

COOK'S CORNER continued

Make the steamed fish: Fill a flameproof medium roasting pan with 1 inch of water and set a rack in the pan. Make 5 parallel slashes to the bone on each side of the snapper. Lightly season the fish inside and out with salt. Stuff the ginger in the slashes; then stuff any remaining ginger inside the cavity along with the lemongrass and lime leaves. Set the fish on a large rimmed heatproof plate and set it on the rack; the water should not touch the plate.

In a bowl, whisk the fish sauce, lime juice, sugar and chilies. Pour the sauce over the fish. Cover the pan tightly with foil and bring the water to a boil. Steam until opaque throughout and the meat flakes easily. 10 to 12 minutes. Carefully remove the foil and transfer the fish and its juices to a platter. Garnish with basil and serve with the roasted tomato sauce and rice.

TIP: Berry scented rose' wine, 2013. Bieler Pe're et Fils Sabine.

SHRIMP PASTA DIAVOLO. Diavolo means Italian for "Devil".

What you will need to prepare this meal

1 9 oz. package linguine	12 oz. medium fresh shrimp peeled and deveined
1 medium onion, cut into thin wedges	3 cloves garlic, minced
$\frac{1}{4}$ tsp. crushed red pepper	2 tbs olive oil
1- 14 $\frac{1}{2}$ oz., can diced tomatoes, un-drained	1- 8-oz. can tomato sauce
$\frac{1}{2}$ c torn fresh basil	2 c fresh baby spinach
$\frac{1}{2}$ c finely shredded Parmesan cheese	

1. In a large saucepan cook linguine according to package directions. Drain pasta. Return to pan: set aside. Rinse shrimp; pat dry with paper towels.

2. Meanwhile, in a large skillet cook onion, garlic, and red pepper in hot oil until tender. Stir in tomatoes and tomato sauce. Bring to boiling; reduce heat. Simmer, uncovered, 3 minutes. Add shrimp mixture to pasta. Stir in basil and spinach. Top with Parmesan and additional basil.

refrigerator 3 to 5 days.

TIP: Swiss chard stems contain glutamine & amino acid that helps the body recover from injury and surgery.

Feast of the Seven Fishes

The Feast of the Seven Fishes is part of the Italian-American Christmas Eve celebration. The long tradition of eating seafood on Christmas Eve dates from the Roman Catholic tradition of abstinence. In this case, refraining from the consumption of meat or milk products – on Wednesdays, Fridays and (in the Latin Church) Saturdays, as well as during Lent and on the eve of specific holy days. As no meat or butter could be used on such days, observant Catholics would instead eat fish, typically fried in oil.

The meal may include seven, eight, or even nine specific fishes that are considered traditional. The most famous dish Southern Italians are known for is baccalà (salted cod fish). The custom of celebrating with a simple fish such as baccalà is attributed to the greatly impoverished regions of Southern Italy. Fried smelts, calamari and other types of seafood have been incorporated into the Christmas Eve dinner over the years.

There are many hypotheses for what the number "7" represents. One popular theory is that the number represents the seven Sacraments of the Roman Catholic Church; or it represents the Seven hills of Rome that surround the city.

from Wikipedia