

Pan-baking is a light new approach to cooking fish

AP — A "new" concept being promoted among restaurants serving seafood holds great promise for home cooks working to blend health, economy and good taste.

The concept, dubbed pan-baking by the North Atlantic Seafood Association, offers so much versatility it can't help but sell more seafood.

Closer to home, it can't help but give those cooking for families lots of fresh ideas for fish, whether the fish that's freshest from the North Atlantic or any other waters.

The association defines pan-baking as cooking seafood and sauce together in individual or multiple servings.

There should be enough sauce to protect the fish from both drying out and overcooking, a boon to casual kitchen wizards who don't count precise cooking times among their areas of acquired expertise.

PROFONERS OF pan-baked

seafood say accompaniments make it possible to cut the amount of seafood used in each serving whenever economy demands. They also say that, with minimum adjustments, almost any recipe can be brought into line with lighter, more healthful eating.

Pan-baked seafood dishes can start simple, but they certainly don't need to stop there. Especially in the realm of individual servings, presentations with sauces and colorful condiments can rival a restaurant entrée with ease.

Home cooks can also identify with several of the seafood association's boasts to professionals.

While mild-tasting fish is the American way, the variety of sauces and other ethnic combinations allows terrific variety in taste and texture.

The following are recipes developed for the North Atlantic Seafood Association.

PAN-BAKE SCROD, ASIAN STYLE
12 green cabbage leaves
6 cod or scrod fillets (about 5 ounces each)

2 leeks, thinly sliced
3 carrots, thinly sliced
Six 3-leaf sprigs of mint
6 sprigs basil
6 slices fresh ginger root
1/4 teaspoon chili powder
6 tablespoons dry sherry
6 tablespoons soy sauce

Cut six sheets of aluminum foil to 11- by 6-inches in size; butter lightly. For each serving, place two cabbage leaves on foil and top with fish and equal portions of vegetables, herbs,

wine and soy sauce. Fold foil tightly to seal in juices. Bake in preheated 375-degree oven about 10 minutes. Using a spatula, carefully open the foil and transfer the cabbage leaf pouch to a dinner plate. Remove gingerroot before serving. Makes six servings.

(Recipe from: chef Walter Riewe, Chemical Bank, New York)

PAN-BAKE SCROD PROVENCALE

3 ounces olive oil
1/4 pound red onions, sliced
4 stalks celery, diced
2 cloves garlic, crushed
2 medium tomatoes, diced
1/4 cup tomato paste
1/4 cup dry white wine
1 cup clam juice
2 tablespoons chopped parsley
1/4 teaspoon oregano
1 teaspoon grated orange peel
Ground red pepper to taste
Salt and black pepper to taste
1 bay leaf
5 cod or scrod fillets (about 6 ounces each)

In a large sautépan, heat the olive oil and add onions, celery and garlic. Sauté until limp. Add tomatoes, tomato paste, wine and clam juice. Bring to a boil, then reduce to simmer.

Add the remaining ingredients except the fish. Simmer 30 minutes and keep hot. Place fish fillets in individual casserole dishes. Top with sauce and bake in preheated 425-degree oven for 10-12 minutes. Garnish with garlic toast, olives and parsley. Makes six servings.

(Recipe from: chef Nancy Weiss, American Grill, Scottsdale, Ariz.)

McCarthy's menu — lamb, chocolate pie

See "Dining in style on New Year's Eve": 1B

JUDY AND J.P. MCCARTHY'S HOLIDAY LAMB CHOPS

6 lamb chops, about 1/2 inch thick
2 tablespoons Dijon-style mustard
1 teaspoon thyme
2 teaspoons vegetable oil
1/4 teaspoon salt

Slash outer edge of fat on lamb chops diagonally at one inch intervals to prevent curling (do not cut into lean). Place lamb chops on broiler pan. Combine mustard, thyme, oil and salt and brush 1/4 of mixture over chops. Broil chops

three inches from heat until golden, about six minutes. Turn. Brush remaining sauce on chops and continue broiling until medium doneness, about 5-6 minutes more.

