



Easy Red Snapper Veracruz is a San Antonio-style interpretation of the colorful Mexican classic. The light yet full-flavored sauce is prepared easily with tomatoes, olives, capers.

Need some good fish recipes? Turn to Mexico for variety, taste

Mexico, with its two long coastlines, boasts a wealth of seafood and a variety of delicious ways to prepare it. Some of the more exceptional dishes have long been popular in the border states, where they have evolved to fit the cooking styles of busy Americans.

In San Antonio, where Mexican food is considered the most authentic north of the border, the preparation of Mexican fish favorites is simplified while the recipe's original appeal is consciously preserved. Easy-to-find ingredients replace the exotic, and authentic flavors are maintained by the addition of a lively table sauce, used as an ingredient and a topping. Providing the desired amount of "heat" and a special blend of garden-fresh flavors, PACE Picante Sauce has been an essential ingredient in Southwestern cooking for over 30 years. Available in three "degrees" — mild, medium and hot — it provides the authentic Mexican flavor that has made San Antonio-style cooking legendary.

While fish has gained in popularity because of its healthful light and lean image, in some parts of the country it is paradoxically presented with high-fat butter or cream sauce. In San Antonio, favorite fish dishes are served with light Mexican-style sauces flavored with picante sauce, which comple-

ments without overpowering delicate fish, and is free of fat and cholesterol.

Red snapper is Mexico's most plentiful and popular fish, and when prepared Veracruz style with a well-flavored tomato sauce, it is one of the country's most famous dishes. Easy Red Snapper Veracruz is a Texas interpretation of this colorful dish that makes impressive company fare. Ready to serve in about 30 minutes, the low-calorie sauce features lime juice (a seasoning staple in Veracruz), fresh tomato, olives, capers and picante sauce. No red snapper available this week? Substitute fresh or frozen cod or had-dock fillets for an equally delicious dining experience.

Even on the busiest weeknight there's time to prepare Pescado Al San Antonio, sure to become a family favorite. Finely crushed packaged tortilla chips form a tasty, crunchy crust as the cook's choice of fish fillets bakes briefly. For greatest time savings, crush the chips in a food processor or blender. While the fish is baking, an easy sauce of stewed tomatoes and picante sauce heats on top of the range to become a flavorful Mexican-style topping which belies its ease of preparation.

For additional authentic Mexican Recipes Pace Foods Inc. has created a

colorful primer of all-time favorites available free. To receive your copy, simply send your name, address and zip code to: Free Mexican Food Recipe Offer, c/o Food Editor, Observer and Eccentric Newspapers, 36251 Schoolcraft, Livonia, Mich. 48150. Quantity requests from schools, clubs and other organizations will be honored.

EASY RED SNAPPER VERACRUZ
2 lbs. red snapper fillets
2 to 4 tbsp. lime juice
Salt and pepper
1 medium onion, thinly sliced
2 large cloves garlic, minced
¼ cup olive oil
4 cups chopped fresh tomatoes
or 4 cups canned tomatoes, chopped and drained
½ cup PACE Picante Sauce
12 pimiento-stuffed green olives, cut in half
2 tbsp. capers, drained
1 bay leaf

Brush fish with lime juice; season with salt and pepper. Place in large skillet and set aside. Cook onion and garlic in oil and large sautépan until onion is tender but not browned. Add remaining ingredients except fish. Bring to a boil. Reduce heat and simmer 10 minutes. Pour sauce over

fish. Bring to a boil over medium heat. Reduce heat, cover and simmer 8 to 10 minutes or until fish flakes easily when tested with fork. Remove fish from skillet and arrange on platter; keep warm. Return skillet to medium-high heat; cook, stirring constantly, until sauce is thickened, 8 to 10 minutes. Serve sauce with fish. Makes 6 servings.

Variation: Substitute fresh or frozen cod or halibut fillets for red snapper.

PESCADO AL SAN ANTONIO
1 egg, beaten
2 tbsp. milk
1 lb. fish fillets
1 ½ cups finely crushed tortilla or corn chips
1 ½ cups stewed tomatoes
½ cup PACE Picante Sauce

Preheat oven to 450 degrees. Combine egg and milk; mix well. Dip fish into egg mixture; coat well with tortilla chips. Place in well-greased shallow baking pan. Bake 8 to 10 minutes or until fish flakes easily when tested with fork. While fish bakes, drain tomatoes, reserving juice. Coarsely chop tomatoes. Combine tomatoes, juice and Picante Sauce in small sautépan; simmer 10 minutes, stirring occasionally. Serve sauce with fish. Makes 4 servings.



This squash needs help

The pear-shaped squash called chayote (chy-OH-tay) is so delicately flavored that it borders on the bland. The pulp, which resembles honeydew, is best when combined with other vegetables, the way many Mexicans enjoy it.

The chayotes I purchased were shipped from Costa Rica. They were light green, smooth skinned, ribbed and on the small side. The seeds are edible, the peel isn't.

I was disappointed with the soup. So the second time around I added sliced celery and carrots, diced potato and some rice during warming. It was a pleasant improvement.

CHAYOTE SOUP
2 chayotes, quartered
1 tbsp. sugar
2 quarts chicken broth
1 cup shredded cooked chicken
1 small onion, thinly sliced
Salt and black pepper to taste

In large pot, cover chayotes with water, add sugar, bring to boil, reduce heat to medium low and simmer 10 minutes. Drain, peel, cut in 1-inch chunks, return to pot with broth, chicken, onion and seasonings, stir, bring to boil, reduce heat to medium and simmer uncovered 5 minutes. Serves 8.

CHAYOTES RELLENOS
2 chayotes, halved lengthwise
1 garlic clove
½ tsp. salt
1 tbsp. butter
1 small onion, chopped
2 small tomatoes, peeled, chopped and drained
3 tbsp. chopped parsley
½ cup shredded Cheddar cheese

In large saucepan, cover chayotes with water, bring to boil, reduce heat to medium low, put on lid and simmer 30 to 35 minutes. Drain, let cool, scoop out pulp, reserving shells, dice and set aside. Preheat oven to 350 degrees. Mash garlic with salt to make paste. Melt butter in large skillet. Add garlic paste and onion, cook on medium low until onion is limp, stir in tomatoes, chayote pulp, 1 tablespoon parsley and simmer 15 minutes, until some liquid evaporates. Scoop mixture with slotted spoon into chayote shells, sprinkle on cheese and top with remaining parsley. Bake about 20 minutes so cheese melts. Serves 4.

Spicy fish

Broiling fish? Be creative and sprinkle with a little dill, oregano or curry powder for an interesting flavor.

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