

Stretch your seafood dollars

Arlington, VA - Who's to say that seafood bargains can't be found? There's plenty of innovative and economical options if you know what to look for. The fish experts at the National Fisheries Institute offer these year-round tips for seafood customers:

- Take advantage of special sales promotions and don't overlook the frozen case. Buying frozen seafood means you can stock your freezer and thaw the product at your convenience.
- Buy items in season - blue crab in the spring or lobster from June to September.
- Extend seafood with low-cost foods such as pasta or rice.
- Stock up on non-perishable items such as canned tuna or salmon.

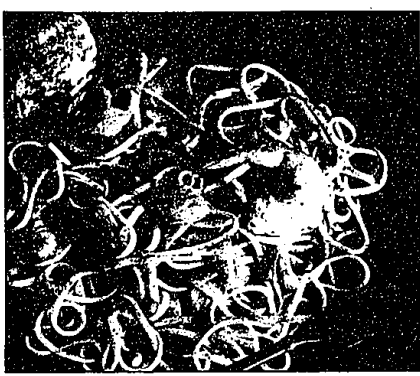
■ Use seafood in recipes such as soups or casseroles, which extend your fish or shellfish.

SHRIMP PESTO LINGUINE

- 2 tablespoons olive oil
- 1 large onion, coarsely chopped
- 1 (10-ounce) package frozen peas
- 1 tablespoon pesto sauce (purchased or homemade)
- 1/4 teaspoon pepper
- 1/8 teaspoon salt
- 1 pound shrimp or crab-flavored surimi seafood, flake-style; or a mixture of both products
- 8 to 10 ounces dried linguine, broken in half and cooked according to package directions
- 2 tablespoons fresh parsley, minced

Cook the pasta according to package directions. Reserve 1/2 cup of the pasta cooking liquid. Meanwhile, heat the olive oil over medium heat in a large skillet. Add the onion and saute until tender, about 5 minutes. Add the peas, pesto sauce, pepper and salt. Cook, stirring occasionally, about 5 minutes.

Add 1/2 cup of the pasta cooking liquid to the skillet and bring to a simmer. Add the shrimp or surimi



Economical option: Shrimp Pesto Linguine combines shrimp with pasta, peas and pesto sauce.

seafood and cook until thoroughly heated. Divide the linguine among 4 bowls or shallow plates. Pour the sauce over the pasta and toss gently. Sprinkle with parsley. Makes 4 to 6 servings.

SEAFOOD PENNE PASTA

- 3 pounds fresh mussels in the shell, or small clams
- 1 tablespoon olive oil
- 2 tablespoons white wine vinegar
- 1/2 cup water
- 2 large cloves garlic, minced
- 1 large carrot, peeled and thinly cut on the bias
- 1/2 cup onion, diced
- 1/2 teaspoon dried hot pepper flakes
- 8 ounces dried penne pasta, cooked according to package directions
- chopped parsley, for garnish

Scrub the mussels under cold running water. Pull off the beards. Set aside. Discard any mussels that have died. To check, gaping shells should close after being tapped.

Heat the oil in a large stock pot or kettle. Add the onion and garlic and saute over medium heat 5 minutes or until soft. Stir in the water, vinegar, carrots and hot pepper flakes.

Bring to a boil. Cover and cook 6 to 7 minutes or until the carrots are almost tender. Add the mussels or clams, cover and cook until the shells open, about 6 to 7 minutes. (May require more time to cook clams thoroughly.)

Meanwhile, divide the pasta among 4 wan-n bowls or shallow plates. Divide the mussels, vegetables and cooking liquid over the pasta. Sprinkle with parsley and serve hot. Makes 4 servings.

Ice sculptors, chili cooks gather at St. Mary's

More than a dozen ice sculptures and a chili cook-off will highlight "Ice on the Lake," 6-11 p.m. Friday, Feb. 28 and 2-11 p.m. Saturday, March 1 at St. Mary's College in Orchard Lake. Admission is \$10 adults, \$6 children age 10 and younger. For more information, call (810) 683-1750. Teams of teachers and students from four area community colleges - Washtenaw, Henry

Ford, Schoolcraft and Macomb will be competing for \$3,500 in prizes, including \$1,000 to the winning design. The sculptures will be on view both days and will be the focus of a laser light and music show both evenings. The chili cook-off from 2-8 p.m. Saturday, March 1 is open to the public, and limited to the first 20 applicants. Cash prizes totaling \$350 will be

awarded to the chilis judged best of show. For more information about the cook-off call, (810) 683-0440. Other highlights include a performance by the Wayne State University Jazz Quartet on Saturday; music of the 1970s and '80s by guitarist D.J. Turner on Saturday, an exhibition of Polish art, face painting, food, and refreshments.

Chef Milos shares salmon recipe

See Chef Milos column on Taste front.

- ## POACHED SALMON
- 6 salmon fillets or steaks
 - Courts Bouillon
 - 2 quarts water
 - 1/2 cup cider vinegar
 - 1/2 cup sliced carrots
 - 1/2 small onion, sliced
 - 1/2 lemon, sliced

- 10 parsley stems
 - 1 bay leaf
 - 1 teaspoon peppercorns
 - 1/2 teaspoon thyme
 - 2 tablespoons salt
- In stainless steel pot bring Court Bouillon ingredients to a boil, cook 15 minutes and strain. Place the fish in a pan wide and deep enough to hold it in one layer without crowding.

Pour the hot bouillon over fish to completely cover, shake the pan to make sure fish is not stuck to the bottom, place it on low heat and cook at a temperature between 165 degrees F. and 180 degrees F. for approximately 15 minutes depending on thickness of fish.

Serve with lemon and melted butter, boiled new potatoes and a simple green salad. Serves 6.

CLARIFICATION

Editor's note: A special thank-you to Sharon Ringholz of Walleye Lake who called to let us know the Cherry Pie recipe in the Feb. 16 issue of Taste was "Impossible!" I called Renee Skoglund, who wrote the story, and asked her to double check the recipe. She checked, and upon finding no errors in comparing the recipe in the book to the one in our paper, decided to try it herself. Renee's a great cook, and as she started making the pie, saw that it was not the consistency that it should be. "There was a mistake in the original recipe," said Renee. "We apologize for any inconvenience this may have caused our read-

ers." Keely Wygonik - Taste & Entertainment Editor

IMPOSSIBLE CHERRY PIE

- 1 cup milk
 - 1/4 teaspoon almond extract
 - 1 1/2 cups Bisquick
 - 2 tablespoons melted margarine
 - 2 eggs
 - 1/4 cup sugar
 - 1 (21 ounce) can cherry pie filling
- Streusel Topping:
- 2 tablespoons margarine
 - 1/2 cup Bisquick
 - 1/2 cup brown sugar
 - 1/2 teaspoon cinnamon

To make Streusel Topping: mix all ingredients until crumbly. Set aside.

Heat oven to 400 degrees F. Beat together first 6 ingredients until smooth. Pour into 10-inch greased pie pan. Spoon cherry pie filling evenly over the top. Bake 25 minutes. Take out of oven and top with Streusel Topping. Bake again, until brown, about 10 minutes. Cool and refrigerate.

Recipe from "600 Very Cherry Recipes" compiled for the Elk Rapids Rotary Partners, Elk Rapids, Mich. by Marjory Ann Veliquette and Julia Pollister Amos (Published by Walter's

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