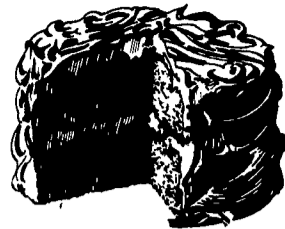


# Home On The Range



## Catch The Taste

Fish may not make you smarter, but it's certainly smart eating, both to stay in shape and to reduce the risk of coronary heart disease. Fish and shellfish are excellent sources of high quality, complete protein, many minerals, and essential B-complex, A and D vitamins.

An average serving of seafood has less than 200 calories. Some of the leaner varieties such as flounder, have as few as 80. Both freshwater and saltwater fish are low enough in sodium to be acceptable for low-sodium diets. While fish are generally low in fat, these are mainly polyunsaturated fats.

Current research shows that certain types of polyunsaturated fats — those contained in seafood — actually tend to reduce the amount of serum cholesterol in the body, and are beneficial in reducing the probability of a heart attack.

### SEAFOOD-RICE PLATTER

1½ cups water  
½ teaspoon salt  
1 bay leaf  
1½ cups minute rice  
½ cup mayonnaise  
¼ cup chopped pimiento  
4-ounces chopped mushrooms  
2 tablespoons chopped parsley, drained  
1 to 2 cups drained, cooked and canned  
Crab meat, shrimp, lobster or tuna

Crisp lettuce or other greens  
2 to 4 ripe tomatoes, cut in wedges  
Bring water, salt, and bay leaf to a boil. Stir in rice, cover, remove from heat and let stand 5 minutes then uncover and cool to room temperature. Remove bay leaf.

About one hour before serving, combine ½ cup mayonnaise, mushrooms, pimiento, and parsley.

Add rice and mix lightly with a fork. Chill. Combine seafood with remaining mayonnaise and lemon juice. Season to taste if preferred. Chill to serve. Arrange rice on crisp lettuce in center of platter with tomatoes and seafood around the rice.

Makes about 3 cups rice plus seafood. If desired, mix ¼ to ½ cup tart French salad dressing with the seafood instead of mayonnaise and lemon juice.

### SEAFOOD SCAMPI

3 tablespoons olive oil  
2 cloves garlic, minced  
1 tomato, peeled, seeded, and finely chopped  
2 tablespoons lemon juice  
2 tablespoons chopped parsley  
¼ teaspoon dried oregano, crushed  
¼ teaspoon freshly ground pepper  
¼ teaspoon salt  
½ to ¾ pound large, raw shrimp, peeled and deveined with tail intact

½ pound firm white fish, such as halibut, monkfish or pollock, cut into 2-inch pieces

1 dozen debeared mussels or littleneck clams, scrubbed or half of each.

Combine oil and garlic in 8x8x2-inch dish. Cover with plastic wrap and microwave at high one minute 30 seconds. Add tomato, lemon juice, parsley, oregano, pepper and salt; mix well. Add seafood and toss to coat evenly. Arrange seafood in single layer; cover with plastic wrap and vent on corner for steam to escape. Microwave at high 3 minutes; stir. Microwave 2 minutes longer. Let stand, covered, 2 minutes or until shrimp is opaque, shells open and fish begins to flake. Serve in shallow bowls with crust French bread if desired. Makes 4 servings.

### CRAB IMPERIAL

½ cup mayonnaise  
1 egg, beaten  
2 tablespoons chopped pimiento  
1 tablespoon chopped green onion  
1½ teaspoon Worcestershire sauce  
1 teaspoon lemon juice  
1 teaspoon dry mustard  
Generous dash hot pepper sauce  
1 pound crab meat, flake style  
Freshly ground black pepper  
Paprika

Combine mayonnaise, egg, pimiento, green onion, Worcestershire sauce, lemon juice, mustard, and hot pepper sauce. Gently stir in crab meat or surimi. Spoon into 4 to 6 individual casserole dishes or scallop shells. Sprinkle with paprika. Microwave at high 7 to 9 minutes or until thoroughly heated, rearranging dishes once. Makes 4 to 6 servings.



By eating fish and shellfish you get the added bonus of the omega-3 fatty acids that appear to have highly beneficial effects on managing cholesterol levels.

