

# Cooking Corner Tips To Help You

**Entertaining Idea: Add Fashionable Spanish Olives And Olive Oil To The Menu!**

When it comes to easy and sophisticated entertaining, olives and olive oil from Spain should definitely be on the menu, gourmet cooks agree.

In the same way that a certain wine is selected for each dish, the best cooks now tend to select a certain kind of olive oil for each cooking preparation. The choicest olive oils, many agree, are those that come from Spain, the world's leading olive oil producer. Spain grows more than 60 different varieties of table olives and its fine olive oils are wonderfully versatile. These include the mild, smooth and sweet oils from the Catalonia region, excellent for dressing salads, vegetables and boiled fish dishes; and the aromatic, fruity oils from the Andalusia region, best for improving the taste of fried dishes, for preparing sautes, making marinades and much more.

If you're planning a dinner party for friends, family—or just a special treat for yourself—why not try this delightful, easy to make meal that's subtly, but wonderfully, enhanced with flavorful olives and olive oils from Spain?



**SAUSAGE AND CHEESE STRATA**— The cook who invented strata certainly had the right idea: turning breakfast into a make-ahead entree terrific enough for family and company. This ingenious creation has all the

ingredients for a hearty breakfast, with none of the fuss. Based on bread chunks, beaten eggs, and cheese, a strata is the most convenient invention since frozen waffles—and many times more delicious!

## Tips On Seafood, Better Eating Habits

WASHINGTON, D.C. (AP)— Here are some tips for buying, cooking and eating seafood from Consumer Reports and others who are experts in the field:

- Think twice before eating raw fin fish. Don't eat raw shellfish.
- Cook fish until it is opaque and flakes easily with a fork.
- Buy whole fish with bright, clear, bulging eyes to assure fresh-

ness.

- Look for moist flesh with a translucent sheen on seals and filets as a sign of freshness.
- Beware of how fish is displayed. Avoid fish that's been under hot lights or piled high in open cases.
- Store specials may be a way to move older fish. Beware.
- Don't eat fresh salmon, swordfish or lake whitefish more than

once a week. Pregnant women should avoid them altogether.

- Fresh fish smell like the sea, but have no strong odor. Freshwater fish in good condition sometimes smell like cucumbers. Strong odors usually indicate spoilage.
- At home, refrigerate the fish immediately in the coolest part of your refrigerator and use it within a day.

### JUMBO SHRIMP RAGOUT\*

- 3 tablespoons Extra Virgin Olive Oil from Spain
- 3 cloves garlic, finely chopped
- 24 escarole leaves, well washed, cut crosswise in 1 inch strips
- 1 cup stuffed Manzanilla Olives from Spain, (rinsed in water)
- 3/4 cup defatted chicken broth
- 1 cup coarsely chopped fresh basil leaves
- salt and black pepper, to taste
- 18 jumbo shrimp, peeled and deveined
- 3 ripe plum tomatoes, seeded and chopped into 1 inch pieces
- 1/4 cup thinly sliced scallions, garnish

Place oil in a large round heavy

pot. Add garlic and cook over low heat for 1 minute. Add escarole and Olives from Spain. Stir constantly, cooking for 1 minute until escarole begins to wilt.

Add broth and basil and cook over low heat another 2 minutes. Season with salt and pepper.

Toss in shrimp and tomatoes. Cook covered over low heat for 3-4 minutes, stirring once until shrimp is cooked through. Do not overcook.

Divide shrimp between 6 low flat soup bowls. Spoon sauce and vegetables over top equally. Garnish with scallions and serve immediately with hot crusty bread for dipping.

Yield: serves 6  
\*This recipe was developed exclusively for Olives and Olive Oil from Spain by Sheila Lukins, author of *The Silver Palate Cookbooks*, and *The New Basics Cookbook*.

### Crawfish: Out of Shrimp's Shadow

Crawfish has crawled out of shrimp's shadow and is making its way into the hearts of seafood lovers across the nation. Crawfish are not only healthy and delicious, they're versatile, and can be used in any way that you might use shrimp, including stuffing, salads, or as a topping for other fish. Today 50% of the crawfish from Louisiana is packed in convenient 1 pound packs of frozen tailmeat. Look in your fresh seafood department or in the frozen food case at your local supermarket. Here's a tasty recipe that may remind you of Cajun country, but it can be cooked wherever your kitchen may be:



Crawfish can be purchased live or cooked, whole or peeled, fresh or frozen.

1 pound (2 1/2 cups) peeled cooked crawfish tails

Melt butter in large skillet. Add green peppers, celery, and onions; cook over medium heat until tender but not brown. Stir in remaining ingredients except crawfish. Bring to a boil. Stir once or twice; reduce heat, cover, and simmer 25 to 30 minutes or until rice is tender. Mixture should be slightly moist. Stir in crawfish and cook until thoroughly heated, about 2 minutes.

For more nutritional information and great recipes contact: The Louisiana Seafood Promotion and Marketing Board, P.O. Box 70648, New Orleans, LA 70172-0648.

### Quick Crawfish Jambalaya

- 2 tablespoons butter or margarine
- 1 cup each chopped green peppers and sliced celery
- 1 cup sliced green onions, including tops
- 1 can (14 1/2 ounces) peeled whole tomatoes, chopped
- 1 cup uncooked rice
- 1 teaspoon each salt and poultry seasoning
- 1 clove garlic, minced
- 1/3-1/4 teaspoon ground red pepper
- 1 1/2 cups chicken broth



**CONTEMPORARY STYLE**— Preparing meals doesn't have to be an elaborate time-consuming event. It's all in the preparation method selected. Panbroiling, for example, is light on time and heavy on style. This contemporary and simple cooking technique is perfect for quick meals with lean, fresh pork. Panbroiling is just what it sounds like: cooking by direct heat (broiling) in a pan. Since the heat source (the pan surface) is so close to the meat, panbroiling generally takes about half the time it takes to broil the same piece of meat.

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