

INSIDE

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FOODMAGAZINE

PICNIC IDEAS

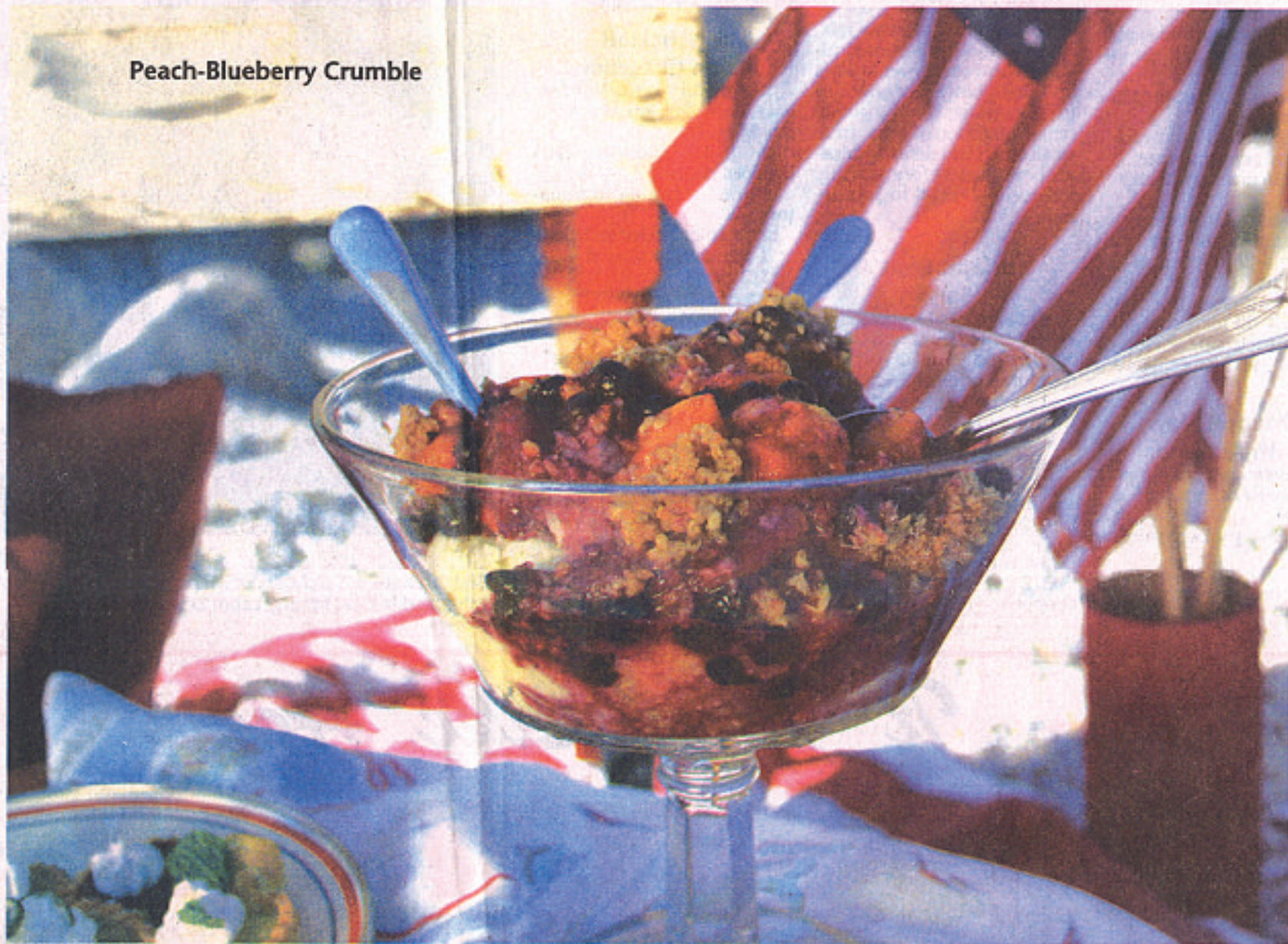
■ Twirl copper wire around the base of stemmed glasses ... add tiny shells or beach glass smoothed by the waves for a touch of the seaside at the table.

■ Make an ice bowl by placing a small bowl inside a larger one and criss-crossing tape over the top rims so that both are held even. Tuck herbs or delicate oyster or clam shells in the space between bowls and gently fill with water. Freeze overnight or till solid. Remove bowls and put ice bowl on a charger for the table. Fill with peeled shrimp.

■ Gather some galvanized buckets and half fill with sand. They're perfect for holding lots of taper candles while you dine outside.

■ Bold sheets in mixed patterns make festive outdoor tablecloths. Knot the long corners and tuck under. Bring out mismatched chairs from inside.

Peach-Blueberry Crumble



Labor Day at the lake

Let everyone pitch in for a simple picnic on this last summer holiday

■ PHOTOS COMPLEMENTS OF GOOSEBERRY PATCH ■

By NANCY C. WOOTEN
T&D Features Editor

Labor Day is the working folks' day to rest, and that means you, too. It's a good day to picnic by the lake, the ocean or any body of water, even if it's a plastic pool in the back yard.

