignon Blanc brings the same kind of extremely aromatic, dry but full bodied taste. You'll enjoy the perfect balance of crisp citrus and herbs in contrast with the creamy, melting goat cheese and cornbread.