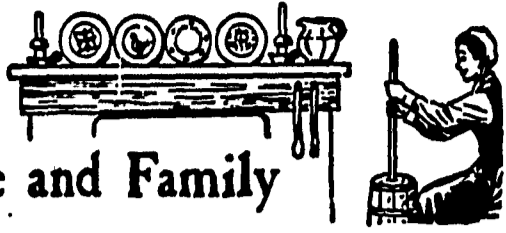


For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor



Time For A Fish Fry

Frozen halibut is available the year round but fresh halibut is available from the month of May on. Steaks are the most common retail form of halibut. Steak is a cross-section slice of the dressed fish. At the center of the steak is a short section of the backbone.

The following recipe was developed especially to use halibut steaks but other fish steaks may be used instead.

SPENCE

- HEARTY HALIBUT STEAK**
 2 pounds halibut steaks or other fish steaks fresh or frozen
 2/4 cup thinly sliced onion
 1 1/2 cups chopped fresh mushrooms
 1/4 cup chopped tomato
 1/4 cup chopped green pepper
 1/4 cup chopped parsley
 3 tablespoons chopped pimiento
 4 tablespoons lemon juice
 1 teaspoon salt
 1/4 teaspoon dill weed
 1/8 teaspoon pepper
 Lemon wedges

Thaw frozen steaks. Cut into 6 portions. Arrange onion in bottom of a greased baking dish 12x3x2 inches. Place fish on top of onion. Combine remaining vegetables and spread over top of fish. Combine lemon juice and seasonings. Pour over vegetables. Bake in a moderate oven, 350 degrees, for 25 to 30 minutes or until fish flakes easily when tested with a fork. Serve

with lemon wedges. Makes 6 servings.
 Approximately 230 calories in each serving

- POACHED HADDOCK WITH SIERRA ORANGE SAUCE**
 2 pounds Haddock fillets, fresh or frozen
 Salt
 1 tablespoon lemon juice
 2 tablespoons finely snipped parsley
 Sierra Orange Sauce

Prepare Sierra Orange Sauce as directed below, chill. Cut fillets into serving pieces, season on both sides with salt. Place in covered baking dish; sprinkle with lemon juice. Add cold water to depth of 1/4-inch. Bake, covered, at 350 degrees for 20 minutes. With slotted spatula transfer to warm serving platter. Top each serving with dol-

lop of Sierra Orange Sauce; garnish with parsley.

- * SIERRA ORANGE SAUCE**
 2 medium oranges
 1 tablespoon butter or margarine
 3 tablespoons flour
 1 cup milk
 1/4 cup water
 1/4 cup dairy sour cream

Grate peel from oranges to yield 1 tablespoon; reserve. Peel oranges and cut into bite-size pieces; drain thoroughly. In saucepan, melt butter; stir in flour and salt to form smooth paste. Add milk and water gradually, stirring constantly until smooth. Bring to a boil over medium heat; cook 3 minutes. Stir in grated peel; chill. When ready to serve, blend in sour cream; add drained orange pieces.

CATCH OF THE DAY TREAT

- About 2 pounds fresh fish, dressed
 Salt and pepper
 1 small onion, chopped
 5 tablespoons butter or margarine
 3 shredded wheat biscuits, crumbled
 1/2 pound fresh spinach, snipped or 1 (10-oz.) package frozen chopped spinach, thawed
 1 egg, beaten
 Lemon wedges

Sprinkle cavity and outside of fish with salt and pepper. Saute onion in 3 tablespoons butter or margarine until golden. Add shredded wheat biscuits and toast lightly while stirring. Add spinach and blend well. Remove from heat, stir in egg, 3/4 teaspoon salt and 1/8 teaspoon pepper. Spoon into cavity of fish. Rub outside with remaining butter or margarine. Wrap in foil. Roast over glowing coals 30 minutes or until done, turning once

Serve with lemon wedges. Makes about 6 servings.

FILLED FISH FILLET CUPS

- 6 flounder fillets (about 1 1/2 pounds)
 2 teaspoon salt
 2 tablespoons lemon juice
 3 tablespoons butter or margarine
 1/4 cup finely chopped celery
 2 tablespoons minced onion
 24 butter-type crackers, finely-rolled (about 1 cup crumbs)
 2 tablespoons toasted slivered almonds
 2 tablespoons chopped parsley
 2/2 teaspoon rosemary leaves
 1/2 teaspoon ground black pepper
 1 egg, beaten
 1 (8 3/4 ounce) can apricot halves, drained, cut into pieces

Sprinkle fillets with salt and 1 tablespoon lemon juice. Coil around inside of 6 well greased 3-inch muffin-pan cups or 6 well-greased individual souffle dishes. Melt 2 tablespoons butter or margarine in a small saucepan. Add celery and onion and saute until golden. Add next five ingredients; then toss in egg. Spoon into center of fish. Melt remaining butter or margarine; add remaining lemon juice and apricots. Spoon over stuffing. If using souffle dishes, place on a baking sheet. Bake in a preheated moderate oven (375 degrees) for 20 minutes, or until fish is easily flaked with fork. Serve in

souffle dishes, or remove from muffin pan to serving dish. Makes 6 servings.

BUTTER FRIED FISH

- 1 pound fish fillets, fresh or frozen
 1/2 cup butter
 1 tablespoon prepared mustard
 1 tablespoon lemon juice
 1 tablespoon chopped onion

If using frozen fish, thaw completely. Melt butter in skillet. Stir in mustard, lemon juice and chopped onion. Add fish and fry slowly on each side until golden brown.

Don't forget that chopped parsley or pimiento added to melted butter is wonderful for broiled fish fillets.

BAKED STUFFED FISH

- 1 dressed fish (3 pounds) fresh or frozen
 Salt and pepper, as desired
 3 cups of your favorite stuffing
 2 tablespoons melted fat or oil
- Thaw frozen fish. Clean, wash, and dry fish. Sprinkle inside with salt and pepper. Place fish on a well-greased 18x13-inch bake-and-serve platter. Stuff fish loosely. Brush fish with fat. Bake at 350 degrees 45 to 60 minutes, or until the fish flakes easily when tested with a fork. 6 servings.

NOTE: Fish may be baked without stuffing.

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