

FISH TALES FOR EVERY TASTE

Every nation close to the sea has a fish stew that is the pride of the country. Around the Mediterranean, it's bouillabaisse. In America we argue about Clam Chowder—New Englanders opt for cream while New Yorkers insist on tomatoes. But we have a variety of fish and seafood that is unrivaled anywhere in the world. With fresh water lakes, two oceans, rivers, streams and ponds in abundance, there are many more exciting possibilities.

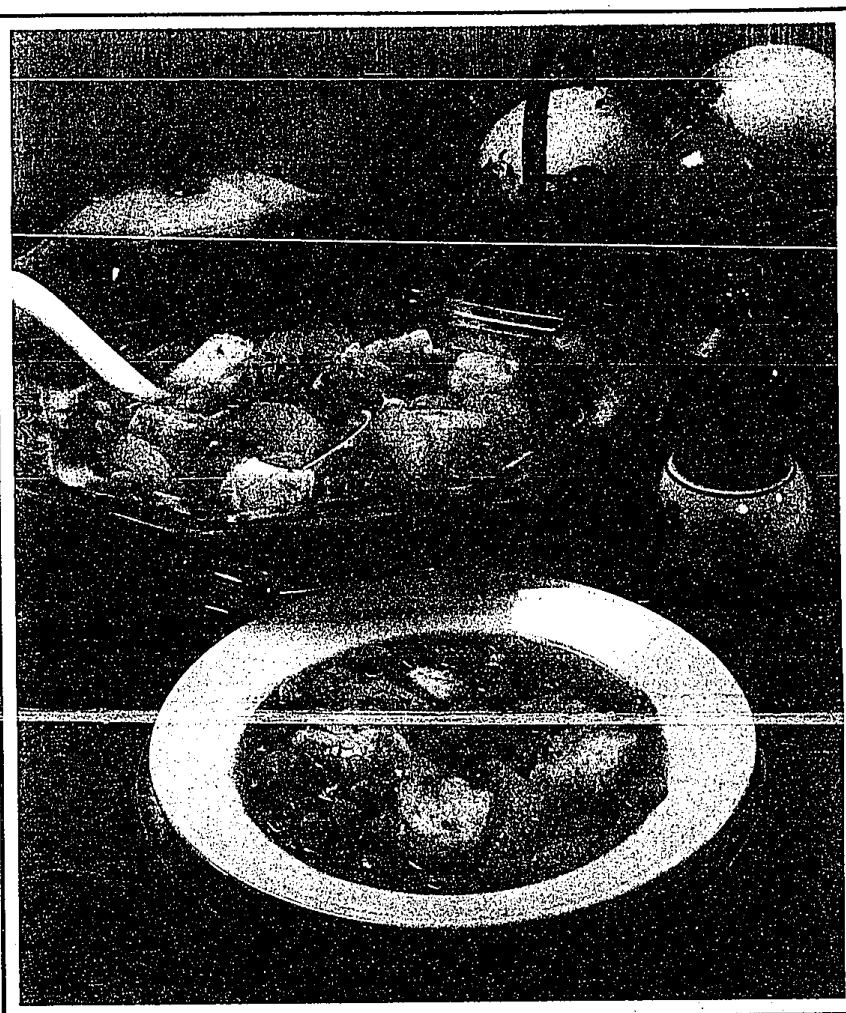
Down Home Fish Stew celebrates the robust flavor of cod. It is a delightful entree that is easy to prepare and hearty enough for four healthy appetites. Chili peppers add a spicy Mediterranean touch, while grapefruit from Florida offer a zesty flavor and a succulent contrast in texture to the flaky fish and tender lima beans.

Sesame Baked Fish takes a whole fish—head and tail included if you like a dramatic presentation—and bakes it with fresh vegetables that are spiced with ginger and soy sauce, sweetened with honey and enlivened with grapefruit juice and sections.

Salmon Salad Daytona is a wonderful and unexpected mix of brown rice, olives, scallions and plump grapefruit sections, all finished with an Italian dressing.

Another winning combination is Florida Grapefruit Scallops. Parsley and chervil, crumbled to release all their flavor, lend a tantalizing bouquet to the tender sweet scallops and piquant citrus sections.

