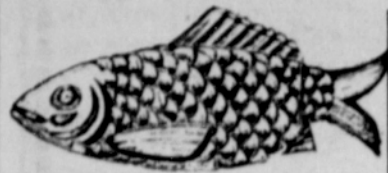


LIVING SECTION

Fish steak: Dining with elegance



Fish is a great catch for those who want to eat lighter without sacrificing flavor or satisfaction. While many fish fanciers favor boneless fillets, fish steaks are a market cut that should not be overlooked. Simple to prepare, with a sleek shape that lends itself to elegant presentation, they're ideal for weeknight in-a-hurry meals or your most special dinner party.

Fish steaks are crosswise cuts taken from the mid-section of very large fish such as salmon, halibut, swordfish and red snapper. The only bone is a small section of backbone. They're generally cut 1/4- to 1-inch thick, so each steak makes a nicely sized serving.

Whether you broil, bake, poach or grill your catch, an exquisite fish steak deserves a light, perfectly seasoned sauce to complement its delicate flavor and add a luxurious note. When a simple squeeze of lemon seems spartan, and a pool of melted butter lackluster, you'll be amazed to discover how much you can do with a few choice ingredients, a little ingenuity and a touch of salad dressing or mayonnaise.

Impressive and colorful, Continental Salmon Steaks feature the broiled fish on a bed of cooked spinach and onion rings, topped with a dill cucumber sauce made lively with salad dressing or mayonnaise. To keep the fish steaks at their tender best, measure the thickest part, then cook 10 to 12 minutes per inch of thickness, just until the fish flakes easily. When broiling, it's a good idea to avoid steaks over an inch thick, so the top will not dry out before the fish is thoroughly cooked.

Baked Fisherman's Steaks will net compliments with the cook's choice of fish and a fluffy, new-style tartar sauce variation. The light,



Continental Salmon Steaks are just right for the lighter way we're eating today. The broiled fish is served on a bed of spinach and onion rings, and topped with a dill cucumber sauce made lively with salad dressing. The salad dressing complements the delicate flavor of the fish and lends a note of elegance to this eye-appealing entree. Pass warm, crusty hard rolls to complete the meal.

airy sauce, which bakes on the fish, combines salad dressing, sweet pickle relish and chopped parsley with stiffly beaten egg whites. Folding easily into the delicate egg whites, the smooth, creamy salad dressing provides a one-of-a-kind flavor complement.

BAKED FISHERMAN'S STEAK

- 6 (2 lbs.) fish steaks, 1 inch thick
- 2 egg whites
- 1/2 cup salad dressing or mayonnaise
- 2 tablespoons sweet pickle relish
- 2 tablespoons chopped parsley

Place fish in baking dish. Bake at 350°, 20 minutes. Beat egg whites until stiff peaks form; fold in combined salad dressing, relish and parsley. Top fish with egg mixture. Bake at 400°, 10 minutes or until lightly browned. Serve hot. Garnish with lemon slices. Makes 6 servings.

CONTINENTAL SALMON STEAKS

- 1/2 cup salad dressing or mayonnaise
- 2 tablespoons flour
- 1 cup milk
- 1 cup shredded cucumber, well drained
- 1 tablespoon chopped onion
- 1/2 teaspoon salt
- Dash of dill weed
- Dash of pepper
- 6 (1 1/2 to 2 lbs.) salmon steaks, 1 inch thick
- 1 cup onion rings
- 2 tablespoons margarine
- 3 cups hot cooked spinach

Combine salad dressing and flour; gradually add milk. Cook, stirring constantly, over low heat until thickened. Add cucumber, chopped onion and seasonings; heat thoroughly. Broil fish 6 minutes on each side or until fish flakes easily with fork. Saute onion rings in margarine. Place spinach on serving platter; top with onion, fish and sauce. Garnish with cucumber or lemon slices and dill weed. Serve with additional sauce. Makes 6 servings.



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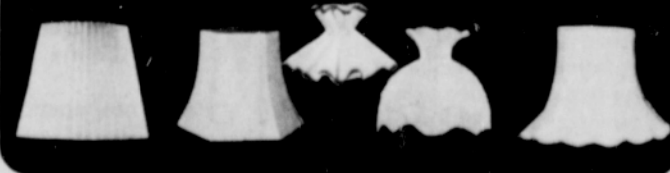
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