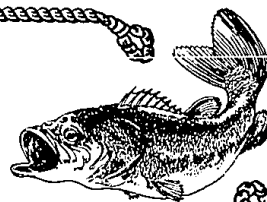


Shopping Cart

classifieds inside

Monday April 7, 1986 R&E

(F)10



The fish market of today displays an array of items that is wondrous to behold. The American consumer is eating more fish and seafood—it is the "in" food of the Eighties, with marketing and shipping techniques that have improved dramatically to bring us varieties unavailable before.

The result is a bonanza for the cook. Most fish can be prepared in a half-hour or less...the texture is delicate, the flavor is superb, and the health benefits are many.

Fish teamed with grapefruit is a marvelous choice. Grapefruit's sweet-tart flavor complements the delicacy of fish and seafood and adds piquance.

Use a gentle hand when preparing fish and, for most varieties, combine it with other fresh ingredients while being careful not to overwhelm the subtle flavor.

Here are some suggestions on how to enjoy the bounty from the sea with its fruit accompaniment.

Pasta Salad Neptune calls for the new "imitation" crab meat. Made mostly from pollock, it is a tender, delicate fish that does, indeed, taste like crab and costs about one-fifth of the genuine article's price. The salad contains a perfect contrast in taste and texture, and the dressing is superb—a sparkling melange of flavors.

Hot Shrimp Oriental stars shrimp—the most popular seafood in America—and gives it a delightful, hot-spicy sauce that sings with flavor. Or for drama, serve a whole red snapper or sea bass in the Mediterranean style. On another occasion, try Poached Fish with Fennel. Poached steaks are served with a fennel-scented grapefruit sauce, demonstrating the amazing variety of flavors that can be enjoyed when serving fish.

Make your meals fresh from the sea and fresh from the market—for results that are nutritious, delicious and inspired.

- 1 can (6 ounces) tomato paste
- 1/4 cup grapefruit juice
- 3 tablespoons cold pressed sesame oil, divided
- 3 tablespoons oyster sauce
- 2 tablespoons dry sherry
- 2 tablespoons soy sauce
- 1 green chili pepper, charred and finely chopped
- 2 cloves garlic, finely minced
- 1 tablespoon freshly grated ginger root
- 24 large shrimp, peeled and deveined
- 1 head bok choy, coarsely chopped
- 1/2 pound snow peas, stems and strings removed
- 2 grapefruit, peeled and sectioned
- Hot, cooked rice

In a small bowl combine tomato paste, grapefruit juice, 1 tablespoon sesame oil, oyster sauce, sherry and soy sauce; set aside. To char the chili pepper, place on the end of a long fork. Hold chili over flame until skin is blackened. Peel skin off and discard. Remove seeds. Chop chili. In large skillet or wok over medium-high heat, heat remaining 2 tablespoons sesame oil; stir in garlic cloves, ginger root and chopped chili pepper. Add shrimp, bok choy and snow peas. Cook, stirring until shrimp are done and vegetables are tender-crisp, about 3 to 4 minutes. Add reserved tomato paste mixture. Stir in grapefruit sections. Heat through. Serve over hot rice. Yield: 6 to 8 servings.

- 1/2 pound fusilli (pasta), broken in 2-inch pieces or rotelle
- 2 tablespoons olive oil
- 1 tablespoon white wine vinegar
- 1/3 cup grapefruit juice, divided
- 1 pound frozen imitation crab meat, thawed and cut into 1-inch pieces
- 3 cups broccoli florets, steamed tender-crisp
- 2 cups fresh spinach leaves, in coarse pieces
- 1 cup cherry tomatoes, halved
- 2 green onions, sliced
- 2 grapefruit, peeled and sectioned
- 2/3 cup mayonnaise
- 1/4 cup coarsely chopped fresh basil leaves, or 1 tablespoon dried leaf basil
- 1/2 cup fresh parsley leaves
- 2 tablespoons Dijon-style mustard

Prepare pasta according to package directions; drain. Turn into a large bowl. Add oil, vinegar and 1 tablespoon grapefruit juice; mix well. Gently fold in imitation crab meat, broccoli, spinach, cherry tomatoes, green onions and grapefruit sections. In food processor or container of electric blender combine remaining grapefruit juice (about 1/4 cup), mayonnaise, basil, parsley and mustard; process until smooth. Pour over pasta mixture. Toss lightly to coat well. Yield: 6 servings.

Hot Shrimp Oriental Fish

- 1 1/2 pounds fish, cut into 4 steaks (swordfish, tile fish, halibut)
- 1/2 cup grapefruit juice
- 3/4 teaspoon crushed fennel seeds
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 1/2 teaspoons cornstarch
- 1 tablespoon water
- 1/4 cup chopped parsley
- 1 grapefruit, peeled and sectioned

In large skillet arrange fish in a single layer. Combine grapefruit juice, fennel seeds, salt and pepper; pour over fish. Bring to a boil. Reduce heat. Cover. Simmer 6 to 8 minutes or until fish flakes easily when tested with a fork. Remove fish to a serving platter; keep warm. Combine cornstarch with water. Bring pan liquids to a boil. Stir in cornstarch mixture. Cook, stirring constantly, until mixture boils; boil 1 minute. Stir in chopped parsley. Spoon sauce over fish. Garnish with grapefruit sections. Yield: 4 servings.

- 2 cups (one 15 ounce can) tomato sauce
- 1/2 cup grapefruit juice
- 1/4 cup dry white wine
- 1/2 teaspoon dried leaf oregano, crumbled
- 1/2 teaspoon dried leaf thyme, crumbled
- 1 whole red snapper or sea bass (2 1/2 to 3 pounds), dressed
- 1/2 pound whole green beans, trimmed
- 1/4 cup sliced, pimiento-stuffed green olives
- 2 tablespoons capers, well-drained
- 1/8 teaspoon hot pepper sauce
- 2 grapefruit, peeled and sectioned

In medium saucepan combine tomato sauce, grapefruit juice, wine, oregano and thyme. Bring to boiling. Place fish in shallow baking dish. Pour sauce over fish. Cover dish. Bake in a preheated 350°F. oven 25 minutes or until fish flakes easily when tested with a fork. Meanwhile, in a medium saucepan, combine green beans with 1-inch, boiling salted water. Cover. Reduce heat, simmer 12 to 15 minutes or until tender. Drain. Stir in olives, capers and hot pepper sauce. Remove fish from baking dish to heated platter. Stir grapefruit sections into sauce in dish. Spoon sauce and grapefruit sections over fish. Arrange beans on platter. Yield: 4 servings.