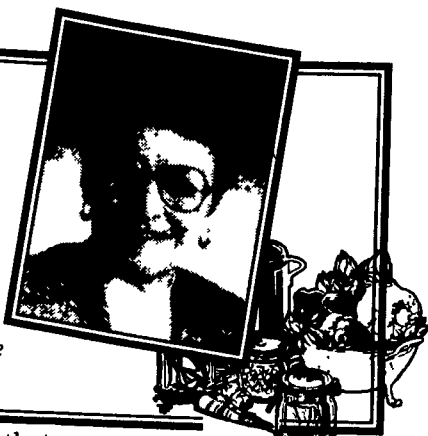


Consuming Thoughts

by
Fay Strickler

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Many people think that poaching is a mysterious and difficult way to cook fish. In reality, it is one of the easiest cooking methods. And it certainly produces some of the most delicious fish you'll ever eat.

Simply defined, poaching is cooking in a aromatic broth.

Fish are usually poached in a court bouillon. But you can also use milk or lightly seasoned water. It is one of the simplest ways I know to cook fish since it requires no special ingredients and no measuring. Melt about two tablespoons of butter or margarine in a long, shallow pan or electric skillet. Sprinkle with garlic powder. Add the amount of water you'll need to cover your fish. Pour in about one cup of cooking white wine (non-alcoholic) and add a bay leaf. Bring to a boil.

Place your fillets in the broth and cook until the fish flakes easily when tested with a fork. This will take about eight to ten minutes, or longer for thicker fil-

lets. You will have delicious, delicately flavored fish, with now masking of their true flavor.

It is a good way to cook whole, dressed fish this way to make fish flakes. Try it as an alternative to making fish flakes for use in other recipes.

Court bouillon usually consists of water, white wine, onions, celery, carrots and parsley, with some thyme and a bay leaf. You can add your favorite ingredients and seasonings. Chop the vegetables to release their flavor. Once you've made the bouillon, you can cook in it more than once, if you have several servings of fish to prepare.

In poaching, food is completely submerged in the cooking liquid. If your fish is not covered when you put it in, add enough water to cover it.

Fish is delicate and should never be boiled. When you poach, the surface of the water should shimmer or simmer, not simmer. Only the tiniest bubbles should be visible

Biodiesel Endorsed At American Farm Bureau

HOUSTON, Texas—The American Farm Bureau Federation (AFBF) used biodiesel, an alternative fuel, to power buses used to transport participants to and from the convention center during their annual meeting here recently.

The shuttle buses operated on blends of 20 percent biodiesel and 80 percent petroleum diesel.

As with all cooking methods, poaching time is determined by the thickness of the fish. Remove fish immediately when done to prevent further cooking. Overcooking is the most common problem in seafood cooking. And you can overcook fish and dry it out even when it is cooked in water.

For ease in poaching large fish or large fillets, wrap in a layer of cheesecloth before cooking. For very large fish, double the cloth. Allow several inches of extra cloth on each end. Twist the end and make knots to use as handles when lifting the fish.

You can poach whole fish, steaks or fillets. Many people do not like to serve whole fish because it can be difficult to cut through the backbone, and there are bones in the servings. Using fillets eliminates these problems. Always place fillets or steaks in a single layer to poach.

Jack Hartman, president of the National Biodiesel Board and a farmer from northeast Iowa, is participating in a number of the annual meeting activities and applauds the AFBF's decision to highlight biodiesel at its convention.

"The benefits of biodiesel to the farm economy are tremendous," said Hartman. "When you

When poaching fillets, many people prefer skinless ones. This prevents curling. However, not much curling occurs in small fillets, so if you do not object to the skin, it's fine to leave it on. Steaks should be poached with the skin on to keep them from coming apart. Remove the skin after poaching.

Remember that you can substitute different cuts of seafood in recipes. Use steaks instead of fillets, fillets instead of whole fish. Just adjust the cooking time.

And always remember that you can substitute species. Other people think that they must have the particular fish named in a recipe. But this is not true. Just substitute like species. For example, use one lean fish in place of another, a mild flavor for another mild flavor, a delicate texture for another delicate texture.

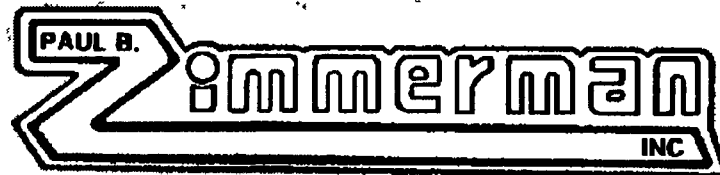
consider biodiesel's environmental and performance attributes, along with the added value to feedstock, the creation of more jobs, and an increased tax base, biodiesel is a win-win situation for the farmer and the nation's economy."

Biodiesel is the name for a variety of ester-based oxygenated fuels derived from biological or renewable sources such as soybeans, the nation's most abundant and renewable agricultural product. In its pure form, biodiesel is biodegradable, non toxic, and essentially free of sulfur and aromatics. Biodiesel also is clean burning and has similar BTU content, fuel economy, and performance as conventional diesel fuel.

"Utilizing alternative fuels, such as biodiesel, is a way to support our farmers in a time when many have had to make the difficult decision to continue to produce at a loss or sell land that has been in their family for several generations," said Ron Woods, director of human resources for the AFBF.



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