

# The Friday 4

4  
FRESH  
IDEAS  
YOU CAN  
USE IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Smoky Paprika and Caramelized Plantains!

Plantains are a fast and delicious side for chicken, fish or pork...

### Spanish Paprika Chicken

2 Garlic Cloves  
1 Tsp Kosher Salt  
1/2 Tsp Cracked Black Pepper  
1TB Smoked Spanish Paprika\*  
2 TB Olive Oil  
6 Boneless and Skinless Chicken Thighs  
Chopped Cilantro to Garnish

**Step One** Roughly chop the garlic, then make a paste by chopping it with the kosher salt. Place the garlic paste, pepper, paprika and the oil in a zippy bag. Add the chicken and massage to coat the thighs well. Set

aside while you preheat the grill for 10 minutes.

**Step Two** Over medium heat, place the chicken on the grill and cook for 3-5 minutes per side or until the juices run clear when you cut into it.

### Caramelized Plantains

1 TB Olive Oil  
4-6 Very Ripe Plantains\*  
1 Tsp Kosher Salt

**Step One** Peel and cut the plantains into 1/2" slices. To make peeling easier, turn the plantain 4 times and run your knife down the sides. Then you can peel off the skin in quarters. Heat the oil in a large non-stick skillet. Over medium heat, saute the plantains on one side and then the

other until brown. Remove from the pan, sprinkle with salt and keep in a very low oven until ready to serve.

## 2 Kitchen Smidgen

If you didn't know what to look for - you would pass up Very "Ripe" Plantains\* at the store. Look for ones that are almost black, or bring them home and leave them on the counter until they are dark. With plantains - the riper the sweeter!

## 3 Get Creative

And try \*Spanish Smoked Paprika. Paprika is made from pimentos - the same pepper found in martini olives, or much-loved Southern pimento cheese. It is available in sweet, semi-sweet or hot varieties. Try them all, they add irresistible flavor!

## 4 WINE of the Week

Nora Albarino, 2006

Rias Baixas, Spain  
About \$14.00 at Cost Plus

Albarino (ahl-bah-Ree-nyoh) may be hard to pronounce, but it's extremely easy to drink. This wine from the thick-skinned grape of the same name comes from the area of Rias Baixas in Spain. Nora's color is rich gold and it has a peach, pineapple and mango aroma accompanied by a zingy citrus clean taste and creamy texture. It's the perfect foil for the combination of sweet plantains and smoky chicken.