As these examples attest, there is a style of cooking fish to satisfy every taste, bland and sweet or spicy and hearty. Tart-sweet grapefruit juice and sections can enhance the natural flavor of fish and seafood, no matter what the seasoning, and help keep the fish moist and succulent.



DOWN HOME FISH STEW

- 2 tablespoons vegetable oil
- 1 large onion, chopped (1 cup)
- 2 cloves garlic, chopped
- 1 can (1 pound) tomatoes, drained
- 3 tablespoons chopped, canned, green chili peppers
- 1/2 cup grapefruit juice from Florida
- 1 vegetable bouillon cube
- 3/4 teaspoon dried leaf thyme, crumbled
- 1/2 teaspoon salt
- 1 package (10 ounces) frozen lima beans, thawed or 1 can (1 pound) lima beans, drained
- 1 package (1 pound) frozen cod fish, partially thawed, cut in chunks
- 2 medium grapefruit from Florida, sectioned

In large saucepot heat oil; sauté onion and garlic until tender. Stir in tomatoes, chili peppers, grapefruit juice, bouillon cube, thyme and salt. Simmer 20 minutes. Add lima beans and fish; cook 5 to 10 minutes until fish flakes easily when tested with a fork. Add grapefruit sections; mix gently.

YIELD: 4 servings.

SESAME BAKED FISH

- 2 tablespoons peanut oil
- 1 clove garlic, minced
- 1 teaspoon chopped fresh ginger
- 1 cup sliced celery
- 1 cup julienned red pepper
- 3 tablespoons soy sauce
- 4 teaspoons honey
- 2 grapefruit from Florida, sectioned, juice reserved
- 1 whole flounder (about 3 pounds), dressed
- 2 tablespoons sesame seeds

In medium skillet heat oil; add garlic and ginger and cook 3 minutes. Add celery and red pepper; stir-fry 1 minute just to coat with seasoned oil. Add soy sauce, honey and juice from grapefruit (about 1/4 cup). Cut diagonal slashes on both sides of fish. Place fish in a shallow baking pan lined with aluminum foil. Spoon vegetable mixture over fish; sprinkle with sesame seeds. Bake, uncovered, in a 425°F. oven about 15 minutes or until fish flakes easily with a fork. Halfway through baking period baste with pan juices; add reserved grapefruit sections. To serve, spoon vegetables onto a heated serving platter. Lift fish on foil and slide onto serving platter.

YIELD: 4 servings.

Note: Red snapper, porgy, or striped bass can be substituted for flounder.



SALMON SALAD DAYTONA

- 1 cup brown rice, uncooked
- 1 can (1 pound) salmon, flaked
- 1/2 cup sliced, black olives
- 1/2 cup sliced scallions
- 3 medium grapefruit from Florida, sectioned, juice reserved
- 1/4 cup bottled Italian dressing
- Salad greens

Cook rice according to package directions reducing salt to 1/2 teaspoon. Cool. Combine rice, salmon, olives and scallions; add juice from grapefruit (about 1/3 cup) and dressing; mix well. Add grapefruit sections and toss gently. Serve on salad greens.

YIELD: 4 to 6 servings.

FLORIDA GRAPEFRUIT SCALLOPS

- 1 pound fresh or frozen bay or sea scallops
- 1/2 cup vegetable oil
- 1/2 cup grapefruit juice from Florida
- 1/4 cup finely chopped parsley
- 1 clove garlic, crushed
- 1-1/2 teaspoons dried leaf chervil, crumbled
- 1/2 teaspoon pepper
- 1/2 cup plus 2 tablespoons packaged bread crumbs, divided
- 1-1/2 cups grapefruit sections from Florida, cut into bite-size pieces
- 1 teaspoon paprika

If using sea scallops, cut in quarters. Thaw scallops, if frozen, by rinsing under cold water. In medium bowl, combine oil, grapefruit juice, parsley, garlic, chervil and pepper; mix well. Add scallops; refrigerate at least 1 hour. Drain scallops reserving oil mixture. Toss scallops with 1/2 cup crumbs. Add grapefruit sections and mix well. Spoon mixture into 4 scallop shells or individual ramekins. Mix remaining 2 tablespoons bread crumbs with paprika; sprinkle over each serving. Spoon 1 tablespoon reserved oil mixture over each. Broil, 6 inches from heat, 10 to 12 minutes, or until topping is golden brown.

YIELD: 4 main dish servings.