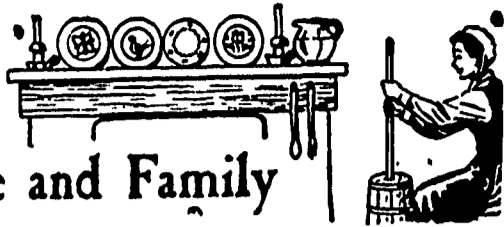


For the Farm Wife and Family



By Mrs. Richard C. Spence

Fish Deserves A Place In Family Meals



SPENCE

Fish seems to gain special recognition during Lent, but it really deserves a place in your family meals about once a week throughout the year. Fish is low in fat and high in protein. Although, compared to "red meats", it is low in iron, this mineral can easily be supplied in the menu by serving a leafy green vegetable cooked or in a salad.

The secret of successful fish cookery is to cook it for a relatively short time to assure a moist, tender product. It should be cooked just long enough for the flesh to change to a milky white color and to flake easily from the bones.

Fresh fish is available in many forms — whole or dressed, sliced into steaks or boned to make fillets. In addition, fish should be used within a day or two after purchase. There are many, many variations in frozen and canned fish. Now, when a wider selection of fish is available, is an ideal time for you to try some of these new kinds.

Since fish is highly perishable, it should be handled with care. Fresh fish should be purchased from a refrigerated case in the store, and it should be stored, tightly covered, in the refrigerator at home until it is cooked.

Frozen fish need not be thawed before cooking, but if thawing is preferred, the fish should be allowed to thaw in the refrigerator and never at room temperature. Once thawed, it should not be refrozen.

When buying fish, allow one third to one-half pound of edible flesh per person.

Fish is especially appealing served with something tart,

such as lemon slices, tomato wedges or pickles. An attractive garnish for the fish platter can be made of lemon halves hollowed out and filled with tartare sauce. An easy-to-make tartare sauce is a mixture of mayonnaise or salad dressing and diced pickles or pickle relish.

An oven dinner that saves both time and money might include baked stuffed fish, baked potatoes, scalloped tomato casserole, a tossed green salad and a gingerbread upside-down cake made with pear halves or orange slices.

Here is a recipe for Baked Stuffed Fish:

Clean, wash and dry a three- or four-pound fish and salt lightly inside and out. Stuff loosely with Bread Stuffing, fasten the opening with skewers. Place in a greased baking pan, brush with four tablespoons melted butter and bake in a 350 degree oven for

40 to 60 minutes, or until fish flakes easily with a fork. Baste occasionally with drip pings or melted butter. Remove skewers and serve immediately on a hot platter. Serves 6.

To make Bread Stuffing, cook ¾ cup chopped celery and three tablespoons chopped onions in six tablespoons melted butter 10 minutes, or until tender. Add this mixture, along with one teaspoon salt, ¼ teaspoon pepper, and one teaspoon thyme, sage or savory seasoning to four cups of day-old bread crumbs and mix thoroughly. If the stuffing seems too dry, add two tablespoons water or milk to moisten.

BROILED WHITING WITH LEMON MUSTARD SAUCE

1½ pounds frozen, dressed whiting
1 teaspoon grated lemon peel
¼ cup fresh lemon juice
¼ cup salad oil
¼ teaspoon seasoned salt
¼ teaspoon pepper
1 tablespoon chopped parsley
1 to 2 teaspoons prepared mustard

Thaw whiting; split lengthwise. Combine grated peel, lemon juice, salad oil, seasoned salt, pepper, parsley and mustard, blending well. Brush whiting well with seasoned sauce; place, skin side down, on a greased shallow

(Continued on Page 9)

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