

SPRING

Continued from Page 1B

Step 2: In the bottom of a medium-size bowl, mix together 1 teaspoon of the seafood rub with 1/3 cup mayonnaise and 1 tablespoon lime juice. Stir in 2 1/2 to 3 cups finely shredded cabbage, The finely shaved carrot and 2 thinly sliced green onions. Use immediately or refrigerate, covered, up to 2 days. Serve at room temperature.

Step 3: Pat fish dry. Sprinkle generously on all sides with the remaining seafood rub. Place on the perforated top of a broiler pan or on an ovenproof rack set over a foil-lined baking sheet. If desired, let stand at room temperature about 30 minutes or refrigerate, loosely covered, for several hours.

Step 4: When ready to serve, remove coleslaw from the refrigerator. Toast the 4 split burger buns. Spread the bottoms of the buns with a thin coating of barbecue sauce. If desired, spread tops of buns or other 4 slices of bread with a thin coating of mayonnaise. Place on serving plates.

Step 5: Preheat broiler to high. Drizzle a little olive oil over each fish fillet. Broil, 6 inches from heat source, without turning, until fish



Abel Uribe/Chicago Tribune-TNS

The tropical fruit smoothie, prepared and styled by Shannon Kinsella.

almost flakes easily in the thickest portion, 5 to 7 minutes.

Step 6: Carefully transfer one piece of fish to each of the bottom buns. Top with a mound of coleslaw and position the top bun in place. Serve right away.

SHRIMP COCKTAIL SALAD

Ready in 25 minutes
20 minutes (prepare time) + 5 minutes (cook time)
2 to 3 servings

Look for shrimp farmed

in the U.S. or Canada, also known as Pacific white shrimp for their good sustainable methods. If possible, avoid farmed shrimp that does not have a sustainable designation.

Rinsing the raw onion helps remove some of its bite.

- 12 ounces peeled, deveined medium-size shrimp (51 to 60 count), thawed
- 1 large lime
- 1/3 cup ketchup
- 1 teaspoon pureed chipotle in adobo or Mexican red pepper hot sauce
- 1/4 teaspoon kosher salt
- 1/2 roasted red bell pepper, diced (bottled is fine here)
- 1/4 cup drained, thinly sliced green olives
- 2 to 3 tablespoons finely diced red onion, well rinsed
- 1/2 large avocado, halved, pitted, flesh diced
- 2 to 3 cups mixed salad greens or 4 to 6 large Boston or leaf lettuce leaves
- Fresh cilantro leaves and lime wedges, for garnish
- Saltines or other crackers

Step 1: Put the shrimp into a large saucepan with just enough water to cover. Squeeze juice of 1 lime into a cup. Set the juice aside. Put the lime rinds in the pan with the shrimp. Heat to a gentle simmer; stir well and remove from the heat. Let stand until all shrimp are pink, about 2

minutes. Drain well. (You can save the cooking liquid for use in seafood soups; freeze up to 1 month.)

Step 2: Mix 1/3 cup ketchup, 1 teaspoon pureed chipotle (or hot sauce) and 1/4 teaspoon salt in the bottom of a large bowl. Add reserved lime juice to taste. Gently stir in cooked, drained shrimp, the diced 1/2 roasted red pepper, 1/4 cup drained sliced olives and 2 to 3 tablespoons finely diced and rinsed red onion. Taste for seasoning. Refrigerate, covered, up to several hours

Step 3: Gently stir diced flesh from 1/2 a ripe avocado into shrimp mixture. Arrange 1 cup mixed salad greens or 2 lettuce leaves on each serving plate. Gently pile the shrimp mixture over the lettuce leaves. Garnish with cilantro leaves and lime wedges. Serve with crackers.

TROPICAL FRUIT SMOOTHIE

Ready in 10 minutes
2 to 3 drinks

Serve this drink topped with a scoop of mango or blood orange sorbet if desired. Skip the rum and add a scoop or 2 of vanilla protein powder for a post-workout refresher.

Look for passion fruit puree in the freezer section of

international grocery stores; some stores sell bite-sized passion fruit pieces, which would work as well. If you can't find either, substitute mango puree or undiluted orange concentrate. I prefer to use unsweetened coconut cream rather than the syrupy sweet cream of coconut, but either works.

- 1 ripe banana
- 1 cup diced fresh or frozen pineapple
- 1 large ripe mango, pitted, peeled, roughly chopped (1 1/2 cups frozen diced)
- 2 cups ice cubes
- 1/2 cup coconut cream (or 1/4 cup cream of coconut)
- 1/2 cup gold rum, optional
- 1/4 cup seedless fresh or frozen passion fruit puree (or undiluted orange juice concentrate)
- 1 or 2 scoops vanilla protein powder, optional
- 1 or 2 tablespoons fresh lime juice
- Several drops pure vanilla extract
- Skewers of fresh fruit, for garnish
- Fresh mint sprigs, for garnish

Step 1: Put everything except garnishes into a large blender (or blend half at a time). Process until smooth and frothy.

Step 2: Serve in chilled glasses. Garnish with skewers of fruit and fresh mint sprigs.

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TUESDAY, MARCH 23, 2021

CROSSWORD PUZZLER

ACROSS

- 1 Garden-pond fish
- 4 News anchor — Donaldson
- 7 Shark giveaway
- 10 "Oops!" (hyph.)
- 12 Face or amble lead-in
- 13 Style
- 14 Ms. Foch
- 15 Kenya's loc.
- 16 Capsule, maybe
- 17 Not be rash (2 wds.)
- 19 One-time MTV hosts
- 21 Sp. or Eng.
- 23 A bit creepy
- 27 Banana oil, e.g.
- 30 Endorse
- 32 Formic acid producer
- 33 "Hello, matey!"
- 34 Sun. follower
- 35 Pet lovers' gp.
- 36 Tigger's friend

DOWN

- 1 — fu
- 2 John Glenn's state
- 3 Physics topic
- 4 Salmon do it
- 5 Playful bark
- 6 Griffin of game shows
- 7 Rock's — Fighters

Answer to Previous Puzzle

E	L	B	A		P	E	W		S	M	U	T	
T	A	R	P		R	H	O		N	E	R	O	
C	O	O	P		A	S	K		A	L	A	N	
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E	A	S	E		O	D	E		S	N	U	G	

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