



March 2001 – Light Meals recipes

Light meals including fish.

Spring is here, Mother Nature is being busy and everything is flushing and coming into bud, active with life and fresh growth. Inspired by Pia Penderons story in the February issue of Essence on becoming physically fit, I thought I would dedicate this article to interesting light and tasty meals. I like clean, fresh and simple food. I dedicate this article to fish prepared in this manor. All the fish chosen in this article can be purchased at your local fishmonger.

Swordfish Souvlaki

Makes four servings.

1lb Swordfish steak-skinned and cut into 1" cubes. Any firm white fish can be substituted.

Marinade

1T Lemon juice

1/2t Oregano

Salt and Pepper

-marinate fish for 15mins

4 6"pita bread (preferably pocketless)

-wrap in foil and place in a 200°F oven to warm

Tzitziki

1g Cucumber

-grate, then place in a kitchen towel and squeeze to remove excess moisture.

8oz Plain yoghurt

1 1/2t Fresh mint-chopped

1/2t Garlic-mint

Salt and pepper

-mix together with the cucumber

Salsa

2 Plum tomatoes-chopped coarse

1/2 Red onion-thinly sliced

1/4c Parsley-chopped

Salt and pepper

-mix in a separate bowl.

4 12" Bamboo skewers-soak in warm water for 15mins.

-Thread fish on skewers and BBQ on a greased rack for 8 mins, turning once. Alternatively, the fish can be pan fried or broiled in the oven,

-Divide the cucumber mix between the pitas, top with fish. Sprinkle tomato mixture over the fish and roll the pitas into cones, wrapping with parchment paper or foil to secure.

Grilled Tuna with a warm white bean salad.

1/2lb dried Great Northern Beans-soaked and cooked.
-or substituted for 2 cans white lima beans, drained and rinsed.

-mash 1/2c of the beans

1c Watercress-chopped

2cloves Garlic-minced

1sm. Red onion-sliced thin

2T Parsley leaf chopped fine

2T Lemon juice

Salt and pepper

-mix together with mashed beans and stir in the whole beans. Warm bean salad slowly, on low while preparing Tuna.

4x 4oz Tuna steaks about 1/2" thick-pat dry

1T Lemon juice

-drizzle over tuna, turn to coat.

1t Fennel seeds-crushed

freshly ground black pepper.

-sprinkle both sides of the tuna and salt to taste.

BBQ the fish on a greased rack about 3mins a side. Alternatively, the tuna can be pan fried or broiled in the oven.

Arrange the warmed bean salad on the plate and top with the tuna. Garnish with some watercress and some wedges of lemon.

Broiled Salmon with curried eggplant chutney.

1/2lb Eggplant-cut into 1/2" cubes

1 Red pepper-1/2" cubes

1sm. Onion-1/2" cubes

1/4c Water

2T Lemon juice

2T Cider vinegar

1t Curry powder.

1/2t Mustard seeds

1/4c Brown sugar

-simmer all the above ingredients uncovered for 20mins, until most of the liquid has evaporated.

1T Parsley-chopped

Salt to taste

-stir in and Cool to room temperature. This can be made up to a week in advance.

1T Brown sugar

1T Balsamic vinegar

2t Dijon mustard

1/8t Cayenne

Salt to taste

-stir together.

4x4oz Salmon fillets with skin

-roll in Balsamic vinegar mix.

-arrange fish skin side down on a broiler pan and broil in oven, 4" from heat about 7mins, until just cooked through. Discard the skin and serve with the eggplant chutney and some basmati rice.

Cod Fillet with a roasted vegetable ragout.

2med Zucchini-cut in to 1" wedges
5 Plum tomatoes-1/4'ed
2med Onions-cut into 1/2" wedges
1lg Yellow pepper-cut into 1/2" strips
2lg Garlic cloves-minced
4 fresh thyme sprigs
2T Olive oil

Salt and pepper to taste.

-toss together and coat with the oil, place on a shallow baking pan and spread into one layer. Roast @ 500°F for 20mins or until they begin to brown.

4x 6oz Cod fillets-seasoned with salt and pepper

-arrange on the vegetables and roast 7mins until it just begins to flake.

1/4c Breadcrumbs

-toast in a skillet

1T Parsley-finely chopped

Salt and pepper to taste.

-add to bread crumbs and stir til golden.

-transfer the fish to a plate and cover to keep warm.

2T Water

1T Soy Sauce

1T Lemon juice

2t Worcestershire sauce

-mix together and add to the veg, scaping up the brown bit from the bottom of the pan and breaking up the tomatoes. Divide the ragout among the four plates and top with the fish, then with the breadcrumb mixture.

Halibut in Parchment paper packets

4x 18"square Parchment papers.

4x 4oz Halibut fillets

1sm Onion- cut into 1/2" wedges

2 cloves garlic-cut into slivers

2T Sundried tomatoes-sliced thinly

1T Olive oil

1 Lemon-juiced(Some preserved lemon rind can be substituted)

1/4c Dry white wine

2T Parsley-finely chopped

1T Capers

1T Olives-chopped

-divide the ingredients between the 4 papers, being careful to add the wine just before closure. Fold the sides in then pull the ends together over the top and fold, make sure that the package is secure. Place on a baking pan and bake 15-20mins @ 400°F. To test, have a quick peek inside one of the packages to make sure the halibut is flaking. Serve the whole package on the plate with some Basmati rice.

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