

# Enliven meals with seafood cookery

By LAUREL SCHAEFFER  
Berks County Reporter  
LEESPORT, Pa. - Addressing well over 100 women and a group of vocational-technical school students, Arlene Joyce, home economist for the National Bureau of Commercial Fisheries, demonstrated some of the many ways to prepare seafood on March 1 at the Berks County Agricultural Center, here.

Mrs. Joyce, also a dietitian and seafood consumer specialist, prepared several seafood dishes with the aid of Fay Strickler, Berks County Extension home economist, and Judy Witmer, nutrition aid supervisor, during her presentation. After the program, the prepared dishes were sampled by the audience.

When advising the group on purchasing seafood, Mrs. Joyce said to look for fish in season because the price is

more reasonable and the fish will be fresher at this time of the year than at others.

"Look for pink gills, clear and bulging eyes, and feel the fish to see if the flesh is firm and fresh - it should spring back when touched," she said.

"Fish is a perfect protein food which is easily digested and low in calories, she continued, "fresh, frozen, or canned."

Mrs. Joyce showed that fish is versatile - it can be used as an appetizer, main entree, or even as a breakfast food. "Try something different," she added.

The seafood specialist emphasized the use of herring. Herring is an economical fish which is just coming onto the market in a form suitable to be used on the dinner table. "Herring is always thought of as being smoked or marinated, but it is a very good fish to cook with," Mrs. Joyce stated.

In continuing, the specialist said that several kinds of fish can be used for the same recipe. "You don't necessarily need the kind of fish which is specified in the list of ingredients," she told the women.

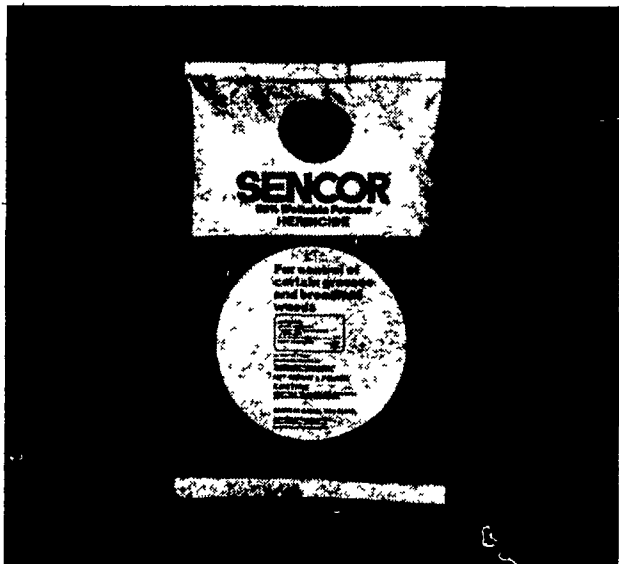
In preparing the seafood dishes, she demonstrated her point by substituting several kinds of fish other than what the recipes called for.

Mrs. Joyce also gave the women some cooking tips. The specialist stressed the use of all the liquids which drained from the fish because they were full of nutrients. Continuing, she said, "Use the carcass and the skin to make a fish stock if you are going to fillet them, if not, it is better to leave the head and tail on the fish until after it has been cooked to help retain the moisture." The head and tail can be removed after cooking if desired. Over-



Judy Witmer, (left), nutrition aid supervisor; Fay Strickler, (center) Extension home economist; and Arlene Joyce, (right), seafood consumer specialist, display some of the dishes Ms. Joyce created at a seafood seminar, recently.

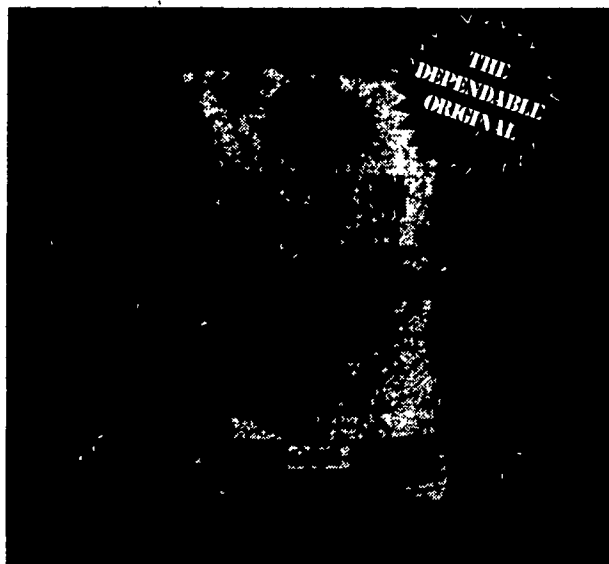
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cooking the fish was also discouraged.

Mrs. Joyce then demonstrated how to prepare squid for cooking. She then proceeded to tempt everyone present to try some squid which was already prepared.

After the cooking demonstration, three short films from the Bureau of Fisheries were shown. They were entitled: "Versatility of Form", "Appetizers", and "Fish for Breakfast".

The following are some of the recipes Mrs. Joyce prepared:

### PORTUGUESE FISHERMAN STEW

- 2 lbs. striped bass fillets or other fish fillets, fresh or frozen
- 1 tablespoon margarine or butter
- 1 cup chopped onion
- 1 clove garlic, crushed
- 2 cans (1 lb. size) tomatoes, undrained, cut up
- 3 cups water
- 1 teaspoon leaf basil
- 1 teaspoon leaf thyme
- 1/4 teaspoon crushed red pepper
- 1 teaspoon salt

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