

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Grilled Shrimp with Lemon, Olive Oil and Fresh Herbs!

This Recipe will be a Fast Favorite at Your House:

Grilled Shrimp and Lemon Herb Pasta

2 TB Olive Oil
2 TB Chopped Garlic
1/2 Tsp Cayenne Pepper
1/2 Cup Dry White Wine
2 TB Finely Chopped Parsley
1/2 Tsp Kosher Salt
1/2 Tsp Cracked Black Pepper
1 LB Large Shrimp, Shelled
1 Package *Whole Wheat Pasta
1 Lemon
2 TB Extra Virgin Olive Oil
1/2 Cup Parmesan, Grated
2 TB Chopped Fresh Basil
2 TB Chopped Fresh Mint

Step One Combine the olive oil, gar-

lic and cayenne in a saucepan over medium heat. Cook until the garlic is soft - but not brown. Add the wine, raise the heat to high and cook until reduced by half. Allow to cool and stir in the parsley.

Step Two Place the shrimp in a bowl and pour the olive oil mixture over it. Add the salt and pepper. Set aside while you preheat the grill for 10 minutes on high.

Step Three Place the shrimp on the grill until just opaque - about 2-3 minutes.

Step Four Prepare the pasta as directed on the package. When drained, squeeze the lemon over, toss with the olive oil, cheese, basil

and mint. Top with shrimp and serve.

2 Kitchen Smidgen

Wondering what kind of *Whole Wheat Pasta to buy? My favorite is the Barilla brand. The key to making good whole wheat pasta is to NOT overcook it. Leave it "al dente" or just a little firmer than white pasta - it will be nutty and delicious.

3 Get Creative

And experiment with Olive Oils. Just like wine, there is a whole culture of olive oil tasting. Discover what you like: grassy or fruity, peppery or bitter. Choose a "house" olive oil just like you choose a house wine! Feel free to use less expensive Olive Oil for cooking - it has a higher smoke point. But, always use an Extra Virgin Olive Oil for finishing. It's from the first pressing of the olives and has a better taste, color and aroma.

4 WINE of the Week

Sauvion Muscadet Sevre et Maine
Sur Lie, 2006

About \$10.00 at Total Wine

Muscadet (mus-ka-DAY) is the perfect refreshing wine for this spicy, herb-y shrimp pasta. This dry white from the Loire Valley in France is the traditional match for fresh shellfish. You'll find it crisp, citrusy and refreshing. It has been aged "Sur Lie" or on its yeasts, which provides additional flavor and complexity to this just-right summer wine.