

# Culinary Outlook

## Even novices find this soup easy

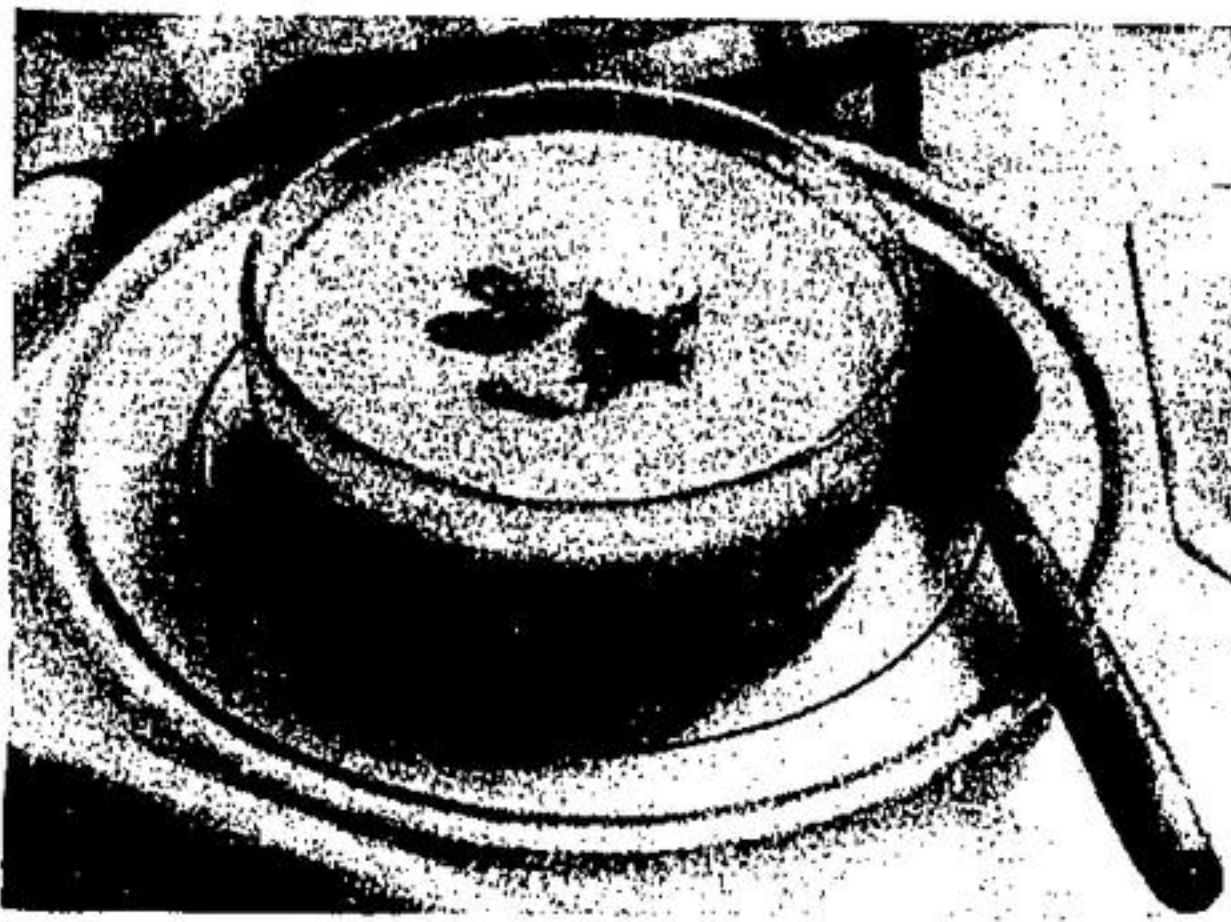
By Aileen Claire  
NEA Food Editor

A few packages of frozen vegetables and a blender or food processor turn you into a soup-making whiz. Here is a curried pea soup that is most refreshing when served chilled. It's a colorful, tasty harbinger of spring you may want to add to your Easter menu.

### CHILLED CURRIED PEA SOUP

- 1/2 cup frozen chopped onion
- 1 to 1 1/2 teaspoons curry powder
- 1 tablespoon butter or margarine
- 1 package (10 ounces) or 2 1/2 cups frozen peas
- 1/2 cup frozen sliced carrots
- 1 can (14 1/2 ounces) beef broth
- 1/4 cup dry white wine or apple juice
- 1 cup half-and-half
- Watercress sprigs for garnish (optional)

Saute onion and curry powder in butter. Add peas, carrots and beef broth. Bring to boil; reduce heat and simmer 5 minutes or until vegetables



FROZEN VEGETABLES AND BLENDER make a curried pea soup a snap.

are tender. Puree in blender or food processor until smooth. Chill. Just before serving add wine and half-and-half. Strain if desired. (May be served

hot.) Garnish with watercress. This kitchen-tested recipe makes 4 to 5 servings.

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## Make a stir-fry meal

A surprising but pleasant combination is a stir-fried meat-vegetable mix served on top of chilled lettuce. If you like, serve the stir-fry in large iceberg lettuce leaves, fold leaves around mixture and eat the bundle using fingers.

### STIR-FRIED PORK OR BEEF ON LETTUCE

- 1 1/4 pounds pork tenderloin
- 1/4 cup dry sherry or apple juice
- 1/4 cup water
- 3 tablespoons soy sauce
- 3 tablespoons oil, divided
- 1/2 pound mushrooms, sliced
- 1 package (8 ounces) frozen pea pods or Chinese vegetables
- 1 teaspoon cornstarch
- 4 cups shredded lettuce

Cut pork tenderloin into 1/4-inch thick slices. Combine sherry, water and soy sauce in medium bowl; add tenderloin, stirring to coat.

Heat 2 tablespoons oil in wok or large frying pan. Add mushrooms and pea pods and cook quickly for 3 to 4 minutes, stirring constantly. Remove

vegetables and reserve. Drain marinade from pork; reserve. Add remaining oil to pan. Quickly brown pork 3 to 4 minutes or until done, stirring constantly.

Stir cornstarch into reserved marinade until smooth. Add vegetables and marinade and cook, stirring occasionally, until thickened. Serve pork stir-fry over lettuce. This kitchen-tested recipe makes 4 servings.

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## Succulent fish rolls ready in minutes

By Aileen Claire  
NEA Food Editor

Fish stuffed with broccoli, rice, cheese and water chestnuts is a one-dish meal. This is even more succulent when prepared quickly in the mi-

- 1 frozen chopped broccoli, thawed and drained
- 1/2 cup cooked rice
- 1/4 cup grated Cheddar cheese
- 1/4 cup chopped water chestnuts
- 1/4 teaspoon salt
- 1/4 teaspoon dill weed
- 1 whitefish fillets (about 15 ounces)
- Paprika

Combine broccoli, rice, cheese, water chestnuts, salt and dill. Place 1/4 cup stuffing on each fillet; roll up and set aside.

Spoon remaining stuffing into bottom of 9-inch round microwave-safe baking dish; top with rolled fish fillets seam-side down. Garnish with papri-

ka. Cover with waxed paper; microwave at High for 6 to 8 minutes or until fish flakes when tested with a fork. Turn dish 1/4 turn halfway through cooking time. This kitchen-tested recipe makes 4 servings.

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## MICROWAVE COOKING

microwave. Serve with a fruit salad and buttermilk biscuits with honey.

### BROCCOLI-STUFFED WHITEFISH

- 1 package (10 ounces) or 3 cups

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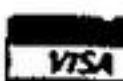
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