## FOOD

# GONE FISHIN' For Lent

BY MARY ANN MENENDEZ STAFF WRITER

A very special liturgical season is nearing. The 44 days of Lent begin on March 25, and Ash Wednesday marks a period of fasting prior to Easter Sunday on April 12.

For some, this time is for dieting while for others it is a period surrounding a mystery. But what Lent is, it is a spiritual season of fast, selfdenial, Christian growth, penitence, conversion and simplicity. Lent is derived from a Germanic word for springtime and can be embraced as a time for flakes easily with fork. Christians to take personal inventory of their lives. Sacrificing meat and eating fish is steeped in deep religious history and is an excellent form of spiritual discipline.

Also, we must not forget that many of Jesus' disciples were fishermen. Andrew and Simon, James and John, all left their nets to follow Jesus.

Then there is Ichthys which resembles the profile



of a fish. This symbol was used by early Christians as a secret symbol and now known colloquially as the "sign of the fish" or the Jesus fish.

As you take time to spiritually, physically and mentally prepare for the Lenten season, here are recipes to help you incorporate fish into your diet. There's nothing to say they can't be added to your collection and cheese enjoyed all year long.

#### **Stovetop Lenten** Dish

1 can (14 1/2 oz size) vegetable broth

1 cup fresh baby carrots, quartered lengthwise

1/2 cup chopped celery 1 tablespoon dried pars-

ley flakes

1 and three-fourths cup uncooked instant brown

1 pound orange roughy

or sole 1/4 teaspoon garlic-pep-

In a 12-inch non-stick skillet, combine broth, carrots, celery and parsley flakes. Bring to a boil. Reduce heat to medium low; cover and cook 3 minutes. Uncover skillet; return to a boil. Stir in rice. Top with fish; sprinkle with garlic-pepper seasoning. Reduce heat to medium low; cover and cook 12-15 minutes or until liquid is absorbed and center of fish Garnish with fresh parsley sprigs if desired.

#### Fantastic Fish 1 pound favorite fish fil-

let, about 3/4-inch thick 4 tablespoons butter or margarine, melted

1 tablespoon lemon juice Salt and pepper to taste 1/4 teaspoon paprika

Heat oven to 375 degrees. Grease bottom of rectangular pan, 11 by 7 by 1 and 1/2 inches. Cut fish fillets into serving pieces if needed. Place pieces, skin sides down, in the pan, folding thin ends under if necessary for even thickness. Mix remaining ingredients; drizzle over fish. Bake uncovered 15 to 20 minutes or until fish flakes easily with fork.

#### Shrimp, Italian Style

2 tablespoons olive oil 2 cloves garlic, minced 1 small yellow onion,

chopped 1 tablespoon flour

2 cups skim milk 1 cup fat-free half-and-

4 ounces fat-free cream

parmesan

1/2 cup cheese, grated

1/2 teaspoon salt 1/2 teaspoon black pep-

1 pound medium or large shrimp, peeled, deveined, tails removed, and cut in half lengthwise.

fresh tablespoon flatleaf parsley, chopped

#### 1 pound spinach fettuccine, cooked as directed

on package Heat olive oil in skillet over medium heat; add garlic and onion and saute about three minutes until onion becomes translucent. Sprinkle flour over the onion and garlic mixture and stir quickly until flour soaks up the olive oil. Whisk in the milk and half and half, and bring to a boil; stirring constantly until mixture thickens to a cream-like consistency. Whisk in cream cheese, parmesan cheese, salt, and pepper. Mixture should be very creamy at this point. Stir in shrimp and simmer about 2 minutes, until shrimp is cooked through. Remove from heat and stir in parsley. Place cooked fettuccine in a large serving bowl, pour the hot Shrimp Alfredo sauce over top, and toss. Serve in flat pasta bowls with a little extra parmesan cheese and freshly ground black pepper sprinkled over each portion.

#### Fiery-Glazed Salmon

Serves six.

**Cooking Spray** 4 6-ounce salmon filets 1/4 cup honey

1/2 teaspoon salt 1/2 teaspoon pepper

1 teaspoon garlic powder 1 tablespoon oregano

1-2 teaspoons chili pow-

Preheat oven to 450 degrees. Spray a 9 by 13 dish with cooking spray. Place salmon filets in dish. Drizzle each filet with 1 tablespoon honey. Sprinkle with salt, pepper, garlic powder, oregano and chili powder. Bake at 450 degrees for 10-12 minutes (more or less depending on thickness and how you like your salmon.) Serves four.

#### Small Fry Fish

1 pound frozen cod fillets. thawed, do not separate fil-

2 medium zucchini, sliced 1 and 1/4s cups thick and chunky salsa, divided 1/2 cup finely shredded

mozzarella cheese Preheat oven to 400 degrees. Cut fish into four and cook until slightly thickpieces. Mix zucchini and 1 ened. Add the sugar and stir cup of salsa in 9-inch dish until the sugar is well incorand top with fish. Spoon 1 tablespoon remaining salsa salmon and plate it. With a on each fish. Bake 15 min- spoon, pour the sauce over

#### Terrific Tuna 2 cups chunky white

with cheese. Bake an addi-

tional 8 to 12 minutes or until

fish flakes easily with fork.

Serves four.

albacore tuna: fresh cooked or canned, drained Salt and pepper to taste Three-fourths cup finely juice

chopped celery 1 large tomato, chopped

or grape tomatoes 1/2 cup onion

1 teaspoon horseradish 3/4 cup mayonnaise

Mince cooked tuna then add remaining ingredients. Cover and refrigerate, to allow flavors to meld for at least an hour before serving. Eat on toast or a bed of lettuce as a salad. Serves six.

