

1992

tilapia for two

the fish

on low heat:

2 fillets tilapia, salt and peppered

2 T butter in nonstick frying pan

3 cloves garlic, chopped

sauté garlic in butter 2 minutes (don't burn garlic). add fish

cook fish 1 minute each side. add:

2 T chopped parsley

1 lemon, juice of

cook again both sides 1 minute to coat both sides with added stuff.

cover and leave 1 minute. turn off heat. eat.

the fish story

bob never knows what to do with fish.

But this woman was offering cooked fish samples on toothpicks in the supermarket. bob tried one. It was great. She offered more since she was about to shut down the giveaway but bob automatically said no (childhood training). A few minutes later he changed his mind but returning it was too late to get another sample. He forgot even to ask how she cooked it.

Returning the next night bob asks the fish counter person if he knows anything about cooking this fish. He doesn't. But there is a 2 page publicity sheet. bob buys the fish for dinner.

Later that day bob is tied up software consulting with a friend of a friend about typesetting line numbers for a 4 thousand page document on biblical manuscripts. ani takes over the fish problem. bob returns for dinner. ani solved the fish problem brilliantly.

the fish facts

The publicity sheet says this freshwater fish is super healthy (to eat). And of Middle Eastern origin (Nile, Sea of Galilee, River Jordan) though most recently fish farmed in California. It's the fish from the fish and bread multiplication miracle of Jesus and Peter (fisherman later turned saint). A holy fish. (unrelated to "Holy mackerel!") And hard to overcook so it's great for kitchen amateurs like us. Even millenia before the fish trick, it was "preferred by nine out of ten pharaohs" in ancient Egypt. They got the best. Or else.

Ani served it with Near Eastern barley pilaf from a box. Excellent.

Here are some fish pointers. The fish is apparently good in every possible way you can cook a fish except undercooked.

Raw it's firm and rubbery.

Slightly cooked (2-3 min) it's white outside, pink and rubbery inside.

Nearly cooked (3-4 min) it's golden outside (hence the full name "Golden Tilapia"), soft and mushy inside.

Fully cooked (4-5 min) it's flakey, firm, and tender throughout.

Out in California they must have these fish doing aerobics. They're only 1.3 percent fat. And no "fishy" taste. Moist, sweet, and firm. Second only to carp in domesticated production world wide. We get this fish regularly. Almost. Give it a try.

tlapia42.htm: 10-jun-2001 [[what, ME cook?](#) © 1984 [dr bob enterprises](#)]

couple cavatelli

the short story:

pasta:	1 lb frozen or dry cavatelli
processable veggie group:	1 medium onion 1 celery stalk 1/3 (orange) bell pepper 7-8 small mushrooms 1 elephant garlic clove or a couple regulars
sauté facilitators:	2 T butter 2 T olive oil
tomato sauce component:	1 28oz can Italian plum tomatoes
serving touch:	1/2 c freshly ground parmesan freshly ground black pepper to taste (optional salt to taste)

instructions

1. Start the cavatelli water boiling and dump in when ready with your best guess about the salt.
2. Meanwhile chop and sauté the processable veggie group in the saute facilitators in a large (nonstick) saucepan. We used our food processor for veggie prep.
3. When the processable veggie group is softened, dump in the (contents of the) can of tomatoes and cook over medium heat for 30 minutes or more until liquid is reduced. Try not to burn it near the end. Coordinate with the cavatelli boiling time.
4. Combine with the drained pasta and cheese.
5. Serve with freshly ground black pepper to taste.
6. Feeds 2 with improved leftovers for lunch the next day (or 4 if not main dish). This ages well.

the long story

The dr bob kitchen had no real food processor originally. This was not because dr bob does not like kitchen gadgets. It's the decision making process. If a food processor is as great as the freely given hype one hears about it from regular people, one should get the best. The best that one can afford, that is. After absorbing enough advertising to be convinced that the French sounding one might be the best, it proved to be expensive enough to wait for the good deal. The best deal. The

deal which never seemed to come. Years went by.

