



# Ethel's Cookery

by Ethel Moore

A pot pourri of fish and seafood specialties to brighten your menu planning for the season. These include a Baked Potato with Tuna Florentine Topping - an economical dish with high nutrient value and low in calories; Souffleed Halibut Steaks - a dramatic attraction when you want to serve guests something kind of special; and Baked Fish Fiesta, always good for company.

**TUNA FLORENTINE SPUDS**  
4 Idaho (R) potatoes, baked, split and fluffed  
1 tablespoon olive oil  
1 tablespoon butter  
1 medium onion, chopped  
1 clove garlic, mashed  
2 cans (16 ounces each) whole tomatoes  
1 package (10 ounces) frozen, spinach, thawed, drained  
2 cans (7 ounces each) tuna, drained, flaked

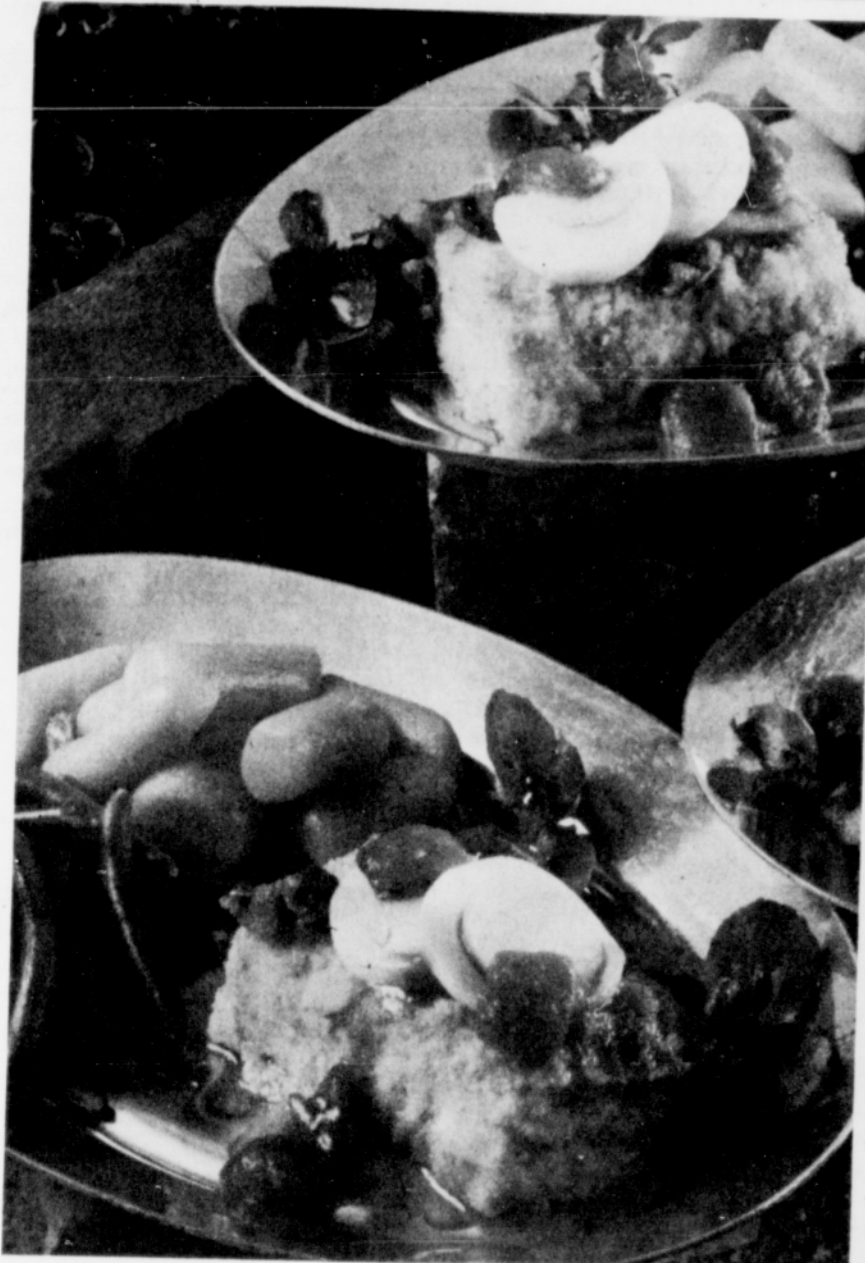
Heat olive oil and butter in large skillet; saute onion and garlic until tender. Add tomatoes; bring to a boil. Add thawed, drained spinach; cook 20 minutes. Blend tuna into mixture just before serving, heat through. Spoon topped over each blossomed potato. Makes 4 servings.

