

Bounty From The Waters

Feasting on the bounty from the sea, lakes, and rivers has been both a means of survival and a culinary delight for centuries. With today's improved refrigeration and transportation, an abundance of fish is no longer limited to coastal regions. Fish of all kinds can be enjoyed any time of year, for special occasions or daily fare. Whether you enjoy ice fishing this time of year for your own catch or favor the market-type of fish, there's something for everyone with today's selections.

Oven-Poached Salmon in Garlic Broth

Enjoy this broth with vegetables and salmon in a shallow bowl. Serve it with crispy French fries for dipping in the broth. 4 servings.

- Ingredients:**
 2 tablespoons lemon juice
 3-4 garlic cloves, minced
 2 (8-oz.) bottles clam juice
 1 (16 oz.) bag coleslaw
 4 (6-oz.) salmon fillets, skinned
 1/4 cup chopped fresh parsley or cilantro
 1/8 teaspoon pepper

Combine first 3 ingredients in small saucepan; bring to a boil. Reduce heat and simmer 5 minutes. Place coleslaw in an 11x7-inch baking dish; arrange fish on top of coleslaw. Pour juice mixture over fish; sprinkle with parsley and pepper. Bake in preheated 375-degree oven for 10-12 minutes, or until fish flakes easily with a fork when tested. Serve in large, shallow pasta bowl.

Baked Haddock with Sour Cream

If you catch your own fish, bass and perch would work well here. Or try cod, tilapia, or other market fish filets. 4-6 servings.

- Ingredients:**
 1-1/2 lbs. fresh haddock or other skinless fish fillets
 1 cup sour cream
 1/4 cup fine, dry bread crumbs or cornflake crumbs
 1/4 teaspoon salt
 1 teaspoon maple syrup
 1 teaspoon lemon juice
 paprika

Place fish in lightly buttered baking dish. In small bowl, combine sour cream, bread crumbs, salt, maple syrup, and lemon juice; blend well. Spread over fish. Bake in 400-degree oven for 20-25 minutes, or until fish flakes easily when tested with a fork and sour cream is lightly browned. Sprinkle with paprika and serve.

Sautéed Scallops with Pesto

A simple and delicious way to prepare scallops. "Dry" scallops are those that have not been brined in a salt-water solution. 4 servings.

- Ingredients:**
 prepared pesto (available in most store refrigerator sections or on the shelves)
 2 tablespoons olive oil or 1 tablespoon butter + 1 tablespoon oil
 1 lb. fairly uniform "dry" large sea scallops
 3 tablespoons fresh lemon juice

Cut most, but not all the way through the middle of each scallop. Smear about 1/4 teaspoon pesto on the exposed center; close the scallop. Add oil to large non-stick skillet over high heat for 1 minute. Sauté scallops (don't crowd), browning on one side and turning to brown other side. It should take 2-3 minutes. Deglaze pan with fresh lemon juice and pour over scallops. Serve immediately, with rice if desired.

Spicy Sausage and Mussel Stew

Mussels are easily found in supermarkets today and are relatively inexpensive. Serve this hearty stew with plenty of crusty bread for mopping up the juices. 4-6 servings.

- Ingredients:**
 1/2 teaspoon red pepper flakes
 3/4 tablespoons olive oil
 1 onion, finely chopped
 1 lb. hot Italian sausage, casings removed (substitute Italian sweet sausage, if desired)
 1/4 lb. prosciutto, cut in 1/4-inch dice
 4 large tomatoes, peeled, seeded, and coarsely chopped
 1/4 cup minced fresh parsley leaves
 1/4 cup minced fresh basil (or 2 teaspoons dried)
 3 cloves garlic, minced
 1/4 cup dry white or red wine
 4 lbs. mussels, beards trimmed
 salt and pepper

Sauté red pepper flakes in olive oil over medium-low heat for a few seconds; add onions and sauté until soft but not browned, about 10 minutes. Add sausage, breaking it up with a fork, and cook until it changes color. Add prosciutto and cook 2 minutes. Add tomatoes, parsley, basil, and garlic and simmer 5 minutes, stirring. Raise heat to medium-high and add wine, allowing it to boil 2-3 minutes. Add mussels, cover, and steam until they just open. (Discard any that don't open.) Season with salt and pepper, if desired, and serve in soup plates.

Cooking Corner

with Nancy Adams



Scalloped Seafood Casserole

You may use all the seafood suggested or only that which you chose. You may use light cream and regular tomato juice, if preferred.

- 8 servings; recipe may be halved easily.
Ingredients:
 1/4 cup melted butter
 1 cup Ritz cracker crumbs
 1-1/2 lbs. haddock or cod, cut into pieces
 12 raw shelled shrimp, scallops, and shucked oysters
 salt and pepper
 1/4 cup each heavy cream and V-8 juice
 2 tablespoons melted butter for drizzling

Butter a large casserole dish; dust lightly with some fine dry breadcrumbs. Combine Ritz crackers and melted butter; set aside. Add haddock or cod and shrimp to dish; sprinkle with salt and pepper and 1/2 of the buttered Ritz cracker crumbs. Add a layer of scallops, and oysters; sprinkle with salt and pepper. Top with the rest of the Ritz cracker crumbs. Combine cream and V-8 juice; pour over all in casserole dish and drizzle on melted butter. Bake at 400 degrees for 30 minutes.

Nancy Adams is a native of Peterborough and resides in Hancock. She and her husband, Bud, have raised four sons. She has been featured as one of Yankee Magazine's great New England cooks. Nancy welcomes suggestions - send them to: Nancy P. Adams, PO Box 23, Hancock, NH 03449.

"A Taste Of Italy" Buffet At Marlborough's Community House Friday, January 19th

The Federated Church of Marlborough will host "A Taste of Italy" Buffet Supper on Friday, January 19th at the Community House at 160 Main Street from 5 to 6:30 p.m. (The snow date is Saturday, January 20th.)

Guests can choose from a menu of meat and vegetarian lasagnas, chicken parmesan, spaghetti with meat and meatless sauces, meatballs and sausage, mixed greens salad, and an Italian dessert buffet.

Tickets are \$10 for adults and \$6 for children 12 and younger. Takeout is available. The Community House is handicapped accessible.

For more details, call 603-876-3863.

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24.5-30.6 Oz. Asst. MAXWELL HOUSE COFFEE.....	\$6 ⁹⁹
16 Oz. Asst. HANNAFORD PASTA.....	\$1 ⁰⁰
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