So dr bob merged with ms_ani and DRAT! they get a not-a-real-food-processor as a wedding gift. A blender with a pathetic looking little food processor attachment. Which sat in a closet for 5 months along with many other closet wedding gifts. dr bob not only had a better regular blender, but a [Vitamix superblender](#) to boot. No problem shelling out the 3 C-notes (plastic of course) at the home show for that gadget. Nothing else like it to require decision making delays and the home show provided the deal. Same story with the super pressure cooker which came in just under 2 C-notes. Another fantastic gadget. But this story is about the food processor.

dr bob picked up a pound of "homemade" cavatelli in the supermarket. Cavatelli are like poor man's macaroni, a poor man lacking an extruder pasta machine that pushes out pasta with holes in the middle. One cavatello is about an inch and a half long with the sides sort of pushed together to simulate an almost closed tube. A little thicker in the middle. Needing a tomato sauce that would go well with our other favorite strange pasta orecchiette (also from the same Pugliesi people in the heel of Italy). So as usual on hand ingredients had to suffice. A leftover orange pepper piece, some leftover mushrooms, an uncustomary celery bunch almost never on hand since it rarely survives the refrigerator wait. An onion. An elephant garlic clove surprisingly found in the supermarket for the first time. So it looked like a lot of chopping. Of course bob already had a manual vegetable dicer bought on the street long before in Germany (also seen at the home show). But then the not-a-real-food-processor blender in the closet popped into mind. Might as well try it out since they were clearly stuck with it, and even farther from buying a real one with it on their conscience. So out of the box, the usual new product warm water procedure and chop chop chop. Waddaya know. Works pretty well for 2 people size food processing. Effortless. Maybe even acceptable.

So here's the deal. If you've got a food processor, cheap, expensive, or not real as the case may be, or a manual veggie dicer, or just an appropriate knife, chop up the processable group of 5 veggies into small pieces, and sauté them in the butter and oil. Then dump in the can of Italian plum tomatoes—better if they already come with internal basil leaves. Break up the tomatoes—we had some hard ones this time—and cook on medium heat. Stir occasionally. The sauce stiffens up by liquid reduction. Be careful at the end to reduce the heat since it may begin to burn even in a nonstick pan as it thickens up. Drain the al dente cavatelli that were meanwhile boiling a good 10 or 12 minutes. We like lots of freshly grated parmesan cheese mixed right in with the tomato sauce and pasta before serving.

One last detail. dr bob avoids using salt perhaps more than he should, due to the bad rep it has in the American diet. ms_ani thought the sauce could have used a touch more salt and maybe even just a tad of red pepper powder to give it an edge. Use your judgment. Makes just enough for a couple of hungry humans with a microwavable leftover plate for the next day when it will taste better than the first. Nothing like aged pasta. Enjoy.

chicken artichoke mushroom sauté

dr bob was working late with dr claes. dr stuff, you know.

ms_ani volunteered to do dinner solo. what a pleasant surprise this was. (The way the result turned out, not that she volunteered ...). The dr bob cooking team cookbook and recipe collection is pretty big. Mind boggling how many recipes there must be in just the cookbooks alone, not counting the box of all the compulsively (but selectively) collected rarely ever consulted newspaper food section clippings. And the multiple boxes of past issues of hardly read food magazines. One of the food mag cookbooks is *Too Busy to Cook*. Unfortunately we're *Too Busy to Look*, usually. This time ms_ani found the time. And what a great find. Who knows how many other fabulous recipes will go undiscovered in our remaining days.

ingredients

2 large chicken breasts, boned, skinned, halved (4 pieces)
flour
4 T butter
8-10 mushrooms, sliced
1 15oz can artichoke hearts, rinsed well and drained
1/2 c chicken stock or broth
1/4 c white wine
juice of 1/2 lemon to taste
salt and freshly ground black pepper

instructions

1. dredge (?) the chicken with flour, shake off excess.
2. heat butter in medium skillet, add chicken and sauté' until golden brown and cooked.
3. transfer to heated platter.
4. add mushrooms to skillet and sauté' 1 to 2 minutes.
5. stir in artichoke hearts, stock, wine, lemon juice, salt and pepper to taste and let cook until sauce is slightly reduced, stirring occasionally.
6. return chicken to skillet and warm through.
7. serve immediately.

notes

1. veal scallops can be substituted for the chicken.

baked fish steaks (jaws tamed)