#### Salmon with Garlic-Ginger

Glaze

4 fillets of salmon 4 cloves of garlic

1 ginger root

1 cup of soy sauce 1/2 cup of teriyaki sauce 1/2 cup of brown sugar

1 lemon

Salt and pepper to taste 2 cups of vegetable seasoned stock

Lightly season the salmon

with salt and pepper and a vegetable stock to a simmer taste and place the salmon in the stock and let cook for about 8 to 10 minutes. Mince the garlic and ginger. Heat a saute pan and saute the garlic and ginger until lightly golden brown. Add the soy sauce and teriyaki sauce utes then sprinkle evenly the salmon. Serve lemon

#### Root Beer-Glazed Salmon 1/2 cup root beer

wedges. Serves four.

1/2 cup ketchup 2 tablespoons lemon

2 tablespoons orange

tablespoon

Worcestershire sauce 1 tablespoon molasses

grated

lemon zest 1/4 teaspoon ground gin-

1/4 teaspoon

1/4 teaspoon onion pow-

1/2 teaspoon salt, or to taste

teaspoon freshly squeeze of lemon. Bring the ground black pepper, or to small cedar grilling planks, soaked according to manufacturer's instructions 4 6-ounce salmon fillets

In a medium saucepan combine root beer, ketchup, lemon juice, orange juice, Worcestershire, molasses, zest, ginger and onion powder. Bring to a boil, over a porated. Take out the medium high heat, stirring occasionally. Reduce heat to medium low and simmer until reduced to about threefourths cup, about 10-15 minutes. Remove from heat and season with salt and pepper. Transfer to a small bowl and cool. Preheat grill to medium high heat. Place soaked planks on grill and close lid. When planks begin to smoke, place one fillet on each plank. Grill, covered, until fish flakes with a fork, about 10-15 minutes. Brush fish frequently with root beer

glaze. Place one plank, with

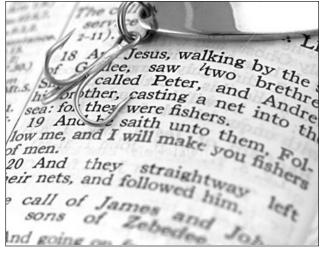
salmon, on a dinner plate. If

desired garnish plates with

rosemary sprigs and lemon

slices. Serve immediately,

passing any remaining



glaze.

# Timely

# Newspapers

BY MARY ANN MENENDEZ STAFF WRITER

It is said old news is stale but the some tips about our product that is fluid! wetness or odors too.

Consider these uses before toss-

- ing your paper in the recycling bin: as gift wrap. ■ Stuff a crunched-up newspaper deodorize the container.
- Wrap individual tomatoes in way.

sheets of newspaper. Let them sit

- on the kitchen counter to ripen. ■ An oldie but goodie is to use true beauty lies in what to do with newspaper to remove streaks from the old newspapers. Here are glass. Remember to use cleaning
- actually very absorbent. If it Insert crunch-up newspapers absorbs ink, it absorbs all kinds of into your shoes to dry them quicker as they sit overnight.
  - Recycle comic pages and use
- Keep a pile of newspaper near into a clean lunch box or thermos. the entryway for family members Seal it and let it sit over night to and visitors to place their winter wear. Puddles will be avoided this

### Wine braise produces tender, flavorful chicken

By J.M. HIRSCH AP FOOD EDITOR

This riff on the classic French coq au vin is a one-pot wonder that comes together almost effortlessly and leaves plenty of room for improvisation. After chicken legs and thighs all, the hallmark of French country cooking is making use of whatever is on hand.

You begin with a saute of garlic, onions and traditional seasonings. This recipe then calls for red bell pepper, carrots and olives, but any combination of mushrooms, peas, parsnips, potatoes or other sturdy vegetables would be great.

Bone-in, skin-on chicken then is added to the pot and lightly browned. To lighten the recipe, boneless, skinless chicken breasts could be used, though they won't brown as nicely.

Red wine and chicken broth are added to form the braising liquid, but white wine could be substituted. If you use white, consider also adding minced jarred jalapeno peppers or a pinch of chili pow-

Serve this brightly colored chicken with heaps of rice to soak up the sauce.

#### Red wine braised chicken

Start to finish: 45 minutes (15 minutes

active)

Servings: 6 2 tablespoons olive oil

6 cloves garlic, minced 1 large yellow onion, diced

- 1 large carrot, chopped
- 1 red bell pepper, cored and diced 1 cup Kalamata olives, chopped
- 1 teaspoon dried thyme 1 teaspoon dried basil
- 3 to 3 1/4 pounds bone-in, skin-on
- 2 cups chicken broth
- 2 cups red wine 1 tablespoon currant jelly
- 1 1/2 tablespoons cornstarch 2 tablespoons water Salt and ground black pepper, to taste In a large Dutch oven over medium-high, combine the olive oil, garlic, onion, carrot,

bell pepper, olives, thyme and basil. Saute until the onion and pepper are just tender, about 8 minutes. Add the chicken and use tongs to turn and brown on all sides. Add the broth, wine and currant jelly. Mix well, bring to a

simmer, then cover, reduce heat to simmer and cook for 25 minutes. Use tongs to transfer the chicken to a plate and cover with foil. In a small cup, mix together the cornstarch and water, then add to the Dutch oven. Cook, stirring constantly, until thickened, about 2 min-

utes. Season with salt and pepper. Serve the chicken with sauce ladled over

Nutrition information per serving (values are rounded to the nearest whole number and assume the skin of the chicken is discarded after cooking): 570 calories; 261 calories from fat; 29 g fat (7 g saturated; 0 g trans fats); 200 mg cholesterol; 10 g carbohydrate; 60 g protein; 2 g fiber; 649 mg



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