

# Creole flavor is not a lot of mumbo gumbo

For the best fish recipes cooks have only to turn in the direction of coastal and river areas where fish and seafood have been cooked for hundreds of years.

In the U.S., New Orleans is one such spot, famed for its combination of early French cuisine and the ingredients native to that part of the country — including fresh and salt water fish and seafood.

The New Orleans Creole touch converts routine white fish fillets into a dish that tempts anyone's palate, even the most timid about trying a new fish dish.

And when you serve this exciting New Orleans Fish Creole on a bed of steaming white, fluffy white rice, the meal suddenly expands to feed a few more. And the rice (as it has done for centuries) complements the sauce, letting its subtle combination of seasonings steal the show.

The mildness of rice dilutes the hot taste of certain dishes, such as some Creole creations, curries and chilis. And it stretches the budget.

## NEW ORLEANS FISH CREOLE

- 1/2 cup chopped onions
- 1/2 cup chopped celery
- 1 clove garlic, minced
- 2 Tbsps. butter or margarine
- 1 can (15 ounces) tomato sauce
- 1 tsp. salt
- 1 tsp. curry powder
- 1 tsp. Worcestershire sauce
- 1/4 tsp. Tabasco pepper sauce
- 6 frozen fillets of sole or other white fish (about 1-1/4 pound), partially thawed
- 1 cup chopped green peppers
- 3 cups hot cooked rice

In a large skillet cook onions, celery and garlic in butter until tender crisp. Stir in tomato sauce, seasonings, and spices. Bring mixture to a boil. Add fish. Reduce heat, cover, and simmer 25-30 minutes, or until fish flakes easily with a fork. Serve over beds of fluffy rice. Makes 6 servings.

**MICROWAVE METHOD:** In a shallow 12-x-8-inch microwproof dish melt butter on High (maximum power) 1 to 2 minutes. Add onions, celery, and garlic; cook on High 1 to 2 minutes or until tender crisp. Stir in tomato sauce, seasonings, and spices. Cook mixture on High, 4 to 5 minutes, or until bubbly. Add fish. Cover; cook on High 6 to 7 minutes, or until fish flakes easily with a fork. Serve over beds of fluffy rice.

## RIVERBEND RICE SALAD

- 3 cups cooked rice, cooled
- 1 can (15 1/2 ounces) salmon, drained
- 1 large tomato, peeled and chopped
- 1/4 cup pitted ripe olives, chopped
- 2 Tbsps. capers
- 2 Tbsps. snipped parsley
- 1 clove garlic, crushed
- 1/2 cup Italian salad dressing
- 1 Tbsp. cider vinegar
- 1/2 tsp. salt
- 1/4 tsp. ground black pepper

Combine ingredients; chill. Serve with salad greens, if desired. Serves 6.

## And for the soup course ...

Jambalaya, pie and file gumbo have been Southern favorites, honored in both song and legend. This super, supper soup uses a canned pasta in tomato sauce which gives it extra body and flavor.

Add a bit of chicken and okra and the Southern accent comes forth. This version of the famous gumbo will make just enough for two people. It avoids having leftovers that often go to waste. It can be ready in just minutes using off-the-shelf convenience foods.

## GUMBO MACARONI SOUP

- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup sliced carrots
- 1/2 cup chopped fresh or drained canned tomatoes
- 1 Tbsp. butter or margarine
- 1/4 tsp. salt
- 1 cup water
- 1 can (7 1/2 ounces) macaroni with beef in tomato sauce
- 1/2 cup chopped leftover chicken or shrimp
- 1/2 cup defrosted frozen okra or drained canned okra
- 2 Tbsps. parsley
- Dash hot pepper sauce

In 2-quart sauce pan, saute onion, celery, carrots and tomatoes in butter. Add salt and water. Cover; simmer for 10 minutes. Add macaroni and beef, cover and simmer for 10 minutes. Add chicken or shrimp, okra, parsley and pepper sauce; simmer for 10 minutes. Serves 2.

## No one in the kitchen not even Dinah

Words from Syracuse University say that even home economics graduates don't intend to spend much time cooking or keeping house.

The university surveyed its 1980 graduating class in the College for Human Development and not one of the respondents claimed to be a full-time homemaker. The group included women already married and a few who are already mothers.



New Orleans Fish Creole, made as they do down in the Paris of the South, is simmered in a typical Creole tomato sauce and served over rice.

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