

Fish stew: flavor feast



Oranges make the difference in Fish Stew Provencal.

Valencia oranges make the difference in Fish Stew Provencal — a celebration of fresh flavor throughout.

A gently simmered luscious concoction of fresh fish and shrimp in a broth sweetened with the juice of a fresh Valencia orange and porked with orange peel, the stew has a medley of fresh herbs and crisp garlic bread to make it a one-dish meal fit for a gourmet.

MEDITERRANEAN SALAD rounds off the meal with exuberant taste. Valencia sections contribute sweet citrus piquance to a melange of crisp-tender vegetables... artichoke hearts, tomato, cucumber and olives.

Enjoy the luxury of fresh ingredients in a dinner that salutes the warm weather season.

FISH STEW PROVENCAL

5 Tbsp. olive oil, divided
2 large cloves garlic, finely minced
10 slices Italian bread, cut 1/2 inch thick
2 medium onions, sliced
2 medium carrots, sliced
1/4 cup chopped parsley
1 tsp. dried leaf thyme
1 tsp. fennel seeds
1 bay leaf
2 strips (1/2 x 3 inches) orange peel
2 cups orange juice
2 cups bottled clam juice
2 cups water
1 cup dry vermouth
1 1/2 lbs. halibut or cod, cut into 1-inch cubes

1/4 lb. raw shrimp, shelled and deveined
1/4 cup mayonnaise

Combine 3 tablespoons oil and garlic; brush on both sides of bread. Arrange bread slices on baking sheet. Bake in a 350 degrees oven 4 minutes on each side or until well toasted. Heat remaining 2 tablespoons oil in a Dutch oven or heavy kettle; saute onion and carrot until crisp-tender. Add parsley, thyme, fennel seeds, bay leaf and orange peel; cook 5 minutes longer. Stir in orange juice, clam juice, water and vermouth. Bring to a boil. Add fish. Reduce heat, simmer gently 5 minutes longer. Add shrimp; simmer 5 minutes longer. Add a little hot soup to mayonnaise; mix well and stir into soup. Do not boil. Serve each portion of soup with toasted garlic bread. Makes 8 to 10 servings.

MEDITERRANEAN SALAD

8 cups salad greens

2 Valencia oranges, peeled, sectioned
1 medium cucumber, sliced
1 cup cherry tomatoes or 1 large tomato, cut in wedges
1 can (about 14 oz.) artichoke hearts, drained
1/2 cup crumbled feta cheese
1/2 cup sliced, pitted black olives

In a large salad bowl combine greens, grapefruit sections, cucumber, tomatoes, artichoke hearts, cheese and olives. Serve with Orange Vinaigrette (below). Makes 6 to 8 servings.

ORANGE VINAIGRETTE

1/4 cup salad oil
2 Tbsp. orange juice
1 1/2 Tbsp. elder vinegar
1 tsp. Dijon-style mustard
1/4 tsp. dried leaf oregano, crumbled

Combine all ingredients, mix well. Yield: 1/2 cup.

Bean salad snaps up cookouts

Some grill-side go-alongs are so much a part of the cookout scene that they'd be sorely missed if they weren't among the offerings. One all-time favorite is bean salad, with nearly every cook's recipe boasting a special "secret" ingredient addition.

Snappy Bean Salad will complement all your cookout fare.

SNAPPY BEAN SALAD

1 16-oz. can kidney beans, drained, rinsed
1 16-oz. can great Northern or pinto beans, drained, rinsed
1/2 cup mayonnaise-type salad dressing
1/2 cup celery slices

1/4 cup onion rings
4 crisply cooked bacon slices, crumbled
2 Tbsp. chopped pimiento
1/2 tsp. salt
Dash of pepper
Few drops hot pepper sauce
Combine ingredients; mix lightly. Chill. Makes 6 to 8 servings.

Canned pears cut prep time

Treat family and friends to the old-fashioned goodness of a homemade pie. The filling is a combination of deliciously flavored canned Bartlett pears and tart red rhubarb. A decorative lattice top gives added appeal.

Pear Rhubarb Pie is delicious served warm and fragrant from the oven, just as is, or topped with ice cream or whipped cream.

You'll want to prepare this delectable pie while fresh rhubarb is in the market; however, frozen rhubarb can be substituted at another time of the year.

PEAR RHUBARB PIE

1 can (29 oz.) Bartlett pears
2 1/2 cups fresh rhubarb, cut in 1/2-inch pieces
Pastry for 2-crust (9-inch) pie
1 cup sugar
1/2 cup flour
1/4 tsp. salt
1/4 tsp. ground nutmeg
2 Tbsp. butter or margarine
Sugar
Vanilla ice cream (optional)

Drain pears, reserving liquid for another use. Cut into bite-size chunks and toss with rhubarb. Place half of fruit in pastry-lined 9-inch pie plate. Combine sugar, flour, salt and nutmeg. Sprinkle half over fruit. Add remaining fruit and top with remaining sugar mixture. Dot with butter. Place woven lattice crust over pie. Seal and flute edges. Sprinkle lightly with sugar. Bake at 450 degrees for 10 minutes. Reduce heat to 350 degrees and continue baking for 40 minutes. Serve warm, as is, or with ice cream. Makes 6 to 8 servings.



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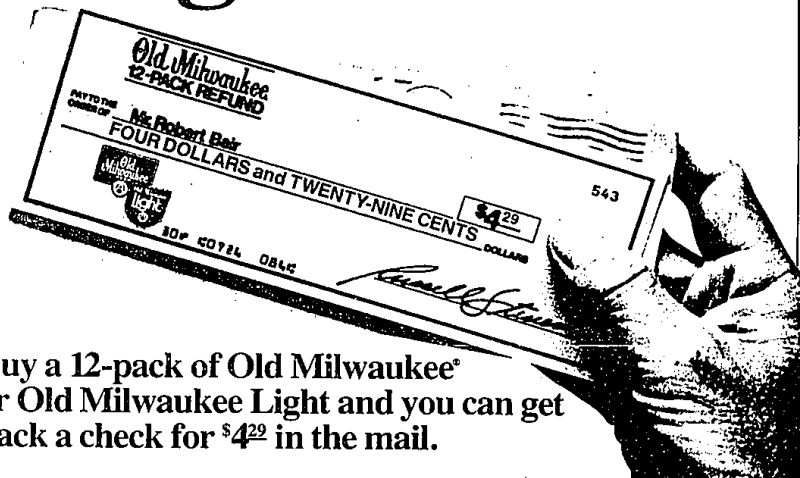
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