If you have some help (or a food processor), you can finish quickly by preparing some of the following recipes from a lovely new cookbook named "Get-Togethers with Gooseberry Patch." I received the book prior to a beach trip this month and prepared all of the following recipes while there. These particular dishes were part of an "At the Lake" section, one of the summer chapters.

With 12 chapters divided according to the seasons, "Get-Togethers" contains entertaining tips (see side-bar) and full color photos. It will be available in bookstores in September. The book features 150 recipes and tips for entertaining.

For fall, there are chapters on tailgates, autumn harvest and weekends in the country with dishes like Pulled Pork BBQ Sandwiches, Creamy Pumpkin Bisque, Savory Cornbread Dressing, Caramel French Toast and more.

Peach-Blueberry Crumble

Serve in a sundae cup with a scoop of vanilla ice cream on top. Fix this now while good fresh peaches and blueberries are still around.

4 cups peaches, pitted, peeled and sliced
1 cup blueberries
3/4 cup sugar, divided
2 tablespoons cornstarch
1/2 cup brown sugar, packed
1 cup quick-cooking oats, uncooked
1/4 teaspoon cinnamon
1/4 teaspoon nutmeg
1 egg, beaten
4 tablespoons butter, sliced

Gently toss together fruit, 1/2 cup sugar and cornstarch in a 2-quart baking dish; set aside. Combine remaining ingredients. Stir with a fork until crumbly; sprinkle over fruit mixture. Bake at 375 degrees for 20 to 35 minutes, until topping is golden. Serves 6 to 8.

Salmon BLTs

Delicious and anything but ordinary, this sandwich probably received the most praise of anything I fixed at the beach. The salmon were from Edisto Seafood on the southern end of the island where the sound meets the marsh. I couldn't find endive, so I used leafy bibb lettuce. Don't leave out the alfalfa sprouts!

8 slices thick-cut bacon
1/2 teaspoon sugar
4 6-ounce salmon fillets
salt and pepper to taste
1 lemon, quartered
4 multi-grain buns
8 leaves curly endive
1 to 2 tomatoes, sliced
1 cup alfalfa sprouts
1 red onion, sliced (optional)
Garnish: chipotle mayonnaise

Cook bacon in a skillet over medium heat for 2 minutes. Sprinkle with sugar; cook until crisp. Drain on paper towels. Sprinkle salmon on both sides with salt and pepper. Sauté in drippings in skillet over medium-high heat for about 3 minutes per side, until salmon flakes easily with a fork. Squeeze lemon juice over salmon. Spread bread with Chipotle Mayonnaise. On 4 bun halves, arrange 2 leaves endive, 2 slices bacon, one salmon fillet, 2 tomato slices and 1/4 cup alfalfa sprouts. Top with remaining bun halves. Serves 4.

Chipotle Mayonnaise:

You can buy chipotle mayo, but here's a recipe. I didn't have any, so I used light regular.

1/2 cup mayonnaise
1/2 teaspoon canned chipotle pepper, minced
1 teaspoon adobo sauce from canned chipotle

Combine all ingredients and mix well.
Makes 1/2 cup.

Caprese Tomato Salad

You could use a mixture of red, yellow and orange tomatoes for color, but I only used red. This was delicious and didn't last long.

3 tomatoes, sliced
1/2 pound fresh mozzarella cheese, sliced
1 tablespoon fresh basil, chopped
4 tablespoon olive oil
2 tablespoon balsamic vinegar

pepper to taste

Arrange tomato slices in an overlapping circular pattern around a flat serving dish. Arrange cheese slices in between tomato slices. Sprinkle with basil; drizzle with oil and vinegar. Use a fork to lift tomato and cheese slices to allow dressing to cover completely. Add pepper to taste. Let stand for 15 to 30 minutes, to allow flavors to blend. Serves 3 to 4.

Coconut Shrimp

An interesting mix of sweet and savory, these disappeared quickly with requests for more.

1 egg
3/4 cup all-purpose flour, divided
2/3 cup beer
1-1/2 teaspoon baking powder

2 cups flaked coconut
24 medium shrimp, peeled
3 cups oil for deep frying

Combine egg, 1/2 cup flour, beer and baking powder in a medium bowl; set aside. Place remaining flour and coconut in 2 small bowls. Holding shrimp by the tail, dredge in flour, dip into egg mixture and roll in coconut. Arrange shrimp on a wax paper-lined baking sheet; chill for 30 minutes. Heat oil to 350 degrees in a deep fryer. Fry shrimp a few at a time for 2 to 3 minutes, turning once, until golden. Drain on paper towels. Serves 4.

Tequila Shrimp

Mouthwatering with a Mexican twist! I served these to a crowd at Edisto Beach, and one who really enjoyed them was David Gressette, owner of The Old Post Office Restaurant there. He didn't quite offer me a job, but he did eat his share!

2 tablespoons butter
4 cloves garlic, chopped
36 medium shrimp, peeled
1/2 cup tequila
1/2 cup fresh cilantro, chopped
salt and pepper to taste

Melt butter over medium heat in a large skillet; sauté garlic until golden.

Add shrimp and cook for 3 minutes. Add remaining ingredients; cook for an additional 2 minutes. Serves 6.

See LABOR DAY, 2C



Salmon BLTs



Caprese Tomato Salad



Zesty BBQ Shrimp, Tequila Shrimp and Coconut Shrimp