It helps to have a cooking partner. "Surprise me," you say, and the partner checks out the cooking library and comes up with this. Delicious way to have fish fillets or steaks. Especially thick shark chunks (hence... jaws). Great with [spinach and potatoes](#).

ingredients

2/3 lb = 4 small shark steaks (?)
1/2 c warm milk
1/2 t salt
dry bread crumbs to coat fish
3 T melted butter

instructions

1. Mix the warm milk and salt and soak the steaks a minute in it.
2. Then coat with the bread crumbs.
3. Drizzle over the melted butter.
4. Bake 10 to 12 minutes in the top shelf of a preheated 550° oven.

notes

1. We seem to have smaller stomachs than Joe Blow, typical American supermarket fish consumer. When we tell the fish counter person how many people it's for, they usually try to push 1/2 lb per person and we then try to downsize the total estimate so we are not overwhelmed. But this amount for 4 people seems a bit low. Maybe they were mini-steaks?
2. The original handwritten notes of this event were: "Bake 10 to 12 minutes in the top shelf (oops)." Be careful not to overbake or burn these guys.
3. Inspired by or simple stolen from "baked fish fillets Spencer", from [The Joy of Cooking](#), a pretty standard reference. We still had an old edition before CD-ROMs and the [website](#). Wonder who Spencer was.

spinach and potatoes

This is a simple recipe, but a nice combination. It was a newspaper food section harvest recipe, which at one point was misplaced in the archives to our enormous regret. Fortunately it re-emerged from the chaos to be permanently recorded here. Not much else to say.

ingredients

- 2 medium potatoes, peeled, quartered
- 1 clove garlic
- 2 T olive oil
- 2 T butter
- 1 lb fresh spinach, washed, drained
- salt, pepper to taste

instructions

1. Standard boiled potatoes: cover with salted water in small saucepan, boil until tender.
2. Put garlic on toothpick for later removal. [Forget the toothpick and leave the garlic in!]
3. Sauté garlic in oil and butter until lightly browned.
4. Drop spinach into oil and cook over medium heat, stirring frequently. Don't overcook spinach.
5. Drain potatoes and add to spinach. Reheat 2 to 3 minutes. Remove garlic [not!]
6. Season with salt and pepper to taste.

notes

1. Makes 4 servings. According to the newspaper. We say at most 2, would be served to one in Italy.
2. The original recipe had margarine instead of butter but we have long maintained that margarine is unnatural.
3. We have used frozen spinach that we cooked first when fresh was not in hand. And always use more garlic and of course leave it in.
4. [Philadelphia Inquirer](#), August 5, 1992. I wonder if they remember?

spnchpts.htm: 10-jun-2001 [what, ME cook? © 1984 dr bob enterprises]

pumpkin pasta? (fettuccine con zucca)

Rita whose famous mom Gabriela makes super-lasagna (famous in dr bob's mind at least) sent a brief note with a few lines of roughly this recipe added at the end. Unfortunately the whole recipe is slightly ambiguous, since Italian has no special word for "pumpkin", which instead is just another squash (zucca), but one that you rarely see over there since they don't have our Thanksgiving pie or Halloween traditions.

Rita actually wrote "zucca (pumpkin)", but although she has an American husband (indirectly bob's fault) and survived lengthy stays in Tucson and Phoenix, AZ (not noted for their abundance of pumpkins), our instincts told us not to trust her translation. A simple telephone call would have cleared up the matter, but it was always in the middle of the night back in Italy when we thought about it (she had returned to Rome for a while, but now years later is back in the USA). The butternut squash we tried was pretty orange, thus in a sense covering both sides of the ambiguity. In any case, if you like pumpkins, or pumpkin-like squash, you'll like this. We did.

ingredients

- 9 oz fresh fettuccine
- 3 T olive oil
- 1 small onion, chopped
- 1 butternut squash, chopped in little cubes
- 1/3 c white wine (or even water)
- 1/4 pt (1/2 c) light cream
- salt and pepper to taste
- 1/2 c freshly grated parmigiano

instructions

1. The butternut squash is a bit user-unfriendly. Peel the thing and cut it into smaller pieces without losing any fingers, finally getting to smaller little cubes. Size is not so important since this will be pureed.
2. Sauté the onion and butternut squash cubes in olive oil, but since this will take a while (hard little suckers!), throw in the wine when the oil seems inadequate to prevent burning and cover, cooking on low heat for a total of about 15 to 20 minutes till soft.
3. Blend the result with the cream and some salt and pepper to taste in a blender or food processor.
4. Cook the pasta al dente. For fresh fettuccine this is quick.
5. Combine the pasta and cream sauce with the cheese and serve.

