

Frozen Food Fair



Sunny Seafood brightens meal

It's time to use imagination, revise menu plans and try something different. If you are casting about for new ideas -- try fish! Fishery products are good to eat, good for you, and there are countless ways to prepare and enjoy the bounties from the sea or fresh water. Stop at the market today; you'll probably be amazed at the wide variety of seafood styles that are available, either frozen or fresh.

Reel in a couple of pounds of fish fillets for dinner tonight. Fish fillets are the tender sides of the fish cut lengthwise away from the backbone, and they are ready to use. There is practically no waste in fish fillets, so you really get your money's worth. Many varieties of fish are plentiful and fillets cut from these fish will be lower in cost than the scarcer species.

Choose your favorite variety of thick fish fillets and prepare them in the following recipe, Sunny Seafood. Haddock, cod or halibut produce thick fish fillets and any of these varieties may be used in this tasty entree. Sunny Seafood is so easy to prepare; just roll the fillets in flour and place them in a greased baking dish. Sunny-up the fillets with a mixture of tangy-sweet orange juice, salad oil, a touch of tart lemon and a hint of garlic, then bake until flaky. About a half hour baking time is all that's needed, just enough time for you to prepare the rest of the feast. You'll be fishing for compliments without straining the budget with this dish. Be assured that you'll reel them in too, as your family enjoys this year-round-good, change-of-pace seafood entree.

Sunny Seafood

- 2 pounds skinless thick fish fillets, frozen or fresh
- 1 cup flour
- 1 cup orange juice
- 1/4 cup salad oil
- 2 tablespoons chopped parsley
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 1/2 teaspoon finely chopped garlic
- 1/4 teaspoon pepper
- Lemon slices

Thaw frozen fillets. Cut fillets into 6 portions. Roll fillets in flour. Place fish in a single layer in a well-greased baking dish, 12 by 8 by 2 inches. Combine remaining ingredients except lemon slices. Pour sauce over fish. Bake in moderate oven, 350°F, for 25 to 30 minutes or until fish flakes easily when tested with a fork. Serve with lemon slices. (Makes 6 servings.)

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Consider alternatives before beef purchase

If you are thinking about stocking the freezer with beef, consider these points, suggests Tod Hamilton, Multnomah County Extension agent.

First determine how much your freezer will hold. Each cubic foot of freezer space will store 35 to 45 pounds of frozen food. Obviously, you don't want to buy more meat than you have freezer space for.

Then consider your family's preferences for various beef cuts. If everyone tends to favor certain cuts, you may want to limit your buying to those cuts. Purchasing them when they are on special at the supermarket may save more money than buying a quarter or side of beef.

If you prefer chuck roasts and hamburger to steaks, a front quarter is the best buy. It costs less per pound than a hind quarter. But if roasts and steaks are desired, the hindquarter may be the better buy.

A side of beef includes the entire range of tender and less tender cuts.

A whole beef carcass weighs between 500 and 800 pounds, a side 250 to 400 pounds. But this is not all usable beef. It includes fat and bone that will be trimmed away before the beef is wrapped. The price quoted by the supplier is based on the carcass weight. So if the price per pound seems low, remember it includes a certain amount of waste.

The yield grade system established by the U.S. Department of

Agriculture helps consumers get an idea of how much usable beef they are getting. Yield grades are indicated by numbers 1 through 5. A yield grade 1 carcass gives the highest percentage of usable beef, roughly 82 per cent. A yield grade 5 has the least; about 64 per cent usable beef.

To figure the cost per pound of usable beef, add the total cost of the carcass, side or quarter plus any extra charge for cutting and wrapping. Divide this sum by the estimated our actual pounds of usable beef.

For more information, contact your County Extension office for a free copy of the U.S.D.A. bulletin "How to Buy Meat For Your Freezer."

When power fails

If for any reason your freezer goes off, either because of a power outage or mechanical trouble, try to keep the door shut until it is working properly again.

Opening the refrigerator door lets cold air out and the warm air in. If on the other hand, your home is exceedingly cold because of the high price of fuel, you can disregard these suggestions and put on your thermal underwear instead!

Freezer aids baked goods

Freeze a frosted cake before wrapping it. When the frosting is firm, put it in an airtight plastic freezer-type bag or other freezer wrap, seal and label.

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