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CARIBBEAN-INSPIRED

SUMMER DELIGHTS

The Caribbean Islands were discovered by Christopher Columbus, who described them as countries "far surpassing the rest of the world" in their lush beauty and exotic array of flora and fauna.

You can enjoy a touch of this legendary island magic by creating Caribbean-inspired summer-perfect treats. Luscious fruits, fresh seafoods and a dash or two of spice—the staples of Caribbean cuisine—are among the ingredients featured in these tempting recipes.

Seafood Salad Montego Bay is the perfect main course to serve on a sultry summer night. This spirited combo of assorted seafoods, pineapple chunks, papaya and bananas features a flavorful dressing prepared with coconut rum, a tantalizing blend of coconut and Virgin Islands rum that conjures up the tropics even in your backyard. Feel free to substitute fruit or seafood at whim—the more colorful the better.

Sweet Pepper Corn Bread is a spicy, colorful sidekick for the Seafood Salad. Flecks of red bell pepper and a dash of Tabasco lend a punch of flavor to this appealing dish.

Of course, no tropical paradise is complete without a cooling rum punch. The CocoJuanita cocktail combines coconut rum, pineapple juice, guava nectar and lime juice. Serve this sunset-pink concoction in a tall, frosty glass with a lime garnish. And be sure to keep a large pitcher on hand for thirsty chaise lounge dwellers.

Luscious summer fruits take center stage in CocoCalypso Cake, the grand finale to this tropical menu. The dessert's spectacular looks belie its ease of preparation: it begins with an angel food cake (prepared from a mix) with a scooped out center, into which is spooned a delightful melange of summer fruits, freshly whipped cream and a coconut rum accent. Garnished with mint leaves and whole berries, CocoCalypso cake is a light, festive way to conclude a meal.

Any of these colorful treats is sure to add a dash of Caribbean flair to your next dinner party.



SEAFOOD SALAD MONTEGO BAY

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| 6 cups water | 1 teaspoon lime juice |
| 1/2 fresh lime, sliced | 1 teaspoon finely chopped fresh ginger |
| 1/2 teaspoon salt | 1 can (1 pound 4 ounces) pineapple chunks, drained; or 1 small fresh pineapple, cut into chunks |
| 1 bay leaf | 1 ripe papaya, peeled, seeded, cubed |
| 8 peppercorns | 2 ripe bananas peeled, sliced |
| 1-1/2 pounds mixed seafood, (shrimp, scallops, whitefish) | Lettuce leaves |
| 3/4 cup mayonnaise | 1/4 cup chopped scallion |
| 1/2 cup coconut rum | |

In large saucepan combine water, lime slices, salt, bay leaf and peppercorns; bring to a boil. Add seafood. Reduce heat; simmer 3 to 5 minutes until seafood is cooked through. Drain. Place seafood in large bowl; cover; chill. In small bowl combine mayonnaise, coconut rum, lime juice and ginger; mix well. To seafood, add pineapple, papaya and bananas; pour mayonnaise over all; toss gently. To serve line serving bowl with lettuce leaves; spoon salad over lettuce. Sprinkle with scallions. Yield: 6 servings.

SWEET PEPPER CORN BREAD

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| 1 cup all-purpose flour | 1 cup buttermilk |
| 1 cup yellow cornmeal | 1/4 cup butter or margarine, melted |
| 1 tablespoon baking powder | 2 tablespoons honey |
| 1/2 teaspoon salt | 1/4 teaspoon Tabasco pepper sauce |
| 2 large eggs | 1 cup coarsely chopped red bell pepper |

In a large bowl stir together flour, cornmeal, baking powder and salt. In a small bowl lightly beat eggs. Stir in buttermilk, melted butter, honey and Tabasco sauce. Make a "well" in center of dry ingredients; add milk mixture all at once; stir just to combine. Stir in chopped red pepper. Spoon batter into a greased 9-inch square baking pan. Bake in a preheated 400°F oven 20 minutes or until cake tester inserted in center comes out clean. Remove to wire rack. Cool 10 minutes. Cut into squares and remove from pan. Serve warm. Yield: 12 pieces.

COCOJUANITA

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| 1 cup coconut rum | 2 tablespoons lime juice |
| 1 cup pineapple juice | Fresh lime slices |
| 1 cup canned guava nectar | Ice cubes |

In one-quart pitcher combine all ingredients. Serve in tall glasses. Yield: 6 servings.

COCOCALYPSO CAKE

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| 1 box (14.5 ounces) Deluxe Angel Food cake mix or 1 packaged angel food cake | 5 cups mixed fruit (strawberries, orange sections, blueberries, melon balls, sliced peaches) |
| 1 cup heavy cream | Fresh mint for garnish, optional |
| 3/4 cup coconut rum, divided | |

Prepare cake mix according to package directions. Remove cooled cake from pan; invert onto serving plate. Using a long serrated knife, enlarge the center hole by cutting a circle around top of cake about 1-inch from outer edge. Cut about two-thirds of the way down through cake. Working from cut circle to center hole, lift out wedges of cake; and use wedges to plug center hole so that the cake forms a container. Just before serving, beat cream with 1/3 cup of coconut rum until stiff. Fold another 1/3 cup coconut rum into whipped cream mixture. Sprinkle remaining coconut rum over cake. Reserve 1 cup mixed fruit for garnish, if desired. Gently fold remaining fruit into whipped cream. Spoon cream mixture into center of cake. Garnish with reserved fruit and fresh mint, if desired. Serve immediately. Yield: 12 to 14 servings.