notes

1. The odd size 9 oz was from one of those "almost fresh" supermarket pasta packages. The recipe can be adjusted slightly for a full pound. Still one butternut squash will do.

fettucca.htm: 7-jan-2002 [[what, ME cook?](#)] © 1984 [dr bob enterprises](#)]

cavatelli with clams

dr bob made a weekend visit to the heart of Puglia, the heel of Italy responsible for orecchiette and cavatelli. Where olive trees have been growing since the fall of the Roman empire or before. If you believe the local hype. Cavatelli had already been discovered in the frozen food section of local US supermarkets by the dr bob food reconnaissance team, so points were scored with the hosts when the pasta was recognized by name. [Those dumb Americans! What do they know about pasta.] Homemade cavatelli actually made in the home, with shellfish (no shells, no fish) caught by local fishermen, unforgettable taste.

But the details...? Clams or mussels?* We never remember the difference between them, or whether cozze or vongole are mussels or clams, or clams or mussels, and we've forgot which of the two in either language were in this dish. Little orange guys if that helps. All we do remember is mussels/clams, lemon juice, olive oil, and basil or was it parsley? In short, we don't remember much. In fact we even forgot how we made it the first time in our own kitchen.

* no relation to "pets or meat?" (from the rabbit scene in Michael Moore's movie "[Roger and Me](#)").

ingredients

	first try	later corrections
1 10 oz can	baby clams	[mussels are better]
2	cloves garlic	
1/2	lemon, juice of	
1/6 - 1/3 c	olive oil	
1/4 - 1/2 c	white wine	
1/3 c	fresh chopped basil	[no basil, just more parsley]
1/6 c	fresh chopped parsley	
1 lb	cavatelli	
	parmesan, freshly grated to taste	[pecorino romano is better]
	black pepper, freshly ground to taste	

instructions

1. Drain baby clams, putting the clam liquid (you can pass it through a paper towel if you want) into a nonstick frying pan. Press in garlic and simmer a while, not for long. This is a pretty quick pasta sauce, so you should already have gotten those cavatelli boiling. [Note: those canned clams look a bit sick compared to the memory of the real thing, but they're good enough for routine homecooked meals.]
2. Throw in the baby clams, add some dry white wine to increase the quantity of liquid diminished by evaporation. Simmer. Add lemon juice. Add olive oil and spices. [We have since learned that they should all be parsley, no basil. The olive oil is especially important

for taste with fresh shellfish.] Cut heat. Mix in the al dente cavatelli.

3. Serve with fresh ground pepper and some freshly grated parmesan cheese to taste.

notes

1. clams = vongole, mussels = cozze.
2. Adding some fresh chopped plum tomatoes is another option.
3. This is best with big fresh colorfully orange looking mussels, especially if made for you with handmade cavatelli in southern Italy. Since that's not gonna happen, see what you can do for yourself.

cavclams.htm: 10-jun-2001 [[what, ME cook?](#) © 1984 [dr bob enterprises](#)]

chicken and zucchini in a pot

Sunday afternoon. In-laws on the way. What to do, what to do?

Macaroni and cheese slightly classed up by the [New Basics ladies](#)? But no color, no veggie. So we go for something green—a zucchini thing. Something about shallots and grated zucchini there. So off to the nearest super. No zucchini and Dying Evil Empire lines at the checkout. So we're history there. Off to the slightly more distant better supplied supermarket. Get the stuff and we're back in the kitchen. Oops, the shallots and grated zucchini remark was a variation of the previous recipe in the cookbook and the in-laws are now on the couch! Chicken to do somehow. Pressure's on in the kitchen. But still the idea has not gelled.

Abandon the book. Get out the pressure cooker. Start the grated onion and shallots in butter and slap in the breasts until browned (maybe tanned is more like it) on both sides. Then throw in the chopped garlic, white wine, hot water and the leftover spice pack from the (Near East) Barley Pilaf mix. Then the zucchini we do on our manual food processor, then skin and chop the tomatoes (did we really skin them?). Everything dumped in and brought up to steam. 15 minutes. Done.

