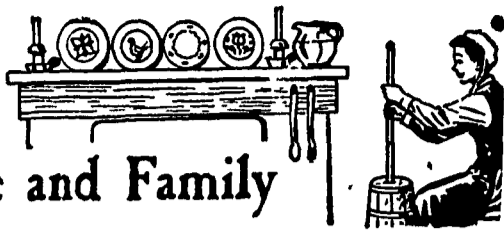


For the Farm Wife and Family



Fish - Mainstay Of Lenten Meals

By Mrs. Richard C. Spence

With the Lenten season at hand, many families will be serving fish dishes more often than usual. You will find fish being featured as a "special" at your grocer's. Take advantage of these savings and serve different varieties often. It is a good time to stock your freezer, too.

Frozen fish should remain frozen at zero degrees or colder until ready for use. Frozen fish steaks, dressed fish and fillets do not need to be thawed before cooking, but extra cooking time should be allowed for thawing. Frozen fish to be breaded or stuffed should be thawed first for easier handling, but thaw fish in the refrigerator only long enough to permit ease in preparation. Thawing at room temperature is not recommended.

Fresh fish should be stored in the coldest part of the refrigerator, where the temperature is 30 to 35 degrees.

in a plastic bag to prevent the odor from reaching other foods, and use within a day or two.

To prevent fish odor from clinging on your hands, rinse your hands in cold water before handling the fish. Hot water and salt or synthetic detergent will remove a fish odor from both hands and cooking utensils.

Fish as a rule should be cooked at a low temperature for a fairly short time — only long enough to develop a delicate flavor. Fish is cooked enough when it becomes white or creamy colored, separates easily from the bone and the flesh is tender, flaky and moist.

Good fish accompaniments are lemon juice, lemon butter, white sauce, cheese sauce and tartar sauce.

CHEESE BAKED HALIBUT

- 2 1-pound halibut steaks
 - 2 tablespoons butter
 - Paprika
 - 2 tablespoons lemon juice
 - ¼ cup (½ stick) butter
 - ¼ cup flour
 - 1 teaspoon salt
 - ½ teaspoon pepper
 - 2 cups milk
 - 1 cup shredded sharp Cheddar-cheese
 - 3 tablespoons grated Parmesan cheese
 - 2 hard-cooked eggs sieved
- Dot halibut steaks with 2 tablespoons butter; sprinkle with paprika. Place on broiler pan, broil for about 15 minutes, or until fish flakes when tested with a fork. Place in baking dish; sprinkle with lemon juice. While fish is broiling, melt butter in saucepan and blend in flour, salt and pepper. Gradually add milk and cook, stirring constantly, until thickened. Pour sauce over fish; top with Cheddar and Parmesan cheeses. Bake 20 minutes in a 350 degree oven. Sprinkle with sieved eggs and serve at once.
- Menu suggestion. Cheese Baked Halibut, boiled potatoes with parsleyed butter, crisp cole slaw of red and white cabbage, toasted buttered garlic bread, beverage, fruit or gelatin dessert.

- 3 tablespoons flour
- 1 teaspoon curry powder
- ¼ teaspoon salt
- 1½ cups (13½ ounce can) pineapple tidbits
- 1 cup evaporated milk
- 1 10-ounce package frozen shrimp
- 1 5-ounce can Chinese noodles

In saucepan melt butter. Add onions and green pepper; saute until tender. Blend in flour, curry powder and salt to form a paste. Gradually stir in undrained pineapple and evaporated milk. Add shrimp; heat, stirring constantly, until mixture is thickened and shrimp are cooked. Just before serving, heat noodles; arrange on heated platter; pour shrimp mixture over noodles. 2-3 servings.

- 1 teaspoon grated lemon peel
 - 2 tablespoons lemon juice
 - 1½ pounds filet of sole, cod, haddock or halibut
 - Paprika
 - Lemon quarters
- Combine flour and sour cream, blending well; add minced onion, parsley, mustard, ginger, marjoram, lemon peel and juice, blending well. Arrange fish filets in layers in 1½ to 2 quart baking dish, spooning sour cream mixture between layers and over top. Cover. Bake at 375 degrees, 35 to 45 minutes or until fish is done. Sprinkle with paprika. Serve with lemon quarters.

SOUTHERN CRAB CAKES

- 2 6½ ounce cans crabmeat, drained, boned, flaked
 - 1 teaspoon salt
 - ¾ teaspoon dry mustard
- (Continued on Page 9)

FISH FILLETS BAKED IN SOUR CREAM

- 1 tablespoon flour
- 1 cup dairy sour cream
- 3 tablespoons minced onion
- 2 tablespoons minced parsley
- ¼ teaspoon ground mustard
- ¼ teaspoon ground ginger
- ¼ teaspoon dried marjoram, crumbled

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