

# Home on the Range

## Fish—The 'Reel' Nutrition Source

The health benefits of eating fish and seafood are phenomenal. While there are many loyal seafood fans, a segment of consumers continues to shun eating fish because of bad experiences.

It's true—if seafood isn't fresh or if it is cooked improperly, it can be the worse tasting cuisine imaginable. On the other hand, it's almost certain that if those seafood haters tasted some of the delectable seafood dishes available, they would love it.

One of the best kinds of fish praised for its nutrients is also one of the most popular. That is salmon. Fresh is hard to beat. But it is also popular and easy to use when canned. Canned pink salmon can be used in many different ways.

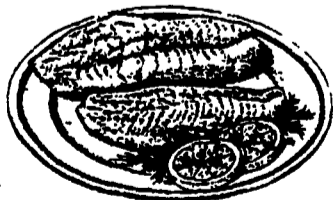
Another popular fish, especially at this time of year, is rainbow trout. In response to consumer demand for trout without bones, farm-raised Idaho Rainbow trout is on the market and guaranteed to be boneless butterflied and natural trout fillets.

For recipes and handling tips, send a stamped, self-addressed, business size envelope to Classics, c/o SY&T Kitchens, 1000 Sansome Street, Suite 375, San Francisco, CA 9411.

Here are some recipes using a variety of seafood and fish. But remember, for good tasting seafood, you must start with the best. It must be fresh. It is worth spending a little bit more to guarantee freshness.

### Buying Fresh Fish:

- It should not smell fishy, but have a fresh and mild odor.
- If it's whole fish, the eyes should be bright, clear, and protruding rather than cloudy, pink, and sunken.
- Pick fish with bright red or pink gills. Avoid fish with dull-colored gills that are gray, brown, or green.
- Look for firm and elastic flesh that springs back when pressed gently with the finger. With time, the flesh becomes soft and slips away from the bone.
- Select shiny skin with scales that adhere tightly. Characteristic colors and markings start to fade as soon as a fish leaves the water.



**SALMON LINGUINE**  
 2 6-ounce cans pink salmon drained  
 1 tablespoon butter  
 2 cups mushroom, sliced  
 1 cup green onion, chopped  
 1 cup red bell pepper, chopped  
 1 tablespoon fresh garlic, minced  
 2 tablespoons flour  
 2 tablespoons dry white wine  
 1 cup buttermilk  
 1 teaspoon low-sodium chicken bouillon  
 2 ounces Neufchatel cheese  
 2 cups frozen sugar snap peas  
 18 ounces mixed egg and spinach linguine  
 3 tablespoons parmesan cheese  
 Ground black pepper to taste  
 Spray olive oil  
 Melt butter in medium saucepan over medium-high heat. Add mushrooms, green onion, red pepper, and garlic. Saute 5 minutes. Remove pan from heat, and blend in flour. Pour in white wine and return to heat, stir constantly for 2 minutes. Stir in buttermilk, Neufchatel cheese, and chicken bouillon. Reduce heat to low, and simmer 5 minutes. Add snap peas and salmon, stir gently, cover, and set aside. Boil pasta until tender. Drain well, spray lightly with olive oil spray, and toss with Parmesan cheese and ground black pepper. Pour salmon sauce over pasta and mix lightly. Yield: 6 servings. Sauce can be prepared two days ahead and refrigerated until needed.

**RAINBOW TROUT IN FOIL WITH VEGETABLES**  
 4 boneless trout fillets  
 8 asparagus spears, cut into 1½-inch pieces  
 4 new potatoes, par-boiled and cut into ¼-inch slices  
 2 small tomatoes, halved and sliced  
 4 green onions, chopped  
 2 teaspoons chopped fresh basil or thyme  
 Salt and pepper to taste  
 Preheat oven to 375 degrees or heat grill to medium high. Cut four 10-inch squares of aluminium foil. Diagonally in the center of each square, place trout fillet skin-side down. Top each fillet with vegetables, herbs, salt, and pepper. Seal foil and place on baking sheet or grill. Bake or grill 10 minutes, or just until trout turns opaque. Serve trout immediately in opened foil packages. Makes 4 servings.



Fish is easy to prepare and pairs well with many foods and flavors. Low in calories and fat, fish is a rich source of omega-3 fatty acids, niacin, vitamins B6 and B12, and protein.

**SALMON FRIED RICE**  
 6-ounce can skinless, boneless pink salmon, drained  
 2 cups cooked rice, cook according to package directions but use chicken broth instead of water and salt  
 1 tablespoon sesame oil  
 1 cup onion, chopped  
 2 cloves garlic, crushed  
 ½ cup green bell pepper, chopped

½ cup celery, chopped  
 ½ cup red bell pepper, chopped  
 ½ cup carrot, chopped  
 2 tablespoons reduced-sodium soy sauce  
 ½ cup frozen peas  
 ¼ cup egg substitute  
 ¼ cup green onion, sliced  
 Heat oil in wok or large nonstick skillet; add onion and garlic. Cook over high heat until onion is translucent. Stir in peppers, celery, and

carrot. Continue to stir for 3 minutes. Add rice, salmon, peas, and soy sauce and cook for 5 minutes. Push rice mixture to the sides of the pan and pour egg substitute into the center of the pan. Stir egg until set like scrambled egg. Blend in rice mixture and sprinkle with green onion. Yield: 4 servings.

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## Enter Dairy Recipe Drawing

June Dairy Month is almost here. That means it is time to enter Lancaster Farming's annual Dairy Recipe Drawing.

To enter the drawing, select your favorite recipe, which must include a substantial amount of at least one dairy product. Dairy ingredients include milk, cream, sour cream, whipped cream, butter, yogurt, buttermilk, dry milk, ice cream, and any hard and soft cheeses. Please check your recipe carefully. Margarine and non-dairy substitutes such as whipped topping do not qualify as dairy products.

Dairy recipes are needed for appetizers, soups, breads, entrees, vegetables, desserts, beverages, snacks, and salads.

Clearly print or type your recipe. Be sure to give accurate measurements, temperatures, times, and sizes of baking dishes to use. We reserve the right to disqualify entries if these guidelines are not followed.

The difference between this contest and the weekly recipes is that you are asked to include a few paragraphs about yourself and your family. Although it is not required, a photograph of your family adds a wonderful touch to accompany the printed submission. Photos will be returned if you write your name and address on the back of the photo.

Only one entry per family allowed. This contest is for adults, not children. Send your recipe, photo, and accompanying information with your complete address to Lou Ann Good, Lancaster Farming Cow Mania Drawing, P.O. Box 609, 1 E. Main St., Ephrata, PA 17522. If we do not have your complete address, we can not mail your prize.

Send entries immediately. Envelopes must be postmarked by June 1 to be eligible for the drawing. Winners will be selected through a drawing and will be sent a prize with a cow motif. Look for a picture of the prizes in upcoming issues of this paper. Winners will be announced in the June 27th issue.

## 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.

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| May | 9 - Favorite Recipe Made By Your Mother |
|     | 16 - National Barbecue Month            |
|     | 23 - Memorial Day Celebration           |
|     | 30 - Strawberry Recipes                 |