

SEAFOOD AND CITRUS GO ORIENTAL



Seafood and fresh western citrus are combined in many different cuisines, but are especially suited for each other in Oriental cookery. In this increasingly popular style of cooking, there is a skillful blending of colors, textures and flavors to stimulate the senses. The food is generally not too heavy, suiting today's trend toward lighter, healthier foods. Seafood and fresh citrus truly complement each other, producing dishes that not only look attractive but taste great!

In Oriental cookery it is important to use only the finest quality ingredients. Thanks to advancements in freezing and transportation, choice fish and shellfish from icy Alaska waters are available year-round for an infinite number of tasty Oriental dishes. Fresh California-Arizona citrus, in excellent supply now and during the coming months, complements these dishes well by enhancing their flavor and eye appeal.

Delightfully different, yet easy to prepare, are Orange Baked Salmon Steaks and Sesame Orange Rice. Both the delicately flavored fresh/frozen Alaska salmon steaks and the accompanying rice dish are accented with fresh orange flavor from California-Arizona navels...navels are also the perfect out-of-hand eating orange.

Salmon Grapefruit Salad highlights the importance of color, texture and taste, by combining this convenient canned seafood with crispy rice sticks and bright salad greens. Juicy cartwheel slices of western-grown grapefruit and a fresh citrus dressing add a tangy, fresh flavor to the salad.

Tender chunks of Alaska halibut are fried until delicately browned, then combined with colorful fresh vegetables in Oriental Halibut Saute. The peel and juice of fresh California-Arizona lemons add zest to this attractive dish that's as delicious as it is easy to prepare.

Too many cooks do not spoil the broth in an Oriental Hot Pot dinner, a festive one-dish meal that lets guests cook their own food in a pot of simmering chicken broth, flavored with fresh lemon cartwheel slices. Guests choose from succulent, sweet Snow crab in the shell and tender cubes of cod, both from Alaska waters, as well as assorted, fresh vegetables. Once cooked, these foods are dipped into a choice of sauces. The fresh peel and juice of western lemons and oranges add pizzazz to Lemon-Soy Dipping Sauce and Creamy Orange Dipping Sauce. A chafing dish or fondue pot can be used if a hot pot is not available.

For delicious taste and nutritious eating, go Oriental with seafood and fresh citrus.

ORANGE BAKED SALMON STEAKS

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| 3 tablespoons butter or margarine, melted | 1/2 fresh orange |
| Grated peel and juice of | 1/4 teaspoon salt |
| 4 (6 to 8 oz.) fresh/frozen Alaska salmon steaks, thawed if necessary | |

Combine butter, orange peel and juice, salt and pepper. Brush both sides of salmon steaks with butter mixture. Bake at 450° F., allowing 10 minutes per inch of thickness measured at its thickest part or until salmon flakes easily when tested with a fork at thickest part. Serve with Sesame Orange Rice. Garnish with unpeeled orange half-cartwheel slices, if desired. Makes 4 servings.

SESAME ORANGE RICE

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| 2 tablespoons sesame seeds | Grated peel of 1/2 fresh orange |
| 2 tablespoons oil, divided | 1 California-Arizona orange, peeled, cut in bite-size pieces |
| 1 cup raw regular rice | 2 tablespoons chopped parsley |
| 1 medium onion, chopped | |
| 2 cups hot water | |
| 2 chicken bouillon cubes* | |

Saute sesame seeds in 1 tablespoon oil. Remove from pan; drain on paper towel. Saute rice and onion in remaining oil 2 or 3 minutes, or until rice is golden. Add hot water and bouillon cubes. Bring to boil; reduce and simmer, covered, 20 minutes or until rice is cooked. Gently stir in orange peel and pieces, toasted sesame seeds and parsley. Makes 4 to 6 servings.

*Two teaspoons chicken bouillon granules may be substituted.

SALMON GRAPEFRUIT SALAD

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| 1 ounce uncooked rice sticks (maifun) | 1 California-Arizona grapefruit, peeled, cut in half-cartwheels |
| Cooking oil | Citrus Dressing Orientale |
| 1 can (15-1/2 oz.) salmon | |
| 1 quart torn salad greens | |
- Break rice sticks into 3 or 4-inch lengths. Heat oil to 375° F.; fry rice sticks until white and fluffy. Turn once to fry pieces evenly. (Entire process takes less than 30 seconds.) Drain on paper towels. Drain salmon; break into chunks. In shallow salad bowl, arrange salad greens, fried rice sticks, grapefruit half-cartwheel slices and salmon. Serve with Citrus Dressing Orientale; toss just before serving. Makes 6 servings.
- Citrus Dressing Orientale: Combine 1/4 cup oil, juice of 1 fresh lemon, 1 tablespoon chopped green onion, 2 teaspoons sugar, grated peel of 1/2 fresh lemon, 1/4 teaspoon each salt and hot dry mustard; mix well. Makes about 1/2 cup dressing.

ORIENTAL HALIBUT SAUTE

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| 1 pound Alaska halibut, thawed if necessary and cut into 1-inch cubes | 1/4 cup water |
| Salt & pepper | 2 teaspoons cornstarch |
| 3 tablespoons oil, divided | Grated peel and juice of 1/2 fresh lemon |
| 1 cup each thinly sliced carrots, sliced green pepper, diagonally sliced green onions and broccoli flowerettes | 1/4 teaspoon grated ginger root |

Season halibut with salt and pepper. Saute halibut in 2 tablespoons oil until barely cooked; remove halibut from skillet. Saute vegetables in remaining oil until crisp-tender. Return halibut to skillet. Combine water, cornstarch, lemon peel, juice and ginger. Add to fish mixture. Cook and stir until thickened. Garnish with additional grated lemon peel, if desired. Makes 4 servings.

SNOW CRAB-COD HOT POT

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| 1 pound Alaska Snow crab clusters, thawed if necessary | 2 cans (14 oz. each) chicken broth |
| 1 pound Alaska cod, thawed if necessary | 1/2 cup dry white wine |
| 2 cups each mushrooms, halved, and spinach leaves | 1 California-Arizona lemon, unpeeled, cut in cartwheels |
| 1 cup diagonally sliced celery | Lemon-Soy Dipping Sauce |
| Water | Creamy Orange Dipping Sauce |

Rinse crab under cool water. Cut crab into serving-size pieces; score backs of leg sections using large, heavy knife or slit with kitchen shears. Cut cod into bite-size pieces. Arrange crab, cod and vegetables on platter. Add water to chicken broth to equal 4 cups. Add wine and lemon cartwheel slices to broth; bring to boil. Transfer boiling mixture to chafing dish or large fondue or hot pot; maintain mixture at a simmer. Cook seafood and vegetables in stock until desired degree doneness. Serve with dipping sauces. Makes 6 servings.

Lemon-Soy Dipping Sauce: Combine 1/4 cup soy sauce, grated peel and juice of 1/2 fresh lemon, 1/4 teaspoon sugar and 1/8 teaspoon bottled hot pepper sauce; mix well. Makes about 1/3 cup.

Creamy Orange Dipping Sauce: Combine 1/2 cup mayonnaise, grated peel and juice of 1/2 fresh orange and 1/4 teaspoon curry powder; blend well. Makes about 2/3 cup.