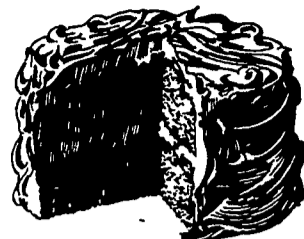


# Home On The Range



## Our friends from the water

Plan to reel in compliments when you serve these delicious recipes using fruits of the water, not only for their taste but also for their economical accent to your menu.

Homemakers intent on economy will appreciate not only the good prices on fish but also the fact that they cook quickly. Though seafood is much higher priced than fish, the taste can't be beat, especially when it's combined with a recipe that emphasizes tastes instead of relying on quantity to make the dish.

Try the dish that appeals to you and enjoy these delicious characters from the deep sea!

### SPAGHETTI WITH TUNA SAUCE

- 1/4 c. butter
- 2 cloves garlic, crushed
- 1/4 c. minced parsley
- 1 can Italian-style tomatoes
- 1 can tomato paste
- 1 t. basil, crushed
- 1 t. salt
- 2 cans tuna
- 1 pound thin spaghetti, cooked and drained
- 1 1/2 c. grated Cheddar cheese
- 2 T. Parmesan cheese
- parsley
- freshly ground black pepper

Melt butter in large skillet; saute garlic 2 to 3 minutes. Add parsley, tomatoes including liquid, tomato paste, basil and salt. Simmer, uncovered, 20 minutes. Drain tuna; flake. Add to sauce; heat thoroughly. Pour one half of spaghetti into heated serving bowl; pour on half of tuna sauce; sprinkle with half of Cheddar cheese. Add remaining spaghetti, then sauce, then Cheddar cheese. Sprinkle with Parmesan cheese. Garnish with chopped parsley.

### FISH RING, SWISS STUFFING

- 1/4 cup butter
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1 1/2 cups herb seasoned stuffing mix
- 1 cup shredded Swiss cheese
- 3 T. milk
- 1 T. dried parsley flakes
- 1/2 t. salt
- 1/4 t. nutmeg
- 8 sole fillets
- lemon juice
- Golden Sauce:
- 2 T. butter
- 2 T. all-purpose flour
- 1/2 t. salt
- 1 1/2 cups milk
- 1 t. prepared mustard
- 1 hard-cooked egg

For fish ring, melt butter; add onion and celery and saute. Combine sauteed mixture with stuffing mix, cheese, milk, parsley, salt and nutmeg. Toss lightly. Brush sole fillets with lemon juice. Line buttered 4 1/2 cup ring mold with fillets, with ends of fillets over-hanging sides of mold. Lightly pack stuffing mixture on top of fillets. Fold ends of fillets over stuffing; secure with wooden picks as needed. Cover with foil. Bake in preheated 350 degree oven 35 to 45 minutes or until fillets flake easily when tested with a fork and mold is heated through. Remove foil and wooden picks; invert onto serving platter and serve with golden sauce, as prepared below. Fill center of ring with hot, cooked broccoli and garnish with a lemon twist, if desired.

For golden sauce, melt butter over low heat. Stir in flour and salt; cook until smooth. Remove from heat. Gradually stir in milk. Bring to a boil, stirring constantly. Boil and stir 1 minute. Stir in mustard. Remove yolk from egg, finely chop white and stir into sauce. Sieve yolk and sprinkle over sauce.



When caught in a budget squeeze, serve a fish ring with a golden sauce. Packed with nutrition and delicious flavor, this fish ring will

add flair to your table when company comes. Try some of these other sea dishes, too, and have a "reely" good time.

### SHRIMP AND CHEESE SPAGHETTI SAUCE

- 1 jar sliced mushrooms
  - 1 pkg. spaghetti sauce mix
  - 1 can tomato sauce
  - 2 T. butter
  - 1 pkg. frozen cooked shrimp, thawed, rinsed and drained
  - 1 c. shredded Provolone cheese
  - hot buttered spaghetti
- Drain mushrooms, reserving liquid. Add enough water to reserved liquid from mushrooms to make 1 cup. Combine spaghetti sauce mix and tomato sauce. Stir in liquid and butter. Cook according to package directions. Add mushrooms and shrimp; stir in cheese just until melted. Serve over hot buttered spaghetti.

