DAWN RECIPES:

Caribbean Fish Dinner

Most travellers to the islands in the Caribbean, return with a liking for the many fish dishes available in the region. If you have never tasted the delicacies prepared in the islands, then you must try this recipe.

Eat more fish! Eat more fruit! These are just two of the good - health guides many people are following lately — people who keep a watchful eye on both their calorie count and their cholesterol intake.

When two such good - for - you foods as these are combined, they can be given a further low - cal "boost" by preparing them in a non - stick pan.

The fry pans made by T - Fal, the French manufacturer, require no fat or oil so the resulting dish easily fits the menu requirements of many a "wishful shrinker."

In this recipe from the Caribbean, where fish and fruit blend so happily, just a touch of olive oil or vegetable oil is added for flavor.

Caribbean Fish Dinner
[Serves 4]

2-4 tablespoons olive oil or vegetable oil
4 cloves garlic, chopped
½ cup sliced scallions
1 sweet red pickled pepper, seeded and chopped
¼ teaspoon thyme
Juice of 1 lime
1½ cups coverted rice
4 cups chicken broth
1 teaspoon salt
4 pieces of fish - red snapper, cod, haddock — 1½ pounds
1 banana, cut in ½ - inch slices
1 orange, peeled and sectioned
Additional sliced scallions

Heat oil in a 12 - inch non - stick skillet and saute garlic, scallions and pepper until golden. Stir in thyme, lime juice and rice. Stir in chicken broth and salt.

Simmer 20 minutes, stirring occasionally, or until liquid is almost absorbed and rice is tender. Add fish pieces, pushing them down into rice. Simmer 10 minutes, then turn fish carefully and simmer another 10 minutes. Place fish on hot serving platter and keep in warm place.

Stir banana and orange sections into skillet and spoon rice over fruit. Stir gently 1 to 2 minutes. Spoon fruited rice around fish pieces on platter, sprinkle with additional sliced scallions and serve immediately.

Richard Allen
1760—1831
Co-founder of the Free African Society, established Bethel Church, first African Methodist Episcopal Church and became first Negro Bishop of any church in the United States.

Born a slave in Philadelphia on Feb. 14, 1760, and sold with his family to a Delaware farmer in 1767, Richard experienced a religious "conversion" at 17.

By 1780 he began preaching, converted his master, purchased his freedom, and was proficient as a wood-cutter, brickmaster, and wagon team driver.

At 26, he came to Philadelphia and with Absalom Jones, established the Free African Society, the first step for blacks toward organized social life.

Despite its separate nature, the Society helped blacks and whites alike. They nursed the sick during the yellow fever epidemic in 1793. During the War of 1812, they recruited 2,600 blacks to defend Philadelphia against the British.

Allen preached to mixed congregations, but it became apparent that he was not welcome in white churches. He and Jones were thrown out of St. George's Methodist Church and Allen was refused ordination by the Methodist Church.

This prompted Allen to establish Bethel Church, the first African Methodist Episcopal Church. Besides being a place of worship and assembly, it was a temporary home for former slaves, a Sunday School, and Adult Evening School.

Along with Prince Hall, Absalom Jones, and other black leaders, he set up the Second African Lodge in 1798 and a Grand Lodge in 1818. Concerned with social and economic problems of his people, he continued to preach and to pray.

In 1816, he was finally ordained as a minister and later became the first Negro Bishop of any church in the United States.

Through his efforts the First General Conference of the African Methodist Church was held in Philadelphia in 1820. He established missionary work in the South, Haiti, and Africa.

In 1831, at the First Annual Convention for People of Color, he opposed plans for immigration of American blacks to Africa.

He was active in the "Free Produce Society" which bought from merchants who refused to sell slave labor produce. This economic boycott set the pattern for those of the 19th and 20th Centuries. Richard Allen died March 25, 1831.

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