

Chicken salad a la pineapple

FESTIVE CHICKEN SALAD

- 2 cups chopped cooked chicken
- 1 cup fresh or canned pineapple chunks
- 1/2 cup celery slices
- 1/2 cup mayonnaise or salad dressing
- 1/2 teaspoon salt
- 1/2 teaspoon curry powder (optional)
- 1 tablespoon pineapple juice or milk
- 1/4 cup 100% natural cereal

In large bowl, combine all ingredients except cereal; mix well. Chill. Immediately before serving, stir in cereal. Serve in pineapple boats or on lettuce leaves. Sprinkle with additional cereal and garnish with orange slices and strawberries, if desired. *Makes about 3 cups chicken salad.*

Seafood makes a non-fattening catch

As a food, fish has much to recommend it. It's non-fattening, it's body-building and easily digested and some of you catch your own. This season, our diets call for more fish recipes than ever and these few can easily be added to your collection. Baked Stuffed Red Snapper is adaptable to other available fish, such as bass, bluefish, mackerel. Caribbean Curried fish uses any white flaky variety, such as sole, flounder, hake. For seafood lovers, we've added an easy Seafood Salad. Enjoy!

BAKED STUFFED RED SNAPPER

- 1 whole red snapper, 4 to 5 pounds
- Salt, pepper
- 1 1/2 cups soft bread crumbs
- 1 egg, beaten
- 1/4 cup melted butter or margarine
- 1 tablespoon chopped onion
- 1 tablespoon chopped parsley
- 1 teaspoon salt
- 1/4 cup dry white wine

Have fish cleaned and dressed; leave head and tail intact for handsomer effect. Wipe inside and out with a wet cloth. Season with salt and pepper. Combine remaining ingredients except wine and toss with a fork to blend. Stuff body cavity lightly. Skewer the opening to close. Line a baking pan with aluminum foil, oil generously. Lay fish on foil, brush with a little melted butter and baste it with wine. Bake in a hot oven (400°F) about 60 minutes, or until the flesh flakes readily when tested with a fork and looks white and opaque. Makes 6 servings.

Variations: Add sliced cooked mushrooms, or celery, or oysters or crab meat to the stuffing mixture.

CARIBBEAN CURRIED FISH

- 4 cutlets of white fish, 1-inch thick
- 1/4 cup cooking oil
- 1 large onion, finely chopped
- 1/2-inch ginger root, finely chopped
- 1 or 2 blades chive, finely chopped
- 1/2 teaspoon salt
- 1 tablespoon curry powder
- 1 tablespoon flour
- 1 cup of coconut milk

Clean and wash the fish. Heat oil in a skillet and fry the salt, onion, ginger, chive and curry powder until the oil is fragrant (about 5 minutes). Remove the seasonings and fry the fish in the savoury oil. When the fish is almost done, mix the flour to a smooth paste with a little of the coconut milk, then add with the rest of the milk to the fish. Allow to simmer up once and serve immediately. Serves 4.

SEAFOOD SALAD

Prepare 1 cup cooked crabmeat, shrimp, salmon or lobster meat by shredding, dicing or flaking as required, removing and discarding any skin or bones. Add 1 teaspoon celery see, 1/2 cup diced celery, 1/4 teaspoon garlic powder, 1 hard-boiled egg, coarsely chopped, 1 teaspoon grated onion, and Dash of Tabasco. Mix with enough mayonnaise to moisten well, season with salt and pepper to taste. Peel and halve 2 avocados, sprinkle with lemon juice to prevent discoloration. Fill centers with seafood mixture and serve on a bed of lettuce.



Chicken Salad

Pineapples—how do they grow?

The pineapple is produced from a cluster of blossoms on a flowering plant. Each blossom actually develops one small fruit, but they grow so close together that they unite while developing to form one pineapple. It is this unique growth process that gives the pineapple its irregular outer covering of diamond shapes; these "diamonds" are called "eyes." It takes almost two years for a plant to yield one pineapple. If that plant is left in the ground after harvesting, it will bear another pineapple, and sometimes two, about one year later. Plants are seldom left in the ground long enough to bear a third crop, since the fruit would not be as high in quality as desired. Instead, they are used as mulch and the field is allowed to stand fallow to prepare the ground for another planting in the future.


Fresh pineapple contains an enzyme called bromelain that digests, or breaks down, protein. For this reason, if it is added to gelatin... which is a protein product... the mixture will not set; frozen pineapple contains the same enzyme. However, during canning pineapple is heated to 190°F., which destroys the bromelain.

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