### VEGETABLE-STUFFED WHITING ROLLS

Place 4 boned whiting fillets, skin side down, on work surface. Place about 2 tablespoons sauteed, chopped vegetables (peppers and carrots) lengthwise down center of each fillet.

Starting at thick end, roll up each fillet; secure with toothpick. Place upright in small baking dish. Turn down the top edge of each roll-up to expose filling. Brush with melted butter and lemon juice into dish around fillets.

Bake at 425 degrees using the 10-minute rule. Garnish with sliced lemon and watercress. Servings 4.

### PAN FRIED RAINBOW TROUT WITH ITALIAN FLAVORS

½ cup plain bread crumbs  
1 teaspoon dried sage  
½ teaspoon coarsely ground black pepper  
¼ teaspoon salt  
1 teaspoon olive oil  
4 trout fillets  
1 lemon, quartered

Combine first four ingredients. Coat flesh side of trout in bread crumb mixture; set aside. Brush large non-stick skillet lightly with oil. Over high heat, saute trout flesh-side down for 2 minutes. Gently turn trout; saute 2 minutes more. Serve immediately with lemon. Makes 4 servings.

### TWO-WAY FISH FILLETS

2 tablespoons butter  
1½ pounds orange roughy, sole or flounder fillets  
Salt and pepper (optional)  
Creamy tomato sauce  
Melt butter in large skillet. Lightly season fillets with salt and pepper, if desired. Saute fillets 2 to 3 minutes on each side until lightly browned and fish flakes easily with fork. Remove from skillet. Serve immediately with creamy tomato sauce.

### WRAPPED O'SEA OF BLUE

6 bluefish fillets  
6 tablespoons mayonnaise  
¼ teaspoon salt  
¼ teaspoon pepper  
2 ripe tomatoes, thinly sliced  
2 stalks celery, thinly sliced  
3 cups hot cooked rice

Place each fillet on large square of heavy duty foil. Spread each fillet with 1 tablespoon mayonnaise; sprinkle with salt and pepper. Top with tomato slices, then with celery. Fold foil to form a sealed packet, folding ends tightly. Place packets on baking sheet. Bake 350 degrees for 20 minutes. Serve with hot rice.

### ITALIAN FISH FILLETS

1 pound fish fillets  
½ cup Italian dressing, divided  
1 tablespoon grated Parmesan cheese

1 tablespoon dry bread crumbs  
Nonfat tartar sauce  
Heat broiler. Place fish on greased rack of broiler pan. Brush with half of the dressing. Broil 2 to 4 inches from heat 5 minutes. Brush with remaining dressing; sprinkle with combined cheese and crumbs. Broil 3 minutes or until lightly browned and fish flakes easily with fork. Serve with sauce. Makes 4 servings.

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## Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

**October** 22- Pizza and Apple Month

29- Pumpkin Time

**November** 5- Breads, Muffins, Biscuits

12- What can you do with sweet potatoes?

## Featured Recipe

At the Lampeter Fair, Esther Ruth was the first-place winner in the Hershey's Greatest Cocoa Cake Contest, a contest that Hershey Food Corporation and the Pa. State Association of County Fairs offer at all fairs in Pennsylvania.

Her secret recipe is a long time favorite of her husband, Jeff, and sons, Jason, 19, and David, 12.

Although she loves to bake ever since she was a little girl, this was the first year that Esther took the time to enter a baking contest. About seven years ago Esther worked in a bake shop, which really inspired her creativity in baking. She took a cake decorating course, but her creations are now limited to sparetime. She works full time in physical medicine at Lancaster General Hospital and part time as a hair dresser.

"Working so many hours really puts the squeeze on cooking but it's something I really enjoy," Esther said.

As a winner of the Hershey's Contest, Esther will again bake her winning entry and take it to state competition at the Pennsylvania Farm Show in January.

Although she won't share her prize-winning recipe, here is another chocolate cake recipe she enjoys.

### MAYONNAISE CAKE

3 cups unsifted flour  
1½ cups sugar  
1½ cups cocoa  
2¼ teaspoon baking powder  
1½ teaspoon baking soda  
1½ cups mayonnaise  
1½ cups water  
2 teaspoons vanilla  
Sift dry ingredients. Stir in mayonnaise, water, and vanilla. Divide batter into two 9-inch layer pans. Bake at 350 degrees for 30 minutes. Cool and frost with your favorite frosting.