THE MCCARTHY'S CHOCOLATE ANGEL PIE

meringue crust:
2 eggs
1/4 teaspoon salt
1/4 teaspoon cream of tartar
1/4 cup sugar
1/4 cup chopped nuts
1/4 teaspoon vanilla

Beat whites till foamy. Add salt and cream of tartar. Beat until soft peaks form. Add sugar, beat until

stiff. Fold in nuts and vanilla. Turn into a lightly greased eight-inch pie plate building up sides and leaving center as a shell for the filling. Bake at 300 degrees for 55 minutes and cool.

Filling:
1 bar (1/4 pound) Bakers sweet chocolate
meringue
3 tablespoons hot water
spoon vanilla
1 cup heavy cream, whipped

Melt chocolate in double boiler. Add hot water and mix well. Cool to room temperature. Stir in vanilla and gently fold in whipped cream. Fill prebaked shell and chill for at least two hours.

Use up leftovers in turkey pie

TURKEY POT PIE

For the filling:
2 large carrots, peeled and cut into 1/4-inch slices (about 1 cup)
2 tablespoons oil
1/4 cup thinly sliced scallions (green onions)

1 clove garlic, minced
3 tablespoons all-purpose flour
1 cup hot chicken broth
2 cups cooked light turkey, skin removed and cut into 1/4-inch slices
1 cup dried celery (1/4 inch)
1/2 cup frozen peas, thawed
1/4 cup frozen pearl onions, thawed
1/4 cup evaporated skim milk
2 tablespoons chopped fresh parsley
1/4 teaspoon dried thyme
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper

For the crust:
1 and 1/4 cups all-purpose flour
1/4 cup oil
3/4 teaspoon skim milk

the filling: Heat a small sautépan of water to boiling. Add carrots and blanch three minutes; drain and set aside.

In large sautépan, heat oil over medium heat. Add scallions and garlic. Cook about 3-5 minutes, until softened. Whisk in flour and cook 1 minute.

Gradually whisk in chicken broth and cook, stirring constantly, until thickened, 5-6 minutes. Stir in remaining filling ingredients. Spoon into nine-inch pie plate.

For the crust: combine flour and salt in a medium bowl. Blend oil and skim milk in small bowl; add to flour mixture. Stir with fork until dough forms a ball. Press dough ball between hands to form a 9-10 inch "pancake." Roll pancake between unfloured sheets of waxed paper or plastic wrap. (Pie crust can be made in advance and refrigerated in pie plate overnight.)

Peel off top sheet of waxed paper or plastic wrap and place pie crust on top of filling. Trim and flute edges. Bake in a 375-degree oven until pastry is golden brown, about 40-45 minutes. Serve hot. Makes six servings.

(Recipe from: Puritan Oil)

TONIGHT's the NIGHT!

Fun, food, music, comedy, entertainment for all in downtown Birmingham.

Come on down, any time from 4:00 p.m. to midnight. 95 admission buttons are available at most First Night entertainment sites. Children 12 and under must be accompanied by an adult. Children 5 and under are free — and so is the parking in all city garages.

Complete schedule of events will be available at all entertainment locations and city parking garages. The program lists all shows, times and locations, keyed to a "walking map" of downtown. Use it to plan your evening to make it the most fun for you.

NEWS! The High School Rock 'N' Roll JAM (formerly announced for the Plaza building) will now take off at the YMCA at 7:00 p.m. and go 'til nearly midnight. First Night shuttle buses will transport rockers and rappers from the Municipal Building, Pierce Street Entrance, to the "Y" and return throughout the evening. The JAM, presented by Michigan Bell Telephone Company, features WCSX deejay Jeff "Zippy" Crowe, plus special performances by the rap group, GTMC, and the rock group, VuDu Hippies.

MORE NEWS: The "Broadway Babies and Phantoms" musical revue (being sung by a mixed quartet of great voices from Michigan Opera Theater) will be happening at the First Church of Christ, Scientist, Chester at Wilhite. No location had been announced previously. Shows will start at 8:00 and 9:00 p.m. We suggest being there early!

City Hall on Martin Street, just east of Shain Park, will be open for the entire evening as a kind of meeting and greeting center. Coffee will be available, as will programs and general information. Restrooms, too.

Food info: Hot sandwiches, snacks, finger foods and beverages will be for sale from Shain Park and St. James Church. There will also be a full food court set-up in Woodward Square, 355 South Woodward (formerly Piccadilly).

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For more information, call 840-0688. A Non-Profit Project of The Cultural Council of Birmingham/Bloomfield.

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