**SOUFLEED HALIBUT STEAKS**  
¼ cup margarine, melted  
2 teaspoons dry white wine  
6 (2 lbs.) Halibut steaks  
1 inch thick  
3 eggs whites  
½ cup real mayonnaise  
2 teaspoons green onion slices  
½ teaspoon dry mustard

Combine margarine and wine. Place fish on greased rack of broiler pan. Broil 6 to 8 minutes on each side until fish flakes easily with fork, brushing frequently with margarine mixture. Beat egg whites until stiff peaks form; fold in mayonnaise, onion and mustard. Spoon onto fish; broil until lightly browned. 6 servings.

**BAKED FISH FIESTA**  
2 pounds, cusk, cod or other firm fish fillets, fresh or frozen  
¼ cup fine dry bread crumbs  
¼ cup grated Parmesan cheese  
2 tablespoons chopped parsley  
1 teaspoon salt  
¼ teaspoon pepper  
1 small garlic clove, minced  
¼ cup cooking oil  
3 slices bacon, diced  
1 can (8 ounce) stewed tomatoes or (1 cup) chopped tomatoes  
2 hard-cooked eggs, sliced

Thaw frozen fish, cut into 6 equal portions. Combine crumbs, 2 tablespoons cheese, parsley, salt, pepper and garlic. Dip fish in oil, drain and dip in crumb mixture. Place fillets in individual baking pan or baking sheet. Fry bacon pieces until half done; drain well. Top each fish portion with an equal amount of bacon, tomato pieces and egg slices. Sprinkle with remaining 2 tablespoons of cheese. Bake in moderate oven 375° F., 20 minutes or until fish flakes easily when tested with a fork. Serves 6.



BAKED FISH FIESTA

## Beating inflation

Following are tips for beating inflation through savings in the kitchen.

- Try mackerel in casserole dishes calling for canned tuna or salmon.
- Use green onion tops as substitutes for chives in salads, casseroles and sandwiches or whenever you want a mild onion flavor. Extra onion tops can be frozen.
- Unsweetened cocoa has all the flavor of chocolate but costs less. Use it in cakes, pies, puddings and cookies.
- Using reconstituted nonfat dry milk for virtually everything

requiring milk can really add up to savings. For tasty drinking, mix half reconstituted dry milk with half fluid whole milk. When a soup, cake or casserole calls for a milk, use the reliquified dry kind. You'll never know the difference.

- Use instant freeze-dried or powdered coffee. You get more cups for your money than with regular ground coffee.
- Stretch the butter with this easy method. Beat a pound of butter with a pound of margarine and a cup of water until light and fluffy. Store in lidded plastic containers.
- If you are a yogurt fancier, make your own. You'll save enough

to invest in your own yogurt making machine.

- Stock hard boiled eggs. They're great protein perk-ups for inexpensive dinners. Slice and add them to a cream sauce or can of creamed soup served over hot biscuits, toast or mashed potatoes. Chop them to stretch tuna and chicken salads and sandwich fillings. Grate over a crispy salad.
- Save on snacks and increase nutrition by buying peanuts in the shell and popping corn. Shell the peanuts (the kids can help), dry roast in a slow oven -- 300° -- for about 45 minutes. The kids will love popping their own popcorn, too.
- Rice is among the best investments. Buy a large bag of rice, store in a covered container. Cook up a batch every so often and store in refrigerator. It can be used in pilaf, meat loaf, stuffed peppers, salads and puddings.
- Make your own seasoned rice. Cook regular rice in bouillon and add assorted herbs, spices and seasoning blends.
- Serve low-cost jug wines in a carafe at the table. Only experienced wine drinkers will know the difference and if it's a good jug wine, even they won't care.
- Make water your beverage with meals. It's cheap and very healthy. Reserve soft drinks for treats and special occasions.

## Commission seeks applicants

County Executive Don Clark announced that he is seeking applications to the Multnomah County Juvenile Services Commission. The deadline for submitting applications or recommendations is October 28, 1980.

The Commission will have vacancies for both lay and professional members. As defined by State regulations, a professional member is anyone who receives remuneration from a law enforcement agency, a court, or a private or public agency which provides services to juveniles. Members are appointed by the County Executive to four year terms.

Citizens interested in applying for a position should contact Maggie Pendleton in the County Executive's Office, 248-3308, or send a resume to County Executive Don Clark, Room 136, Multnomah County Courthouse, 1021 S.W. 4th Avenue, Portland, 97204.

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