

## The Holiday Season begins.

The following recipes are meant to help speed up your cooking time while providing yummy food.

### *Three new fish recipes for the Christmas Eve meal!*

#### **Caramelized Fennel, Celery, & Sardine Pasta: Active time 20 min. Serves 4.**

3 tbs of Extra-virgin olive oil, plus more for drizzling.

1 large bulb fennel, trimmed, cored, and thinly sliced, plus  $\frac{1}{4}$  c Chopped fennel fronds.

2 stalks celery thinly sliced on the bias, plus  $\frac{1}{4}$  cup celery leaves.

3 cloves garlic, thinly sliced.

1 can (4.2 ounces) sardines packed in olive oil, drained

10 ounces short tubular whole wheat pasta (penne or elicoidali).

Grated zest of 1 lemon.

Coarse salt and freshly ground pepper.

1. Heat oil in a large straight-sided skillet over medium-high heat. Add fennel, celery, and garlic and cook, stirring frequently, until tender and deep golden, about 8 minutes. Remove From heat.
2. Meanwhile, bring a pot of generously salted water to a boil. Cook pasta according to package instructions. Reserve 1 cup pasta water; drain
3. Add pasta and pasta water to skillet with vegetables. Cook over medium heat, stirring to coat pasta, until warmed through, 2 to 3 minutes. Stir in fennel fronds, celery leaves, and lemon zest. Break up sardines into large pieces and gently fold into pasta. Season with salt and pepper and drizzle with oil. This is a version of a healthy Sicilian classic, Con le sarde which uses canned thin Sardines. Enjoy.

#### **Whole Red Snapper with Roasted Tomato Sauce. Total 35 min. Serves 4.**

##### ROASTED TOMATO SAUCE

large unpeeled garlic cloves

5 small Thai chilies

One 1-lb tomato cored and quartered

2 tsp Asian fish sauce

Pinch of Kosher salt.

##### STEAMED FISH

1 3/4 to 2 lb cleaned and scaled red snapper Pinch of Kosher salt

2 oz fresh ginger, peeled and julienned (1/2 cup)

One 4-inch piece of lemongrass, tender inner white bulb only, julienned

2 fresh kaffir lime leaves

3 Tbsp Asian fish sauce

3tbs fresh lime juice

**Make the Tomato sauce:** In a skillet toast the garlic, chilies and three-quarters of the tomato over moderately high heat, turning until lightly charred all over. 3 minutes for the garlic and chilies and 7 minutes for the tomato; let cool. Transfer to a blender, add the fish sauce and remaining tomato and puree until nearly smooth. Season the tomato sauce with salt.

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