### IMPOSSIBLE FISH PIE

- 1/4 pound fish, cooked and flaked
  - 1 small can of mushrooms
  - 1/2 small onion
  - 2 T. butter
- Saute onion and mushrooms in butter until tender, stir in fish and set aside to cool.
- 1 1/2 c. milk
  - 3/4 c. Bisquick
  - 3 eggs
  - 1/2 t. seafood seasoning
- Put milk, Bisquick, eggs and seasonings in blender and blend for 15 seconds. Pour in greased 9-inch pie pan and let stand for 5 minutes. Then sprinkle fish mixture on top and top with 1/2 c. grated cheese. Bake at 400 degrees for 30 minutes.
- Audrey Balthaser, Millerstown

### POOR MAN'S LOBSTER

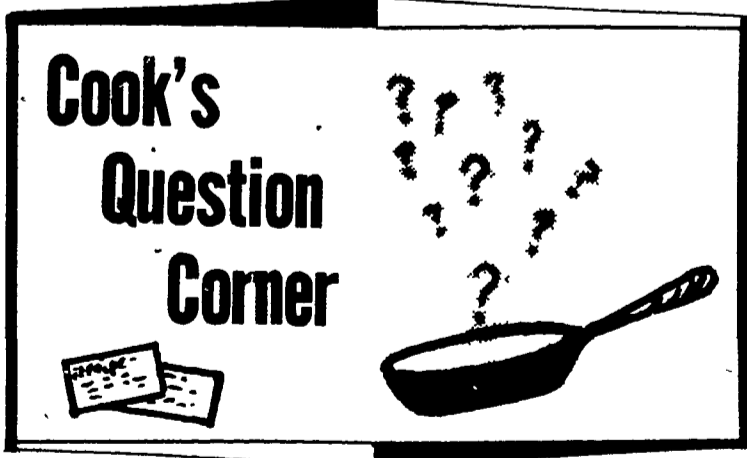
- 1 pound frozen haddock
  - 1 T. vinegar
  - 1 T. old bay seasoning
  - 2 cups water
  - 1 t. salt
  - 1 t. celery salt
- Add all ingredients except fish; bring to boil. Add fish and cook 15 to 20 minutes. Remove fish with slotted spoon and serve with melted butter. Or, put fish under broiler and spread butter over top for 15 minutes after removing it from the boiling water.

Mrs. Carl Bacon, Felton

### JIFFY FISH BAKE

- 1 can frozen condensed cream of shrimp soup, thawed
  - 1 cup dairy sour cream
  - 1 T. lemon juice
  - 1/3 c. crumbled Blue cheese
  - 1 1/2 pounds halibut steak
- In a 1-quart saucepan combine soup, sour cream and lemon juice. Cook over low heat until heated through, stir in Blue cheese. Place fish in shallow baking dish, top with sauce. Bake 20-30 minutes (oven set at 350 degrees) until fish flakes easily with a fork.

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## Cook's Question Corner

**ANSWERS** - Would anyone have a recipe for the Amish Vanilla Pie that they would share with me?

Mable Witmer

**QUESTION** - A few years back I made a yeasted onion bread using green onions. I have not made the bread in a while and cannot find my recipe. Can anyone help me?

Alice Chittenden, Guilford, Ct

### Recipe Topics

- May 30 Favorite recipe
- June Dairy recipes all month long!

## Dairy Recipes Wanted!

In June, Lancaster Farming will feature dairy recipes for the entire month. Here is your chance, whether or not you are actively involved in dairying to send in your favorite recipe using milk, cheese, or any other dairy product.

Home on the Range is your recipe column and we need your recipe to fill it. Only four weeks remain before the close of the first dairy recipe issue, so don't delay, mail that family recipe today.

Special gifts have been chosen for each person whose dairy recipe we use. It's our way of saying thank you to you and to the dairy industry. Your small amount of time will be well rewarded.

Send your recipe to Home on the Range, Lancaster Farming, Box 366, Lititz, PA 17543. Don't forget to include your name and address.