Separate the chicken to serve, drain off liquid into container and serve vegetables with parmesan and freshly ground black pepper. Hey! we finally made some chicken stock, which no matter how many times we check the fridge, never appears.

Oops! an unnamed dr bob cooking team member is getting the pineapple out to cut and plop! The pineapple hemorrhages yellow blood! No, it just dropped into the bowl of first ever dr bob chicken stock for the fridge, which proceeds to cover the counter and floor. Just wasn't meant to be. Remember, in the kitchen be flexible, stay loose, be forgiving.

ingredients

- 1 small onion, chopped
- 1 big shallot, chopped
- 3 T butter
- 6 or so (2lb) chicken breasts
- 1 garlic clove, pressed
- 3/4 c white wine
- 1 c hot water
- spice pack from (Near East) Barley Pilaf mix
- 4 medium zucchini, diced
- 3 skinned tomatoes
- black pepper to taste
- freshly ground parmigiano to taste (on each serving)

instructions

1. See above.

notes

1. This is a bit vague, huh?

chkzupt.htm: 10-jun-2001 [[what, ME cook?](#)] © 1984 [dr bob enterprises](#)]

pesto!

We love pesto and regularly make it ourselves using a modified version of Anne Willan's [Look and Cook Perfect Pasta](#) recipe.

ingredients

- 1 lb fusilli
- 2 large bunches fresh basil
- 6 garlic cloves
- 1 1/2 oz pine nuts
- 3/4 c parmigiano
- 1/4 c pecorino romano
- salt and freshly ground black pepper to taste
- 2/3 c olive oil

instructions

1. Blend everything except the pasta and cheese.
2. Cook the pasta al dente.
3. Combine the pasta, pesto and cheese.

notes

1. We used to blend the cheese too and still do sometimes, but when serving fresh (and not saving in the fridge or freezer if you make extra), it is a nice option to keep the cheese from getting soggy by adding it at the last moment. In fact, the ingredient amounts can be varied here. Instead of achieving a thick paste-like state, less solids per liquid (oil) creates a coating of the pasta with little flecks of green that is also quite good as we learned in Sabaudia from the Bini clan.

pesto postscript

When bob was in high school, he used to do a week every year at Presbyterian summer camp in New York State (as a camper). After the 9th grade, that summer the upperclassman camp in parallel somehow faltered, and instead of going ahead at the nearby but separate site, they got mixed in with us, the lower class (in age). This was the summer of [Cream](#) riding high with Disraeli Gears and Wheels of Fire setting the soundtrack beat. Bob met this upper class woman Karin who was quite unique and interesting, and began penpal-ing with her, eventually collecting a whole bunch of [crazy stories](#) spun in those letters, some of which were gathered into a senior year English composition project that was clearly perplexing to the reigning English teacher of the time (appropriately named Mr. Grimm :-|).

Karin grew up to be a speech pathologist administrator at some New York City hospital, and Colleen was working in her group, looking for a change of life experience, one with destination

Italy. Networking ensued. Colleen tried out a year as a native English speaking secretary for bob's Italian relativistic astrophysics group in Rome and then returned to the US, eventually marrying Luigi, bob's roommate during one year at the Harvard-Smithsonian Center for Astrophysics, also from the same research group. More networking, but of the romantic kind. So eventually Colleen served bob pesto pasta with green beans and potatoes at their home in Rome. And eventually repeated the performance. bob was very enthusiastic about the dish thinking this was Colleen's imagination at work, or some Roman variation she'd picked up, but never got around to implementing the recipe for some reason. It turns out this is actually a traditional combination for pesto in the land of its creation and current copyright holders: Liguria, which is the region of Italy containing both Genova (=Genoa) and the nearby Cinque Terre, five little towns hugging the mountainous coast just to the south, connected by a local train line from Genova to La Spezia, in turn not far from Pisa, where the famous leaning tower resides. Cinque Terre is a fabled tourist destination and we'd seen it on Rick Steve's public television travel show and heard about it second hand from our colleague and world traveler Najib who also agreed that it was a must see destination. And dreamed about one day actually going there. Finally social forces convinced us it was time to do Northwest Italy visiting friends in Parma and Genoa and finally find our way to Cinque Terre, which it turned out was also connected to ([sundried-tomato-pesto](#)-) piero's soon to be bride's family whom we had been informed the summer before had a vacation house in Corniglia, the middle village of the five, but lived in Pisa, the wedding destination our final night in Italy a few weeks later (to be followed by a midday flight out of Rome). More networking, this time the travel connection kind. And we got to spend a lovely afternoon with Lorenza exploring 3 of the towns, starting with a fabulous lunch across the doorstep from the entrance to their house in the center of Corniglia. It was that evening, alone, that we first experienced the pasta pesto potato and green bean combination in the heart of pesto country. It was good. And this time it only took a matter of months before we did it ourselves.

