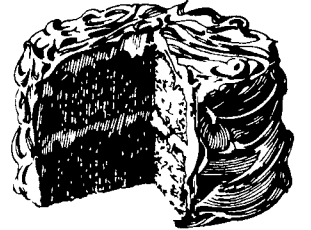


Home On The Range



Flavor fresh fish with seasonings

For avid fisherman, April is the time to wipe the dust from the fishing pole and tackle box and tempt the trout with worms, spinners and flies.

If the fishermen in your family have been successful, the recipes on this page should help with preparing their catch. But if they come home with a fish tale about the big one that got away, a stop at the local fish market should yield the foundation for these recipes.

LUAU FISH BAKE

1 to 3 pound lake trout or other whole fish
 1/2 cup diced celery
 1/2 cup chopped green pepper
 4 tablespoons butter or margarine
 2 1/2 cups herb flavored stuffing croutons
 2/3 cup water
 salt
 lemon juice
 1/2 cup barbecue sauce

Cook celery and green pepper in butter until tender-crisp; toss with stuffing croutons and water. Season fish cavity with salt and lemon juice. Stuff fish, place on aluminum foil. Brush with 1/2 cup barbecue sauce. Seal foil. Place in shallow pan. Bake at 350°F. about 1

hour. Turn back foil and brush with remaining barbecue; bake 15 minutes longer or until fish flakes with fork.

To grill place foil wrapped fish in wire basket over moderately hot coals for about 1 hour, turning occasionally. Turn back foil and brush with remaining barbecue. Cook 15 minutes longer.

M.E. Martin
 Middleburg

IMPOSSIBLE FISH PIE

1/4 pound fish (cooked and flaked)
 1 small can of mushrooms
 1/2 small onion
 2 tablespoons butter
 Sauté onion and mushrooms in butter until tender, stir in fish and set aside to cool.

1 1/2 cups milk
 3/4 cup Bisquick
 3 eggs
 1/2 teaspoon seafood seasoning

Put milk, Bisquick, eggs and seasoning 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 cup of grated cheese. Bake at 400°F. for 30 minutes.

Audrey Balthaser
 Millerstown



If the family's fishermen have brought a few of these home, try some of the recipes on this page to cook them to perfection.

GRILLED RAINBOW TROUT WITH BUTTER BASTE

2 dressed rainbow trout, 1/2 to 3/4 pound each, head on
 vegetable oil
 salt and pepper
 garlic powder
 Butter Baste:
 1/4 cup butter, melted
 1/2 teaspoon grated lemon peel
 1 tablespoon lemon juice
 1/4 teaspoon salt
 pinch each of pepper, garlic powder and paprika

Line fire bowl of grill with aluminum foil. Generously oil grid of barbecue grill. Sprinkle cavity of fish with seasonings. Slash skin crosswise in 3 places on each side. To make butter baste combine all ingredients. Grill fish over medium-hot, direct heat, brushing with baste during cooking. Using tongs, turn fish halfway through cooking time. Grill 8 to 12 minutes or until fish flakes easily with fork. Garnish with lemon slices if desired.

WALLEYE WITH RICE AND SPINACH STUFFING

1 tablespoon flour
 1 medium onion, thinly sliced
 2 cups finely chopped fresh spinach
 1 cup cooked brown rice
 1/2 cup (2 oz.) shredded Colby cheese
 2 tablespoons finely chopped onion
 1/2 teaspoon Worcestershire sauce
 2 pound dressed walleye, head on
 1 tablespoon butter, melted
 salt and pepper
 paprika

Preheat oven to 350°F. Shake flour in large size cooking bag; place bag in 13x9x2-inch baking pan. Place onion slices in bottom of bag. Combine spinach, rice, cheese, onion and Worcestershire sauce. Season fish cavity with salt. Stuff with spinach and rice mixture; reserve extra stuffing. Brush fish with butter. Sprinkle with salt, pepper and paprika. Place fish in bag; surround with extra stuffing. Close bag with nylon tie; make 6 half-inch slits in top. Bake 30 to 35 minutes or until fish flakes easily with fork. Serves 2.

