

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Serve the Skewers as an Hors d'oeuvres or Top a Fresh Green Salad for Dinner!

Easy to Prepare Ahead of Time:

Salade Nicoise Skewers

Assemble the skewers by sliding the tuna on first. Next goes a green bean skewered on one side, a Nicoise potato and the other side of the green bean. Top with a halved cherry tomato. Sprinkle the platter with capers and chopped black olives if desired.

Grilled Tuna

1 LB (1" Thick) Tuna Steaks
2 TB Extra Virgin Olive Oil
Sea Salt and Freshly Cracked Black Pepper to Taste

Rub the Steaks with the Olive Oil and sprinkle with salt and pepper. Set aside for about 30 minutes. Grill outside or on a grill pan until desired doneness. Remove from the grill, let

cool slightly and cut into (1/2") long strips and then cut each strip in 3 pieces.

Crisp Green Beans

1 LB Green Beans
1 TB Sea Salt
Bring about 2 quarts of water to a rolling boil. Drop in the green beans and salt and cook for about 2 minutes or until just crisp tender. Remove from the water and immediately put in a bowl of ice water to stop the cooking.

Gold Potatoes with Nicoise Dressing

2 LBs Small Yukon Gold Potatoes,
Cut in half
1 TB Sea Salt
*Nicoise Salad Dressing
Add the potatoes to a large stockpot and cover with 1" of cold water and

sea salt. Boil until just barely tender. Drain and place in the dressing. Cover and refrigerate overnight.

2 Kitchen Smidgen

*Nicoise Salad Dressing

1 Cup Extra Virgin Olive Oil
½ Cup Sherry Vinegar
½ Cup Capers
2 TB Cup Lemon Juice
2 TB Dijon Mustard
Sea Salt and Freshly Cracked Black Pepper to Taste
Puree the ingredients in a blender and add salt and pepper - adding more lemon juice if desired.

3 Get Creative

Traditional Nicoise Salade is named for the delicious salty black olives from France. This "Salade Spin" in the form of a skewer uses capers as a piquant ingredient along with grilled tuna and tiny potatoes.

4 WINE of the Week

Le Pont Bandol Rose

Provence, France
Total Wine about \$18

Every thing about this wine is pretty - the color and the crisp clean taste of citrus and strawberries. From Provence and made with Mouvedre and Grenache, it's a delicious sipper with any food - especially Mediterrean inspired cuisine.