

Quick cooking

Orange-sauced fish with broccoli

THE ASSOCIATED PRESS

Don't fall into the habit of using your microwave oven only for reheating leftovers.

This good advice from Better Homes and Gardens' "Simple Everyday Meals" is backed with a nifty fish recipe. It's for a one-dish dinner, using only seven ingredients, that you can easily cook in less than half an hour. The sauce is made with orange marmalade, which combines pleasantly with broccoli and couscous to make a base for the fish.

"Simple Everyday Meals," a special interest publication, groups together about 100

recipes for busy cooks to use and to file away for re-use.

Orange-Sauced Fish With Broccoli

(Preparation 15 minutes, cooking time 12 minutes)

1 pound fresh or frozen fish fillets, 1/2 to 3/4 inch thick
10-ounce package frozen chopped broccoli
1/2 cup orange marmalade
1/4 teaspoon salt
1 cup quick-cooking couscous
1 tablespoon butter or margarine
2 teaspoons lemon juice
Thaw fish, if frozen. Rinse fish; pat dry with paper tow-

els. Cut into serving-size pieces; set aside.

Place broccoli and 1 tablespoon water in a microwave-safe 2-quart square baking dish. Cover with vented plastic wrap. Microwave on 100-percent power (high) for 4 to 6 minutes or until crisp-tender, giving the dish a half-turn and stirring broccoli once.

Stir 1 cup water, 2 tablespoons of the orange marmalade, and the salt into the broccoli. Stir in couscous. Spread evenly in dish. Arrange fish on top of couscous mixture, folding under any thin edges. Sprinkle fish with salt and ground black

pepper.

Cover with vented plastic wrap and microwave on high for 7 to 9 minutes or until the fish flakes easily when tested with a fork, giving the dish a half-turn once.

In a small microwave-safe bowl, combine remaining marmalade, the butter, and lemon juice. Microwave, uncovered, on high about 1 minute, or until butter melts and sauce is bubbly. Stir sauce; drizzle over fish.

Makes 4 servings.

Nutrition information per serving: 420 cal., 5 g total fat (2 g saturated), 62 mg chol., 312 mg sodium, 66 g carbo., 5 g fiber, 29 g pro.

Brazilian fitness trend combines dance, martial arts, music

By Holly Hickman
THE ASSOCIATED PRESS

DURHAM — Two people lock eyes. They clasp palms. They stir under the live Brazilian music — pulsing, joyful, infectious — as it pushes emotion up and out of their bodies. They release their arm-wrestle grip and hurtle themselves toward the center of the circle.

For the next few minutes, their limbs interweave and shadow. She cocoons her body into a position that is half kick, half cashew. He lunges, sways and arcs his fists toward her body. They do not make contact.

They do not stop sweating. They play capoeira (cap-WAY-rah), a fiery, explosive, centuries-old Brazilian import that combines dance, martial arts — even a cartwheel or two. It has made its way into health clubs across the United States, where gym rats constantly ferreting out new fitness trends covet a "capoeira butt" like the one owned by instructor Lua Fabbri.

"I have to say the reason I don't look 38 is because of capoeira," Fabbri said at one of her Durham classes. The Italian native teaches in Brazil, New York, and North Carolina. Her student Scott Bailey describes himself as a typical "pasty Duke freshman" in need of some exercise.

"Yeah, you work muscles you never knew you had," Bailey said at Beyond Fitness gym. "It increases agility and strength, and we're having more fun than those runners on the treadmill."

Bailey also embraces a capoeira class's vibrant energy.

"It's called axe (ah-SHAY), or life force, because you leave here so revitalized," the 18-year-old said after two hours of corkscrewing his body, singing — yes, singing

and sparring with 11 classmates.

No, not sparring, corrected Fabbri, who wore white pants that are traditional capoeira garb — and are intended to remain clean.

"We don't fight capoeira, we play capoeira," she said. "The slaves in Bahia (a region of Brazil) who created it were forbidden to fight. It's a martial art that's disguised as a dance, so to fight capoeira would be to lose its essence. The roda is a sacred space."

The roda (pronounced "hoda") is the circle students make while playing rousing songs in Portuguese (hence the singing.) Participants beat drums and pluck instruments specific to Brazil, such as the bowed berimbau.

"That's capoeira," said Brian Donnelly, an avid New York capoeira-ista. "You trim the fat. You play a cool instrument. You learn a new language ..."

"And that's just the first 20 minutes."

Music and history separate capoeira from, say, kickboxing or judo. The drums create a pulse, while singing brings a sense of joy. The interacting bodies create poetry, magic, sweat. Negative thoughts, muscular knots and lax metabolisms do not survive capoeira class. As Bailey and Fabbri play capoeira in the middle of the circle, their master teacher, Contra Mestre Caxias, leads the rest of the class in a vibrant song about finding freedom.

Amani Redd cuts in and Bailey folds himself back into the circle. Caxias speeds up the tempo and Redd and Fabbri cut into each other's spaces with focus and tango-like elegance. A shy beginner takes Fabbri's place and performs basic moves. Redd cuts back on her powerful swooshing.

"I was a beginner once, too," Redd said. "But you catch the bug, and the others help you learn."

The sport attracts more than just those interested in a steelier set of glutes.

"It's great for self-esteem for women and beginners," Fabbri said, who added that some of her more famous stu-

dents, Helene and Celia Faussart from the hip-hop/R&B duo, Les Nubians, "didn't know from a cartwheel when they started. Neither did I."

She says all age groups can play, and that people with less hardy bodies can tailor the moves to suit their abilities.

The Charlotte Post (704)376-0496

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