

(Continued from Page B8)

## Stuffed Fish Fillets

- 1 pound fish fillets
- ¼ cup fine bread crumbs
- 2 teaspoons milk
- 1 teaspoon Worcestershire sauce
- 2 teaspoons onion, minced
- 1½ teaspoons lemon juice
- 1 teaspoon butter
- 1 cup mayonnaise

Arrange fillets in greased baking sheet. Mix remaining ingredients and spread over fillets. Bake uncovered 30 minutes at 375 degrees. Serve at once.

## Poached Fish

Put 1 inch or more of water in stainless steel frying pan. Add:

- 1 teaspoon salt
- 1 teaspoon lemon juice
- 2 bay leaves
- 2 tablespoons dried parsley
- 1 onion, chopped

Bring to a boil, add partially thawed fish fillets. Cover. Simmer 10 minutes or until fish can be flaked with a fork. Fish becomes dry if overcooked.

# Wanted: Baking Fanatics For Muffin Mania Contest

KIRTLAND, Ohio — On Saturday, Mar. 19, Lake Farmpark invites you to put your baking skills to the test for the third annual Muffin Mania Contest as part of Farmpark's Food and Nutrition Month. Muffin Mania categories

include:

- best muffin baked by a woman,
- best muffin baked by a child 12 years and younger,
- best muffin baked by a man,
- best colossal muffin

• best muffin with a recipe within the U.S. Dietary Guidelines (1990),

• best muffin baked by a school group (limit four students per group), and

• most marvelous muffin (this category judged from winners of all other categories).

All entrants to the Muffin Mania contest are admitted free to the Food and Nutrition Month's exhibits and events on Saturday, Mar. 19. First place winners in each category will win product gift bags from The Fowler's Milling Company. The winner of the most marvelous muffin will win a \$25 gift certificate towards Fowler's Mills products.

To enter the Muffin Mania contest, bring six regular muffins or four colossal (in the "best colossal muffin" category) to Lake Farmpark between 9 a.m. - 12:30 p.m., Saturday, Mar. 19. Judging begins at 11 p.m. Awards will be presented at 4 p.m.

Muffin Mania is sponsored by The Fowler's Milling Company.

For complete Muffin Mania contest rules, contact Tradowsky at Lake Farmpark by calling (216) 256-2122 or 1-800-366-FARM.

## Dill Fish

- 1½ pounds fish fillets (flounder, sole, turbot)
  - ¼ cup lime juice
  - 1 teaspoon dillweed
  - 1 clove garlic, minced
  - Salt and pepper, to taste
- Squeeze lime juice over fillets and marinate at least 30 minutes in refrigerator.

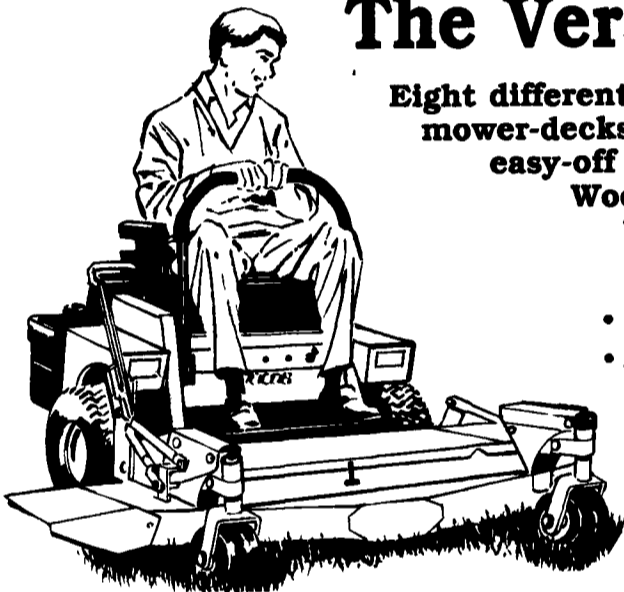
Grease shallow baking pan. Place fillets in baking pan and sprinkle with dill, garlic, salt, and pepper.

Bake at 350 degrees for 5 to 10 minutes or until fish flakes easily.

## Jiffy Baked Fish

Lay heavy foil in baking pan. Spread haddock or halibut fillets generously with Miracle Whip salad dressing, salt, and pepper. Sprinkle crushed corn flakes over the fish and dot with butter. Bring edges of foil over fish to prevent scorching. Bake in 400 degree oven 15 minutes.

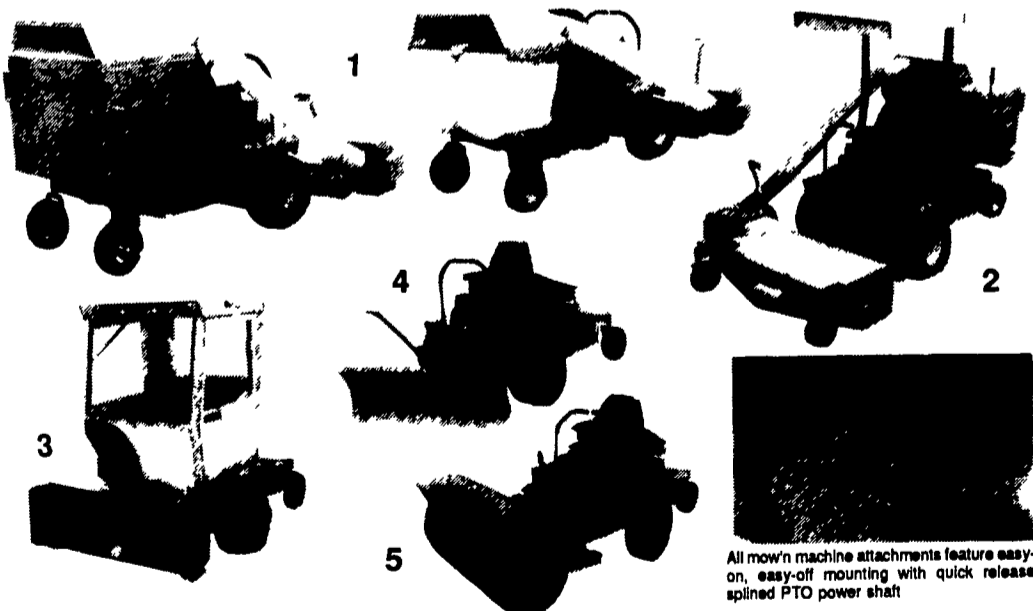
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