But with whole wheat fettuccini. We were just recovering from the South Beach period which had seriously reduced our pasta intake levels to historic lows, but fortunately the food delivery system was responding to the wide spread US pasta recession by making available more and more whole grain pasta products, which improved in quality considerably with time. A success for the free market theory. We started returning to our trusted Italian food source Carlino's and discovered a few whole wheat fresh pasta products as well as some freshly baked whole wheat Italian bread that a few years earlier we had expressed a wish for but the response was that not enough people seemed to want it at the time for them to make any. Times change.

So we did this at the in-laws one November Sunday night and it was so good, of course bob over ate, the usual story when Isgouhi is serving her own stuff there. Luckily bob seems unable to put on weight, and it does not hurt that the indulgence is in Mediterranean diet food (as in food of the Mediterranean diet =cuisine, not another food reduction scheme to lose weight). We had about 1 cup of homemade pesto in the freezer (maybe even a year old?) minus the cheese, which is how we salvage and save oversupply of home grown basil from in-law production. Adding in the cheese only after combining the pesto and pasta reduces the soggy cheese effect and seems to add to the general flavor of the result. We just threw some parmigiano into the mix, and then casually sprinkled some on each serving. This will be repeated often.

ingredients

1 lb fusilli or penne or spaghetti or fettuccini

(we used fresh whole wheat fettuccini but dried farro fettuccini and spaghetti is also available at Carlino's)

about a cup of small cut potato pieces, boiled but not crumbling (we used cute little fingerling potatoes)

about a cup of thin green beans, cooked and cut into smaller lengths

about 1 cup of previously prepared pesto minus the cheese (see above)

about 1/2 c freshly grated parmigiano for the mix, additional freshly grated parmigiano for each serving

optional freshly ground black pepper to taste

instructions

1. Prepare the potatoes and start them boiling. Get the pasta water started too.
2. Clean the green beans and cook them. We got some frozen recipe ready French green beans (seems to mean thin style, not overgrown in size) from Trader Joe's and microwaved them and then cut them into smaller lengths (1 1/2 in roughly).
3. Warm up the pesto in a pot large enough to contain the entire dish (a 4 qt pot will do).
4. Meanwhile cook the pasta al dente and drain.
5. Combine the pasta and pesto first, then dump in the potatoes and green beans and finally the cheese, mixing thoroughly.
6. Serve immediately, with sprinkled parmigiano on each serving.

notes

1. [Illustrations](#) available.
2. And oh yes, about that [wedding in Pisa](#). Beautiful ceremony in a 12th century church, also leaning. Followed by another Italian wedding reception to remember, this one in the hills of Tuscany about 45 minutes southeast of the city at an agriturismo place: "drinks" by the swimming pool (no one ended up in the pool) but this was really the finger food antipasti stage, including the traditional wheel of parmigiano, plus drinks of course. Then the real dinner plate size four food station antipasti course up by the dining hall outside in the romantic Tuscan twilight, surrounded by vineyards and a sweeping Italian panorama, and finally the reasonably portioned (after what had preceded it) seated table dinner inside. Followed by 4 hours of sleep in the inn and a 4 hour drive with Colleen's Luigi back to Fiumicino to catch our flight. The joy of friendship. What comes around goes around.

