

Fix Fish to Fit Family Taste

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If someone tells you that the most important season of the year is coming up, it's a pretty good bet that you're talking to a fishing enthusiast.

If the fishermen in your family are lucky enough to have a good catch when they go out you will want to prepare whatever they bring you in the most delicious way possible.

Fish can be prepared so that the most finicky eater in your family will enjoy the delicious flavor. Your calorie counter will applaud; you can relax because fish is so easy to prepare and you know it is full of food value.

Broil or bake fish for the calorie counter. Practically any fresh or frozen fish, including salmon, swordfish, shad and halibut, are suitable for broiling. Since broiling takes such a short time, fish can be either fat or lean.

However, when baking lean fish fillets, such as halibut or flounder, you will need to baste them to keep them from drying out. To cut down on calories, use canned tomatoes with seasoning instead of fat.

Naturally, smothering the fish

with a rich sauce will also add calories, but fish can satisfy even the family that includes both dieters or hearty eaters. Just add a garnish of lemon or season with herbs for the diet-conscious and put on the Hollandaise or tartar sauce at serving time for your lean and hungry folks.

Fish cookery is easy if you keep a few basic rules in mind. Salt before cooking — to bring out the flavors. Cook quickly and for as short a time as possible.

Don't overcook; over-cooking draws out the natural juices, the fish shrinks and dries out. And your family complains.

Fish is done to perfection when it's fork tender, separates from the bones and flakes easily. Serve it immediately on a warm platter.

Fish doesn't always have to be fried. Broil it; bake it, steam it, fry fish in chowders, stews and soups, use different sauces and seasonings, too.

Try adding your favorite stuffing the next time you bake fish, broil and oyster stuffing are standbys. Put the stuffing between two fillets or in the body cavity of a whole fish.

If you are looking to calories you can dip the fillets or steak in lemon juice and grated onion before baking. You can also add color and flavor by pouring lemon-parsley sauce over broiled fish steak.

Improve the flavor of broiled fish by cooking in a liquid sea-

soned with lemon juice, fish stock or bouillon. A rich, bright-colored sauce will add flavor excitement; experiment with creole, cucumber, egg, Spanish and mushroom sauces for variety. Use them on broiled or baked fish, too.

Garnishes can provide contrast and add appeal to fish dishes. How about sliced lemon, parsley, sliced tomatoes, watercress, sliced hard-cooked eggs, or sliced sweet pickles? Spices that go well with fish include basil, bay leaves, marjoram, saffron, savory, tarragon and thyme.

To sum it all up, there just isn't any reason for anyone to say they don't like fish with so many different ways to prepare it.

FISH AND HUSH PUPPIES

- Fish:**
- 2 1/2 cup enriched corn meal
 - 1/3 cup all-purpose flour
 - 2 teaspoons salt
 - 1/4 cup milk
 - 2 pounds frozen fish fillets
- Hush Puppies:**
- 1 1/2 cups enriched corn meal
 - 1/2 cup sifted all-purpose flour
 - 1/2 teaspoon baking powder
 - 1/2 teaspoon soda
 - 1 teaspoon salt
 - 1/3 cup chopped onion
 - 1 egg, beaten
 - 1 cup buttermilk.

For fish, combine corn meal, flour and salt. Place milk in shallow container. Dip fillets in milk and then coat with corn meal

mixture. Fry in hot deep fat until golden brown and fish is flaky. Drain on absorbent paper.

For hush puppies, sift together corn meal, flour, baking powder, soda and salt. Stir in chopped onion, egg and buttermilk, mixing only until dry ingredients are moistened. Drop by teaspoonfuls into hot deep fat, turning when brown on one side. Drain on absorbent paper. Serve with fish. Makes 6 servings.

- SALMON STEAKS OLYMPIA**
- 6 salmon steaks
 - Lemon Butter Sauce*
 - 2 tablespoons snipped fresh parsley

Lemon wedges
Arrange salmon steaks on cold broiler pan; baste with Lemon Butter Sauce. Place in cold broiler, 3 to 5 inches from source of heat. Broil 15 to 18 minutes, or until fish flakes easily with fork, basting 1 to 2 times. It is not necessary to turn steaks. Remove salmon to warm serving dish and cover with remaining heated sauce. Garnish with parsley and lemon wedges.

- LEMON BUTTER SAUCE**
- 1 cup melted butter or margarine
 - 1/3 cup lemon juice
 - 1/4 cup finely minced onion

- 1 teaspoon salt
 - 1/2 teaspoon paprika
 - 1 tablespoon Worcestershire sauce
- Thoroughly combine all ingredients; keep warm until serving time. Makes 1 1/2 cups.

- LEMON BAKED FISH WITH HOT RICE SALAD**
- 1 ready-to-cook whole fish
 - 1/2 cup lemon juice
 - Parsley
 - 2 onions, sliced
 - 2 lemons, unpeeled, sliced
 - 2 tablespoons butter or margarine

Hot Rice Salad*
Lemon wedges
Rub cavity and outside of fish (Continued on Page 25)

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