

**FOR THE  
FARM  
WIFE  
AND  
FAMILY**

*Fish - A Delicious Bargain*

By Mrs. Richard C. Spence

Delicious, low in calories, high in food value and easy on the budget — sounds like a perfect food, doesn't it? Since seafoods are also easy to prepare in an almost endless variety of ways, they're bound to be family-pleasers.

Fish cookery is simple and easy if you keep these few pointers in mind. Salt before cooking to bring out the flavor. Cook quickly and for as short a time as possible. Cooking too long draws out the natural juices; the fish shrinks and dries out. Fish is done when it's fork-tender, separates from the bones and flakes easily. Serve immediately on a warmed platter.

Almost any kind of fish is delicious fried or broiled. As a rule, fat fish, such as salmon or shad, are most desirable for baking, broiling and planking because their fat content will keep them from becoming dry.

It is preferable to boil and steam lean fish, such as flounder, halibut and swordfish, since their flesh is firm and will not easily fall apart while cooking. To broil or bake a lean fish,

baste frequently with melted fat. Both kinds are suitable for frying.

Since there are only a few basic rules for fish cookery, add variety by using different cooking methods — fish doesn't always have to be fried.

Try adding your favorite stuffing the next time you bake fish; bread and oyster stuffing are standbys. To stuff filets, put the stuffing between two filets. Or, dip the filet or steak in lemon juice and grated onion before baking. A lemon-parsley sauce poured over broiled fish steak will add color and flavor.

You can improve the flavor of

boiled fish by cooking in a liquid seasoned with lemon juice, fish stock or court bouillon. A rich, bright colored sauce will add flavor excitement too, experiment with Hollandaise, tartar, creole, cucumber, egg, Spanish and mushroom sauces for variety. Use them on broiled or baked fish, too.

Garnishes provide contrast and add appeal to fish dishes. How about sliced lemon, parsley, sliced tomatoes, watercress, sliced hardcooked eggs, or any colorful sliced pickles? Spices that go well with fish include basil, bay, marjoram, saffron, savory, tarragon and thyme.

Fish chowder, shrimp cocktail, lobster thermidor, clam pie, oyster stew or scalloped oysters are only a few of the time-tested, family-pleasing ways to serve seafood.

There are no Federal standards or grades for fresh fish; however, many frozen fish products are graded. Although four grades are available—A, B, C and Substandard—the wisest choice is usually the top grade A. For good quality fresh fish every time select those with firm flesh and shiny skin. Fish eyes should stick out and be clear and bright; gills should be red and not slimy.

Frozen fish must be kept at 0-degrees F. or lower for high quality. A brownish tinge to the flesh or a strong odor both indicate poor quality. Look for fish that's solidly frozen and wrapped in packaging that keeps out both air and moisture.

Odor will also help you choose good shellfish — a mild odor is a sign of good eating. Stuffed oysters should be plump and creamy with some clear liquid but not too much. Cooked crab and lobster are bright red; cooked shrimp should also have red color in the shells.

Fish will spoil quickly unless you handle it with care and keep it under refrigeration until used. Fresh fish should be wrapped in an air-and-moisture-tight paper or put in a tightly covered dish and kept in the coldest part of the refrigerator — below 40-degrees F. Store fresh shellfish at temperatures near 32-degrees F: fish goes down markedly in quality even in an hour or two if the temperature goes any higher.

Keep frozen fish in the unopened package until you're ready to cook it. Storage life depends on your freezer or refrigerator; you can store frozen fish for a week in ice cube compartments, a month in across-the-top freezer units, and six months in separate freezing units. Of course, keep frozen fish solidly frozen and don't refreeze fish once it's thawed.

You can cook fish without thawing it first if you allow enough additional cooking time. But if you're going to bread, fry or stuff the fish, it's more convenient to thaw first. Thawing at refrigerator temperatures of 40-to 45-degrees F. is the recommended method. Keep the fish at this temperature until it

is easy to handle; a one-pound fillet will take about 18 hours to thaw. The quickest way to thaw fish is to put them under cold running water. You can put whole or drawn fish down in the water, but leave filets and steaks in the package while thawing. Cold water will take about half an hour to thaw filets, and steaks. Thawing fish at room temperature is not recommended. The thinner parts of the fish thaw faster than the rest and they can begin to spoil if you leave the fish out too long.

