



**Ben Pearlman**

# Seafood

**Don't rely on broiling; try out some new recipes**

Bought a new sweat suit lately? Have at least one diet or nutrition book on your book shelf?

If the answer is yes, chances are you're joining the thousands of Americans who are going to have fish for lunch or dinner today.

As a nation, we are becoming increasingly health and nutrition conscious as the belief grows that exercise and good nutrition and diet are part of a desirable quality of life.

The consumer of the '80s perceives fish as a healthful food, as almost every diet from every source includes seafood. Consumption of fish and seafood has increased enormously despite the high cost of fish, compared to many other sources of protein.

Seafood is delicate and sometimes difficult to handle fresh, yet its popularity has outpaced all other protein sources. About 60 percent of the fish sold in the United States goes to food service outlets, and 40 percent is bought in retail stores.

Many people rely solely on broiling when preparing fish. The following recipes were selected to show the many interesting possibilities when preparing seafood.

## BANANA SOLE

Buy flounder or sole for this recipe. Flounder is a member of the flatfish family, also known as plaice. Flounder is practically identical to sole in appearance, taste and texture. They are often substituted for each other.

This recipe is for one serving:

- 8-10 ounces sole fillet
- Flour, as needed
- Clarified butter, as needed
- 1 banana, quartered lengthwise

- 1 1/2 cup brown sugar
- 1 1/4 cup banana liqueur
- 1 1/2 cup pecans, chopped

Dredge fillets in flour and saute in butter or oil until golden brown. In another pan, saute banana in butter, brown sugar and banana liqueur until fruit is lightly browned. Add pecans and stir. Place fish in center of plate and arrange the bananas in a hub around the fish. Pour a bit of the banana liquid over the fish.

## PAELLA

Paella (pronounced ple-a-yah) is a Spanish dish. Few Spaniards agree on what is a "correct" paella; however, it is usually a combination of fish, shellfish, chicken, sausage, green peas, rice, tomatoes, and saffron.

Paella is commonly baked in a wide, shallow pan or any large iron skillet. Like most fish soups and stews, paella is an economical use for scraps and leftovers. Using frozen fish is acceptable. This recipe serves eight.

- 2 lbs. fryer chicken, cut in eights
- 6 oz. lean veal, diced 3/4 inch
- 3 oz. olive oil
- 2 cloves garlic
- 2 peeled tomatoes
- 3 cups hot chicken stock
- 1/2 tsp. saffron
- 16 raw clams in shell
- 8 raw shrimp
- 8 oz. lobster, raw and cubed
- 3 cups cooked rice
- Salt and pepper to taste
- 16 asparagus tips, cooked

- 16 slices of red sweet peppers
- 1 cup green peas, canned or frozen
- 8 thin slices chorizo
- or hard Spanish sausage

Saute chicken and veal in olive oil until golden brown. Add garlic and tomatoes. Mix well. Add chicken stock and saffron. Then add clams, shrimp and lobster. Stir and cook for 3-4 minutes. Add rice and cook for 4-5 minutes. Salt and pepper to taste. Add Spanish sausage, peas, asparagus and peppers. Do not stir. Cover and bake in a 350-degree oven for 15 minutes. Serve in the pan.

## ARGENTINE SHRIMP SALAD

- Serves one
- 5 shrimp, cooked, peeled and deveined (10-15 count)
- 1 egg, hard cooked, quartered
- 1 tomato, cut in 8 wedges
- 2 black olives
- 1 lemon wedge
- Salad greens, as needed
- Lettuce, shredded, as needed
- 1 sprig parsley

Line a chilled salad bowl with salad greens and shredded lettuce. Arrange shrimp in the middle of bowl and surround with egg and tomato wedges. Garnish with lemon, black olives and parsley. Serve with Argentine dressing.

## ARGENTINE DRESSING

- Serves 12
- 1 qt. mayonnaise
- 1/4 cup onions, chopped fine
- 4 oz. catsup
- 2 oz. cognac

Combine and blend well. Chill. At table, spoon over shrimp salad.

Ben Pearlman is owner-chef of Benjie's Family Restaurant on Orchard Lake Road in Sylvan Lake.

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