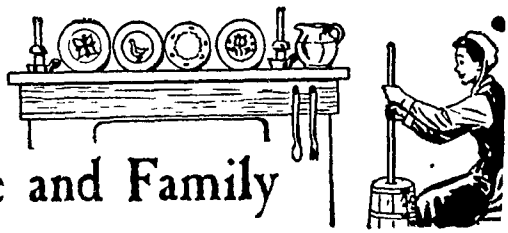


For the Farm Wife and Family



Perky Fish Dinners

By Mrs. Richard C. Spence

Fish for dinner is no longer dependent upon having an expert angler around the house. Thanks to rapid transportation and controlled refrigeration you can buy fresh fish and seafood practically anywhere in the United States.

If you live in an out-of-the-way community you can usually buy quick-frozen fish or one of the many good canned varieties. Fish is so plentiful in one form or another that you can almost serve it indefinitely without repetition.

How Much Fish To Buy

When purchasing fish you'll want to count on about 1 pound per person of fish fillets or other boneless cuts. If the fish is bony or if you are planning to stuff and bake a whole fish count on buying 1/2 to 1 pound per person. Oysters and clams are purchased by count in the shell and by the pint out of the shell. Uncooked shrimps, crabs and

lobsters are purchased by the pound in the shell — though some of the better stores also offer them cooked. Soft-shell crabs are usually sold by count.

How To Cook

If your family like many American families does not care for fish the chances are that they simply do not care for fish cooked as they have eaten it. It's easy to overcook fish. If you don't realize that the connective tissue softens rapidly during cooking and that the protein of fish is almost as delicate as that of eggs you will probably overcook it — resulting in a flavorless and unappetizing serving. You will find that fish like meat is best if cooked at a low temperature. When sufficiently cooked fish loses its transparency and flakes easily when the fibers are separated with a fork but

it is still moist and firm. It's a good rule to "cook as briefly as possible and serve promptly."

Broiling fish is one of the simplest methods of preparation. If you place a sheet of aluminum foil on the broiling rack beneath the fish there will be no fishy pan to wash after the meal. For broiling use split small whole fish weighing up to two pounds. Or use fish steaks, fillets or seafood such as shrimps, lobster or soft-shell crabs. Arrange fish to be broiled on the rack in the broiling pan or on a heat-proof serving platter and broil about 4 inches from moderate heat in pre-heated broiling compartment. It is unnecessary to turn fish fillets and split whole fish.

Remember that a sheet of aluminum foil placed under the fish will make your dish-washing simpler later. Broiling is one of the easiest ways to prepare fish because it cooks so quickly and requires a minimum of handling from the stove to the table. Though nothing approaches the sheet deliciousness of fresh broiled fish liberally sprinkled with lemon juice and amply seasoned any of your favorite zesty sauces make unusually outstanding dishes from most broiled fish.

BROILED HALIBUT

1-1/2 pounds halibut steak
2 tablespoons fat
1 teaspoon Kitchen Bouquet
1 teaspoon salt

1/4 teaspoon pepper
1/8 teaspoon paprika
2 tablespoons melted butter
2 teaspoons lemon juice
Wipe fish with damp cloth and arrange on greased heat-proof platter. Blend together the fat, Kitchen Bouquet, salt, pepper and paprika. Spread half of mixture on fish. Place in pre-heated broiling compartment about 4 inches from moderate heat and broil about 5 minutes or until lightly browned. Turn steak spread with remaining fat mixture and broil until fish flakes readily about 5 minutes longer. Combine melted butter and lemon juice adding 1/2 cup sliced stuffed olives if desired and pour over fish just before serving. Serves 4.

BROILED SHRIMP

1 pound fresh or frozen shrimp
1 teaspoon Kitchen Bouquet
1/4 cup melted butter
1/2 teaspoon salt
1/8 teaspoon pepper
1 bunch water cress
1/4 cup lime or lemon juice
4 slices toast

Remove shells from shrimp. Place in bowl and sprinkle with Kitchen Bouquet. Toss lightly with fork to coat evenly. Place on heatproof platter. Pour melted butter over shrimp and sprinkle with salt and pepper. Place in pre-heated broiling compartment and broil 4 inches from moderate heat until shrimp are lightly browned, about 8 minutes. Meanwhile finely cut water cress leaves and combine with lime or lemon juice. Pour over shrimp and serve immediately on crisp toast points. Serves 4.

SPICY TOMATO SAUCE

3 tablespoons chili sauce
2 tablespoons lemon juice
1 teaspoon Worcestershire sauce
1/2 teaspoon Kitchen Bouquet
1/2 teaspoon dry mustard
1/4 teaspoon curry powder
Combine all ingredients and heat thoroughly. Pour over broiled or baked fish. Makes about 1/2 cup sauce.

Baked fish may require more preparation but it needs (Continued on Page 15)

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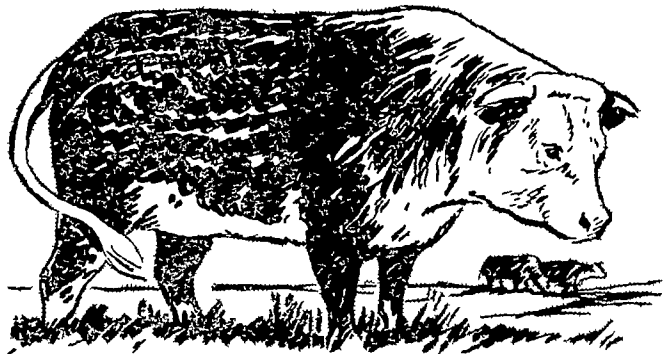
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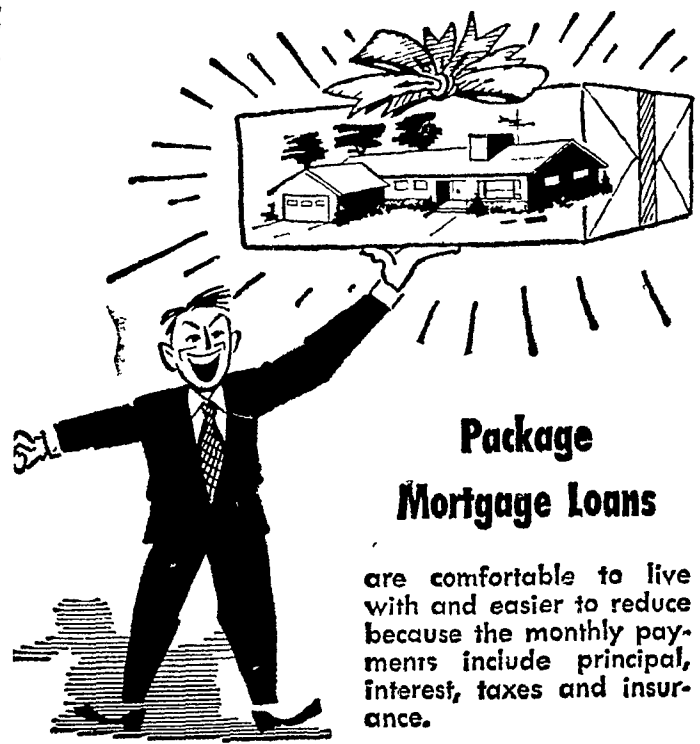
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