- BAKED FISH ROMANO**
- 2 pounds fish filets, 3/4-inch thick, fresh or frozen
  - 1 teaspoon grated lemon peel
  - 3 tablespoons lemon juice
  - Salt and pepper
  - 1 can (8 ounces) tomato sauce
  - 1 tablespoon instant minced onion
  - 1/2 teaspoon oregano, crushed
  - 1/4 teaspoon sugar
  - 1/4 cup grated Romano or Parmesan cheese
  - 2 tablespoons snipped fresh parsley

Thaw fish, if frozen. Grate peel from lemon before preparing juice. Dip filets in 2 tablespoons lemon juice; season with salt and pepper. Place in greased, shallow baking dish; bake, uncovered, at 425 degrees for 15 minutes. Remove from oven; drain off excess liquid. Reduce heat to 375 degrees. Meanwhile, combine grated peel, remaining

(Continued on Page 21)

**Garber Oil Co.**  
Texaco Heating Oil  
Burner Sales & Service  
  
MOUNT JOY, PA.  
Ph. 653-1821

**SAVE AT  
BOB'S  
SAVE RITE  
MARKET**  
743 S. BROAD ST.  
LITITZ, PENNA.  
Hours: Mon. thru Sat. 9 to 9  
Sunday 9 to 5

**Gas Lite Naphtha**

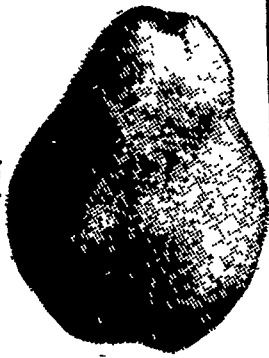
We have a very satisfactory fuel for gasoline lanterns and can save you money in barrel lots. We deliver with tank truck and pump it into your tank. Also tank truck delivery of home-heating oils, kerosene, diesel oil, gasoline for trucks & tractors, etc.

**OIL SPACE HEATERS  
SISALKRAFT**  
for silos  
**W. L. Zimmerman  
& Sons**  
Dial 717-768 3131  
Intercourse Penna

**BARTLETT PEARS**

IDEAL FOR  
CANNING AND  
EATING FRESH

- Graded and sized  
4 ways



**Shank Fruit Farms**

Route 324, New Danville Pike  
Open daily 10 a.m. — 6 p.m. Sat. 'til 6 p.m.  
Closed Sunday

**New Holland  
FARMERS  
FAIR**

**OCT. 1-2-3-4**

Send this coupon for entry number

Name .....

Address .....

- Other Exhibits
- Livestock
- Crops

**HOLLAND  
STONE**

Ready-Mixed  
**CONCRETE**

**CONCRETE  
BLOCK**

**METAL  
WINDOWS**

**New Holland Concrete Products**

New Holland, Pa. 354-2114

**SPECIAL VALUES**

**BED BLANKETS \$3.15**  
IRREGULARS 72" x 90" — 4 Colors  
45% Polyester, 45% Rayon, 10% Acrylic

**ROUND SILAGE COVERS**  
14 Ft. .... \$3.70 ea. 16 Ft. .... \$4.20 ea.  
20 Ft. .... \$5.65 ea.

**MEN'S MAVERICK PANTS \$2.60**  
Bronze Color

**THIS WEEK'S SPECIAL**

**LADIES' AND CHILDREN'S  
SUMMER GOWNS AND PAJAMAS  
Reduced For Quick Sale**

Clothing, Shoes, Housewares, Hardware and  
General Merchandise

**GOOD'S STORE**

1 mile North of Route 23 Along Route 625  
R. D. 1, East Earl, Penna. Ph. 215-445-6156