

The Heritage of Cooking Series

Pioneering Washington State



No dish captures the fresh spirit and flavorful heritage of the Pacific Northwest like this recipe for Stuffed Salmon. Served with Lemon Parsley Sauce for an evening to remember.

Gloria Bennett and her mother-in-law, Willie Anderson, are ready to enjoy Gloria's "house specialty," vegetable stuffed salmon filled with tomatoes, onions and green peppers.

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fish, often fresh, is part of the weekly diet. Any fish fillet can be breaded with crisp, flavorful coating of parmesan cheese and cornmeal. For easier and more even coating use cake or pie pans, one to hold the egg and milk mixture, the other for the breading. Keep this recipe for Crispy Parmesan Fish Fillets handy for tackling hungry appetites at home.

To top off any meal with majestic splendor serve Molded Cornstarch Pudding, an old-fashioned favorite and forerunner of today's convenience pudding mixes. It has a delicate vanilla flavor and consistency creamier than standard molded desserts made with gelatin. Crown with a fruit topping of apricot or red raspberry preserves for a colorful contrast. With this dessert finale, we've reached the peak of our Northwest expedition where the exciting landscape, traditions and flavors can be explored by all.

Crispy Parmesan Fish Fillets

- 1 lb. fish fillets
- 1 egg, slightly beaten
- 1 tablespoon milk
- 1/2 cup (2 oz) grated parmesan cheese
- 1/2 cup cornmeal
- Margarine
- Tartar sauce

Dip fillets in combined egg and milk, coat with combined cheese and oatmeal. Fry in margarine until golden brown on both sides. Serve with tartar sauce. (4 servings)

Stuffed Salmon

- 1 cup chopped celery
- 1 cup fresh mushroom slices
- 1/2 cup chopped onion
- Margarine
- 3 cups crumbled cornbread
- 2 eggs
- 1 teaspoon poultry seasoning

1/2 teaspoon salt
1/4 teaspoon pepper
1 1/2 to 6 lb. salmon, pan-dressed with had on
Lemon Parsley Sauce

Saute vegetables in 1/2 cup margarine. Add cornbread, eggs and seasonings; mix well. Stuff fish with cornbread mixture; close opening with skewers. Place in large well-greased baking dish; brush with melted margarine. Bake at 350°, 1 hour and 15 minutes or until fish

flakes easily with fork, basting occasionally with additional melted margarine. Serve with:

Lemon Parsley Sauce

- 1/2 cup Parkay margarine, melted
- 2 tablespoons lemon juice
- 1 tablespoon chopped parsley
- 1 teaspoon grated lemon rind

combine ingredients; heat thoroughly. (10 servings)



Stuffed salmon topped with Lemon Parsley Sauce waits the discerning diner.

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Keeping warm in cold houses

President Carter's director to hold temperature down to 65 degrees will mean cooler offices this winter, but workers can still keep warm with proper clothing selection, say two Oregon State University clothing specialists.

Whether working in the home or the office, the secret to keeping warm is to insulate the body with clothes, explained Cheryl Jordan and Nancy Bryant, faculty in the department of clothing, textiles and related arts.

Look for insulative properties in fiber and fabric when selecting a cold weather wardrobe and then dress in layers, they suggest.

"From the research we have available, the best insulator is dead air space, air trapped in the fiber or in the weave of the fabric or trapped between layers of clothes and/or the body and clothing," said Jordan.

She pointed to wool as having particularly good insulating properties because the fiber has a series of interlocking sacks which trap air. Smooth fibers, tightly twisted into yarns have fewer air spaces and are less valuable for warmth.

Another aspect of clothing comfort is the moisture absorption capacity of the fiber. "Garments worn close to the skin should be able to absorb excess perspiration without feeling wet or clammy against the skin surface."

Wool, one of the most effective moisture-holding fibers, can hold almost 30 per cent of its weight in moisture without feeling wet to the touch. Other natural fibers like silk and cotton are highly absorbent but tend to collapse on the skin wet, losing their insulative value.

Clothing fabric is an important consideration for warmth. "Knits, especially waffle knits and loosely knit clothing, trap air between yarns. But the spaces that make the loosely knit sweater good for indoor comfort make it poor as an outdoor garment, especially if there is any wind. The open spaces allow the wind to remove the warm air layer which surrounds the body," Bryant

explained.

Other considerations in fabric choice are the thickness and finish of the fabric. Brushed pile and napped fabrics such as flannels, velours, velvet and terry cloth are better at trapping air than flat smooth surfaced fabrics. Thickness, however, is the most reliable indicator of a fabric's insulative value.

Garment construction is also important: Tight clothing has little trapped air. Lined clothing is generally warmer than unlined. Adjustable cuffs and collars allow air to be trapped and released as desired.

Regardless of fiber and fabric, the more clothes you put on, the warmer you will be. Since each layer of clothing traps air between it, several lightweight, loose layers are better than one heavy layer.

A layering system such as tights and socks worn under pants, turtle neck sweaters under blouses or shirts plus a vest or jacket would insulate the body, explains Bryant.

She pointed out that U.S. Army research showed that if a woman simply wore pants rather than a dress, she could lower her home thermostat 1.5 degrees Fahrenheit. By also wearing a long-sleeved sweater, she could lower the thermostat another four degrees.

In terms of dollar savings, each degree below 70 degrees on the thermostat will save three percent on an annual heating bill. According to Owen Osbourne of OSU's Energy Research and Development Office, a four to five degree reduction on the thermostat could save Oregonians between \$100 and \$150 a year on heating costs.

If that doesn't warm you, put on a hat. Some research shows that up to 90 per cent of the clothed body's heat is lost from the head. Or better, yet look at last season's heating bill.

For further information on dressing for warmth, get a copy of Extension Circular, "Insulate Yourself with Clothes", from the local county extension Office or write the Bulletin Clerk at OSU.

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