

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

Fish... A Source Of Protein



When meat choices are limited or just for variety use fish to furnish the day's protein. Fish furnishes almost the same nutrients as meat.

Fish, like meat is always inspected for wholesomeness and sometimes it's graded. If it is graded it carries a shield with the mark A or B. You need a third pound of fish steaks, fillets or sticks for each serving. For dressed fish plan a half pound per person and for a whole fish it takes a whole pound.

Fish is either lean, with less than 3 percent fat, or has 5 percent or more. The lean group is most white-fleshed fish: Cod, halibut, sea bass, pickerel and bass are lean.

SPENCE
Fish with more fat are herring, mackerel, salmon, tuna, pompano, shad, snapper and smelt.

Whether you live a thousand miles from deep water or right on the ocean's shores you can enjoy a great variety of fish today because food stores carry so many varieties of frozen fish and seafood.

STUFFED FISH FILLETS BAKED IN CHEESE SAUCE

Bread Stuffing:
1 cup fine dry bread crumbs
1/2 cup (1 stick) butter melted
2 tablespoons chopped parsley
1/4 teaspoon salt
1/8 teaspoon pepper

Cheese sauce:
1 tablespoon butter

1 tablespoon regular all-purpose flour
1/2 teaspoon dry mustard
1/4 teaspoon salt
1/4 teaspoon paprika
1 cup milk
1 1/2 cups (6 ounces) shredded Cheddar cheese
2 packages (1 pound each) frozen cod, perch OR

1/4 cup (1/2 stick) butter, melted
Salt and pepper
2 tablespoons lemon juice
To make Bread Stuffing: In a bowl combine bread crumbs, butter, parsley salt and pepper; mix lightly but thoroughly. Set aside. To make Cheese Sauce: In a saucepan melt butter; blend in flour, mustard, salt and paprika. Gradually add milk; cook over medium heat, stirring constantly, until thickened. Cook 2 additional minutes. Remove from heat and stir in cheese until melted. If necessary return to low heat to finish melting cheese. (Do not boil.) Brush fillets with melted butter; sprinkle with salt and pepper. Divide Bread Stuffing equally over fillets; roll up and fasten with wooden picks. Place in shallow 1 1/2 quart baking dish. Pour over lemon juice. Pour Cheese Sauce over fillets. Bake in preheated 325 degree oven 30 minutes or until fish flakes easily. Makes 4-6 servings.

MEDITERRANEAN BROILED HALIBUT

2 pounds skinless halibut fillets or other fish fillets fresh or frozen
1/2 cup salad oil.

peel
1/4 cup fresh lemon juice
1 clove garlic, crushed.
1 teaspoon sugar
1 teaspoon salt
1/2 teaspoon oregano leaves, crushed
1/4 teaspoon pepper
1/2 cup sliced pimiento-stuffed olives
Lemon wedges

Wipe fillets dry (thaw if frozen); place in glass dish. Combine remaining ingredients except olives and lemon wedges; pour over fish. Marinate at least 30 minutes, turning once. Reserve marinade. Place fillets on cold broiler pan. Broil 3 to 5

about 8 to 10 minutes, without turning, or just until golden brown and fish flakes easily with a fork. Add olives to reserved marinade; heat. Place fillets on platter; serve with sauce and garnish with lemon wedges. 4 servings.

SEAFOOD CHOWDER

1/4 cup (1/2 stick) butter
1/2 cup chopped onion
1/2 cup chopped leeks (white part only)
2 cups milk
1 cup chopped celery
4 carrots, cut into bite-size pieces

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SPRING NEEDS

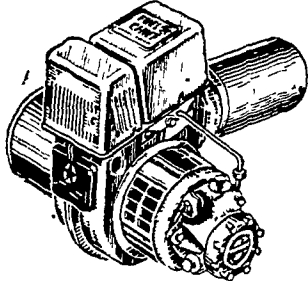
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