

SEA-FOOD CHOWDER

TO PREPARE: 25 MIN.

- ½ cup olive oil
- 3 medium-size onions, thinly sliced
- 3 large carrots, diced
- 1 large green pepper, cut in small pieces
- 3 8-oz. frozen rock lobster tails, cut in 1½-in. pieces (include shell)
- 2 7-oz. pkgs. deveined frozen shrimp
- 1 1-lb. pkg. frozen fish fillets
- 1 qt. water
- 1 cup cooked tomatoes
- 1½ tablespoons salt
- ¼ teaspoon black pepper

1. Heat olive oil in a large sauce pot or kettle. Add the onions, carrots, and green peppers. Cook until vegetables are tender, stirring occasionally.

2. Stir in the remaining ingredients. Cover, bring to boiling and simmer about 10 min. Remove fish fillets and cut into 1½-in. pieces; return to sauce pot. In individual bowls, serve chowder topped with scoops of fluffy cooked rice or Turmeric-Buttered Rice.

6 servings

For Turmeric-Buttered Rice—Lightly toss together 3 cups hot cooked rice, 3 tablespoons butter, and ¼ teaspoon turmeric.

TASTY FRENCH BREAD

TO PREPARE: 15 MIN.

Place a loaf of French bread in center of a piece of aluminum foil large enough to cover loaf completely. Make diagonal cuts about ¼ in. apart, almost through the loaf. Generously spread Olive Butter or Lemon-Chive Butter onto the cut surfaces and over top of bread. If desired, sprinkle with paprika. Twist ends of aluminum foil securely, leaving top partially open so steam can escape. Put into a 400°F oven 15 to 20 min., or until bread is thoroughly heated. Serve piping hot.

For Olive Butter—Cream ½ cup butter until softened. Blend in 5 tablespoons finely chopped pimiento-stuffed olives and ¼ teaspoon oregano.

For Lemon-Chive Butter—Cream ½ cup butter until softened. Blend in 1 teaspoon lemon or lime juice and 1 tablespoon minced chives.

PERFECTION SALAD

TO PREPARE: 30 MIN.

- ¼ cup cold water
- 1 tablespoon (1 env.) unflavored gelatin
- 1 cup water
- 3 tablespoons sugar
- 2 tablespoons cider vinegar
- 1 tablespoon lemon juice
- ½ teaspoon salt
- 1½ cups shredded cabbage
- ¾ cup finely chopped celery
- ½ cup shredded carrot
- ¼ cup sliced stuffed olives
- ¼ cup chopped sweet pickle
- 3 tablespoons chopped green pepper

1. Pour ¼ cup cold water into a small cup or custard cup. Sprinkle gelatin evenly over water. Let stand 5 min. to soften.

2. Heat 1 cup water until very hot. Remove from heat and immediately add softened gelatin, stirring until gelatin is completely dissolved. Stir in sugar, vinegar, lemon juice, and salt.

3. Cool; chill until mixture is slightly thicker than consistency of thick, unbeaten egg white.

4. Meanwhile, lightly oil a 1-qt. mold with salad or cooking oil (not olive oil); drain.

5. Mix remaining ingredients together in a bowl.

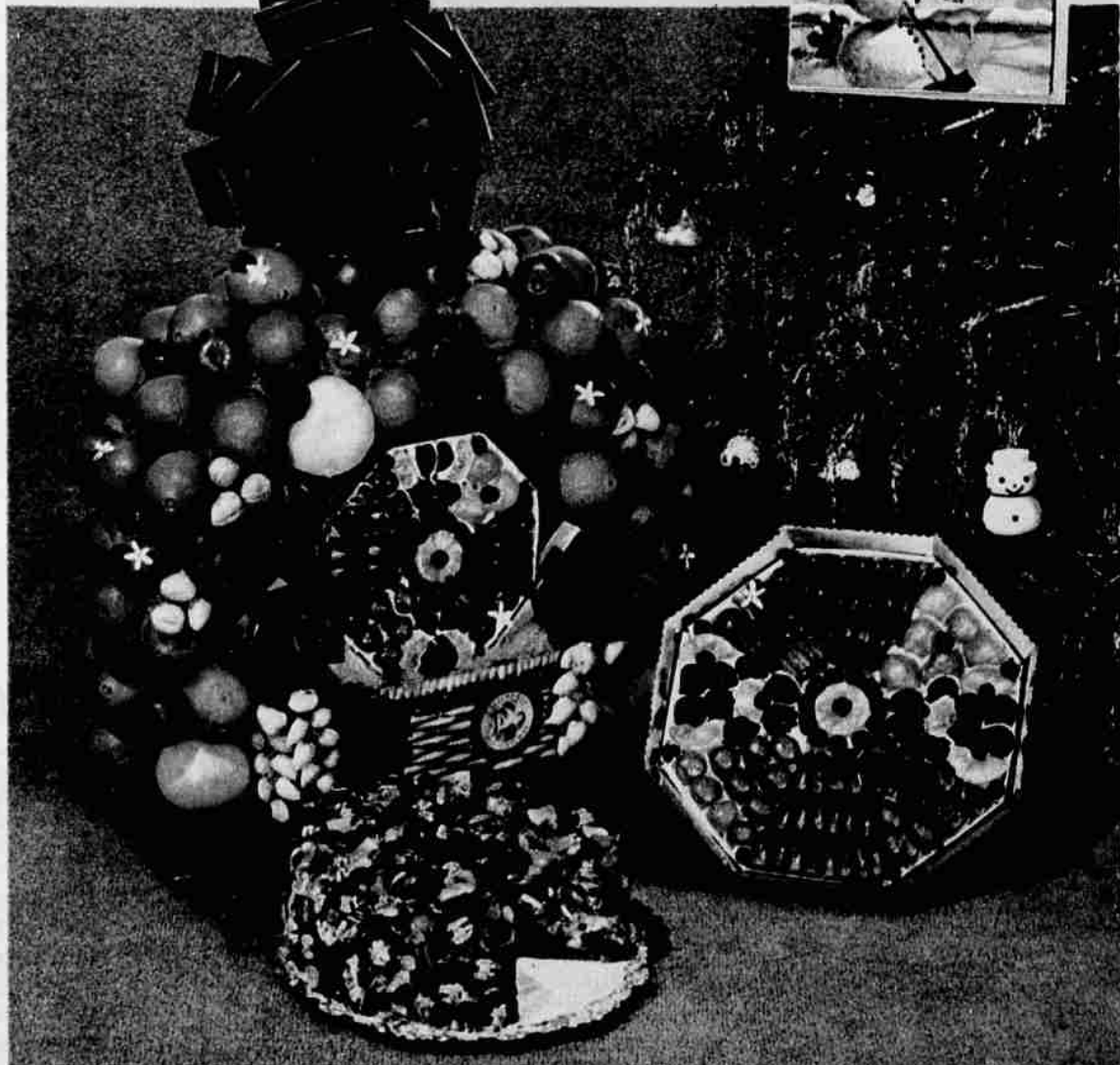
6. When gelatin mixture is of desired consistency, mix in the vegetables. Turn into the prepared mold. Chill until firm. Unmold onto a chilled serving plate.

6 to 8 servings

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