sudden flat fish

Last minute casual dinner affair. An old faithful pasta dish, salad and flat fish. 1 1/2 lbs of big flounder arrive from the supermarket with no advance planning. The old fish problem again. So this time we go to our favorite well photographed [Armenian, Lebanese, Persian cookbook](#) (of which, 7 of the 10 discounted copies we bought in bulk still remained at the time while we were figuring out to whom they should be given). Ani finds a baked trout recipe. Fish vocabulary is not high priority for your average nonnative English speaker. But a trout is a fish, a flounder is a fish, so why not? After explaining that trout is the fish that arrives on your restaurant plate still looking like a fish, head-tail-skin and all, we go for it. It calls for scallions, fresh parsley and basil. Well, green onions we still have (sitting around in the fridge, one of those multiple-named food items that confuse even us regular Americans) so we're in business. Except for the stuffing the fish part (no cavity) and the lime part (we got lemons).

ingredients/instructions

what we saw

fish stuff	4	cleaned trout	salt and pepper the fish, rub oil on them
		salt and freshly ground pepper	
		olive oil to coat	
additives	2 T	fresh chopped chives ¹	stuff in trout cavities, bake at 400° F for about 10 minutes
	2 T	fresh minced parsley	
	2 T	fresh minced basil	
	1/4 c	lime juice	

¹oops, it was chives, another confusing but distinct close relative of scallions. Guess we need a well photographed herb book.

what we did

fish stuff	1.5 lbs	flat fish (flounder)	salt and pepper the fish, rub oil on it
		salt and freshly ground pepper	
		olive oil to coat	
additives	4 T	fresh chopped green onion	mix and spoon over top of fish arranged in aluminum foil covered cookie sheet, bake at 400° F for about 10 minutes
	1 t	dried parsley	
	1 t	dried basil	
	2	minced garlic cloves	
	1/2	lemon, juice of	
	1/3 c	orange juice ¹	

¹this seems a bit strange with hindsight, but we must have done it.

what we thought afterwards

This is good enough to share with other people.

notes

1. The most memorable thing about this recipe is a cartoon [Non Sequitur](#) by Wiley ©1992 [Why we evolved after the dinosaurs](#) which perfectly illustrated its title and which we dreamed of redrawing as a two frame illustration but never did get around to it.

sdf1tfsh.htm: 10-jun-2001 [[what, ME cook?](#) © 1984 [dr bob enterprises](#)]

kwick but keyless key lime pie

Food snobs skip this one. It has that unforgivable American ingredient: [Cool Whip](#). I kind of suspected it was coming when my 82 year old great aunt Gussie began listing the ingredients. Having first heard that the recipe came from New York rural relatives who retired to a big fancy new home in Florida, the state (as opposed to Florida, the village, childhood home of dr bob). Cool Whip and Florida retirements seem perfectly consistent in our small minds.

But this pie is wonderful. Besides being a snap to do. And a perfect use for that can of sweetened condensed milk we've had in storage for several years. (Oops, it puffed out and leaked. Better check your bomb shelter supplies!) Hire a kid to buy the Cool Whip. Or substitute it with real whipped cream. (Fat city!) Better yet, just lie about the recipe.

ingredients

- 1 pre-baked 9 in graham cracker crust shell
- 1 14 oz can sweetened condensed milk
- 8 oz cream cheese (we use light!)
- 1/4 – 1/2 c lime juice
- 8 oz Cool Whip whipped topping (or 1/2 pt whipping cream, whipped).

instructions

1. Beat all ingredients (except the crust!) until very thick, with an electric beater of course.
2. Stick in the crust and smooth down level (it's stiff and requires persuasion).
3. Stick in freezer an hour or two to speed up the cool down. Then shift to fridge.
4. We used a springform pan and a bottom only graham cracker crust from scratch (read the box) since side crusts are a hassle to press into place and because we failed to score a pre-made crust in our supermarket drive-by.

notes

1. Like tiramisu, key lime pie has increased in visibility in the past decade. You can even find [key lime juice](#) on the market these days. [Key limes](#) are a special kind of lime found only in the Florida Keys—a string of islands on the coast of southern Florida—and in Mexico and the southwest US. A bit yellowish both inside and outside in contrast with the usual green limes. However, this has been made millions of times across America without the real thing, so why bother now?
2. There are many variations of this no bake recipe, including using the Cool Whip or whipped cream only as a garnish. [The baked one](#) uses eggs or egg yolks instead of cream cheese and Cool Whip and then bakes it to kill salmonella (and set the eggs), for example.