

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

Summer Is For Fishin'



SPENCE

When Dad and the youngsters come home with a fish catch, why not give them the chance to cook it on the grill outdoors. Fish tastes delicious cooked in foil or in a shallow pan.

If you're foil wrapping a fish, be sure to clean it first. Then place it on the foil with a slice of bacon, salt and pepper and a little water. For additional flavor add chopped green pepper and onion.

The fish will take about 10 to 12 minutes to bake. And you need to turn the fish once or twice while it's on the grill.

You can roll the fish in seasoned flour and fry it golden brown in a shallow pan, too. Equal parts cornmeal and flour makes a

crispy coating. Be sure to add butter to the pan. For small fish you may want to use a marinade or sauce on them. French dressing with lemon juice or other seasonings gives a spicy flavor. Cover inside and outside of fish with the sauce about an hour before you cook it.

It's a good idea to keep the fish at least six inches from the coals as it cooks for about 15 minutes on each side. You may want to place the fish in a small outdoor grill rack so you can remove it easily.

Here are some sauces that will flatter any fish you may cook —

SEAFOOD LOUIS SAUCE
1 cup real mayonnaise
1 cup chili sauce
¼ cup sweet pickle relish
1½ teaspoons prepared mustard

1 tablespoon chopped chives
2 chopped hard-cooked eggs
1 cup chopped celery
1 teaspoon grated lemon peel
2 tablespoons lemon juice
Salt and pepper to taste

Combine all ingredients, blending well. Serve with seafood. Makes 3 cups.

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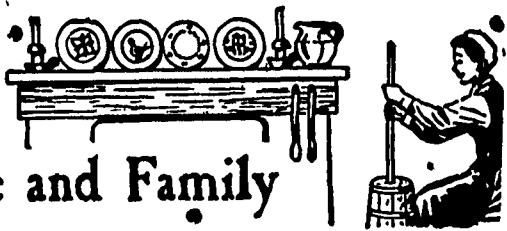
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LEMON PAPRIKA ABALONE
1 Salt and pepper
6 pieces abalone steak, 3 to 4 ounces each, well pounded
¼ to ½ cup cracker crumbs or dried bread crumbs
3 tablespoons butter or margarine
1 teaspoon grated lemon peel
1 to 2 tablespoons lemon juice
2 tablespoons butter
½ teaspoon paprika
1 tablespoon finely chopped parsley

Salt and pepper abalone steaks. Coat well with crumbs. In large skillet, heat 3 tablespoons butter or margarine. Fry abalone 15 to 30 seconds in medium hot skillet. Turn and fry on other side 15 to 30 seconds. Remove to hot platter. Combine grated lemon peel, lemon juice, 2 tablespoons butter and paprika in saucepan; heat until butter is melted. Spoon over abalone and sprinkle with chopped parsley.

If the luck of the fishermen in your family is running a little low and you have to resort to buying your fish, this recipe for Crab Jambalaya might be worth trying.

CRAB JAMBALAYA

2 tablespoons butter or margarine
1 cup chopped onion
1 cup sliced celery
1 cup slivered green pepper
2 tablespoons chopped parsley

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1 clove garlic, peeled, finely chopped
¼ teaspoon sweet basil leaves
½ teaspoon thyme leaves
½ teaspoon salt
½ teaspoon pepper
1 to 2 tablespoons brown sugar
1 1-pound can tomatoes (2 cups)
1 cup water
2 cups cooked rice
1 teaspoon grated lemon peel
2 tablespoons lemon juice
2 6-ounce packages frozen crab meat, thawed

Heat butter in large saucepan; saute onion, celery, green pepper, parsley, and garlic until lightly browned and tender, 10 to 12 minutes. Add basil, thyme, salt, pepper, brown sugar, tomatoes with juice, water and rice. Simmer 15 to 20 minutes for flavors to blend. Add lemon peel and lemon juice, blending well. Break crab meat into pieces; add to rice mixture. Simmer for 5 minutes. Serve steaming hot. 6 servings.

This fish bake can be prepared in the cooler morning hours and finished at the dinner hour.

MEDITERRANEAN FISH BAKE

2 (1-pound) packages frozen haddock fillets
1 jar (4-ounces) pimientos, drained and cut in half
1 (7¾ ounce) can crab meat, drained and flaked
3 tablespoons grated Parmesan cheese
12 to 13 Ritz crackers, finely rolled (about ½ cup crumbs)
¼ cup butter or margarine
1½ tablespoons chopped chives
1½ teaspoons grated lemon rind
¼ teaspoon thyme leaves
¼ teaspoon ground black pepper

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