Correction

Two ingredients were omitted in Ruth Ann Balmer's Sweet Potato Casserole Recipe on page B6 of the April 14 issue. The topping should also include 1/2 cup light brown sugar and 1/2 stick margarine. Lancaster Farming apologizes for any inconvenience this error may have caused.

FISH IN DUGLESE SAUCE

4 fillets of flounder (about 1 pound)
 1 tablespoon shortening
 1/4 cup clam juice
 1/2 cup drained canned tomatoes
 2 tablespoons chopped onion
 1/4 teaspoon thyme
 pinch of pepper

Roll fillets and tie with string. Melt shortening in skillet and arrange fillets in pan. Pour in clam juice. Add tomatoes, parsley, onion, thyme and pepper. Cover skillet. Place on high heat until steaming, then turn to a lower heat and cook for 12 minutes or until done. Remove fillets to a serving dish and stir sauce over high heat for 2 minutes. Pour sauce over fillets. (serves 4).

Betty Biehl
 Mertztown

CHRIS'S 20-INCH TROUT

1 large trout
 Clean thoroughly. Cut off head and freeze. (If caught by small boy it can be shown to all who visit to verify the big catch!) Lightly salt inside and outside, then wrap in wax paper. Refrigerate for 1 hour. Place in baking pan. Bake at 400°F. for 15 minutes then at 350°F. for 45 minutes until meat flakes.

Phyllis M. Ridge
 Roaring Branch

BASS WITH MUSHROOM WALNUT SAUCE

2 pounds largemouth or smallmouth bass fillets, 1/2 to 1 inch thick, skin removed
 salt and pepper
 1 cup sliced fresh mushrooms
 1/2 cup sliced celery
 1/4 cup finely chopped onion
 3 tablespoons butter or margarine
 3 tablespoons flour
 1/2 teaspoon salt
 1/2 teaspoon basil leaves
 1/2 teaspoon dry mustard
 2 cups light cream
 1/2 cup coarsely chopped walnuts

Preheat oven to 350°F. Line 13x9x2-inch baking pan with aluminum foil. Sprinkle fillets with salt and pepper. Sauté mushrooms, celery and onion in butter until tender. Stir in flour, salt, basil and mustard. Add cream; cook until thickened, stirring constantly. Place fillets skinned-side down in pan. Add sauce. Bake 35 to 30 minutes or until fish flakes easily with fork. Sprinkle with walnuts. Broil 4 to 6 inches from heat 2 minutes or until walnuts are toasted. Garnish with celery tops if desired. Serves 4 to 6

(Turn to Page B8)



Fish

A few spices, a little lemon juice and thinly sliced carrots and onions will add flavor to today's catch.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. You can send your recipes to Sue Keene at Lancaster Farming, P.O. Box 366, Lititz, PA 17543

- | | |
|-----|-----------------|
| May | |
| 5 | Kebobs |
| 12 | Doughnuts |
| 19 | Chinese Cooking |

Featured Recipe

Marilu Shaw of Windhaven Herb and Mum Farm in Washington Boro provided this week's featured recipe.

Marilu said she uses a lot of herbs when cooking and enjoys the variety of flavors they offer. She recommends adding herbs to quiche instead of bacon or other traditional ingredients.

To learn more about Marilu and Windhaven see the story featuring them in this section.

Leek Pie

1 pie pastry
 8 medium leeks
 4 slices bacon
 3 eggs
 2 cups milk or cream
 1/2 teaspoon salt
 1/8 teaspoon nutmeg

Line pie pan with pastry, brush with beaten egg. Bake 5 minutes in 425°F. oven. Slice 8 medium leeks into bite size pieces and steam 10 minutes. Drain well. Place in crust, add 4 slices bacon, chopped. Beat 3 eggs with 2 cups milk or cream, add 1/2 teaspoon salt and 1/8 teaspoon nutmeg. Pour egg mixture over bacon and leeks. Put pan in 350°F. oven for 10 minutes, then turn heat down to 325°F. Bake 20 minutes or until filling is set. Serve with fresh greens or fruit salad.