

Fillet Fantastic

For both the sportsman and cook, it pays to fillet your own fish. Now see how easy it is. Remember, the knife should be held as parallel to the cutting board as possible — and the sharper the knife, the safer and easier it is to fillet. For a flat fish, flounder, or fluke, a long, thin blade is preferable. You need not flounder at the cutting board, for proper filleting is no fluke.



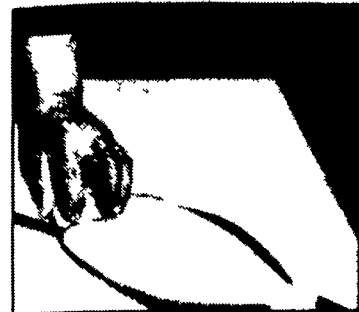
3. Then expose the backbone and cut toward the opposite fin section along the length of the fish.



4. This frees the whole fillet. NOTE: These steps should be repeated for the other side of the fish.



5, 6, 7. To skin the fillet, cut through the meat about 1 1/2 inches from the tail end, taking care to stop at the skin. Hold the meat



1. With a very sharp filleting knife, make a diagonal crosscut from behind the soft belly area to behind the head.



2. Insert the knife blade in the fish and slide it toward the tail along the ridge of the backbone. Then, in a sawing motion, work the knife blade from the backbone to the outer fin section, i.e., closer to the cutter. This action will free one-half of the fillet.

How To Shuck A Clam With Ease

Introduction. The key to opening a hard clam, *Mercenaria mercenaria*, easily is to chill it thoroughly in order to shock it into muscle relaxation. This can be done by putting the clams in the freezer for about forty-five minutes, immersing them in a mixture of ice, salt, and water for about one hour, or by storing them in crushed ice indefinitely. For cleaner preparation and serving, clams should be washed or scrubbed. There are four market sizes of clams: chowders are the largest, followed by cherrystones, top necks, and little necks. To open, clams, a sturdy-bladed knife, not overly sharp nor more than four inches in length, is necessary.

1. Grasp clam firmly in hollow of hand, with the indentation of the shell in the direction of the thumb. Place the knife blade between the halves of the shell. Hold the back of the knife blade firmly in the middle of the fingers. Squeeze the hand and the knife

will enter.

2. With the blade in place, sever one of the adductor muscles, then twist the handle until the shell pops.

3. Move the blade around the inside of the top shell and sever the other muscle. The top shell can then be easily removed.

4. Run the blade under the clam meat to separate it from the bottom shell.

NOTE: The clam can be dipped in cocktail sauce or "slurped"

right out of the shell. Appropriate condiments can be used according to individual tastes — lemon juice, a drop of Tabasco, or horseradish and catsup.

Atlantic City Steamed Clams. Place 100 Top Necks in a very large pot. Add 8 oz. Water. Over the top of the clams generously sprinkle fresh parsley, crushed red pepper, and some salt. Then pour olive oil over all to soak the top layer well. Steam until open. Try the broth, too!

Make Lemonade If Life Gives Lemons

SCRANTON (Lackawanna Co.) — Penn State Cooperative Extension of Lackawanna and Wyoming Counties is sponsoring an educational program on Thursday, May 14, from 9:45 a.m. - 2:00 p.m. at Allied Services in Scranton. The event, "If Life's A Lemon, Make Lemon 'aid'", is

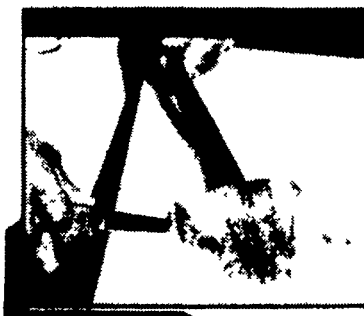
open to the public. Reservations are \$9, which includes a hot buffet lunch.

The program will feature Dr. Barbara Davis, associate professor in the College of Agricultural Sciences at Penn State University. Dr. Davis will present a program, "Leaving The Cocoon To Fly Like A Butterfly" which discusses how to cope with loss and ways to overcome it. Maryrita Stuckart, director of volunteer services at the Voluntary Action Center, will discuss the benefits of helping others in her presentation, "Volunteering: Everybody Wins!" Also, Joe Dobbs and Ruth Judd from the Scranton Public Theater will perform "I'm Herbert" and "It's A Sin To Tell A Lie," two short sketches about keeping the kid in you while growing older.

For more information or to make reservation, call the Penn State Cooperative Extension office at (717) 963-6842 by May 4.



firmly behind the cut. With a sawing motion, with the blade at about a 35-degree angle, the knife is worked away from the cutter.



Throughout the skinning procedure, the skin can be moved from side to side and the meat can be folded forward to facilitate separation.

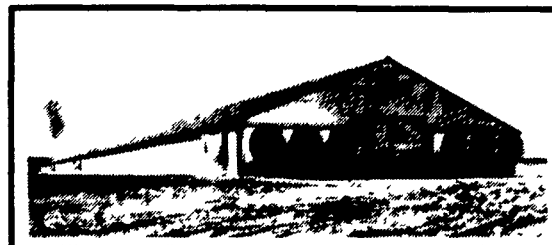
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