

# The Statesman's FOOD SECTION

Edited by Maxine Buren

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## Wrapped up, Garnished and Ready for Dinner...

By MAXINE BUREN  
Statesman Woman's Editor

With an abundance of fresh fish, straight from the chill waters of the Pacific, women of Western Oregon have ample material for imaginative fish cookery.

Whether or not your family is sold on fish, the stage can be set for full enjoyment, by selecting a variety of kinds of fish, serving it attractively and varying the recipes often. Too many women just fry their fish and expect the lukewarm family taste to show enthusiasm for the menu.

Aside from the appearance of the fish itself, you can add interest by making different sauces or providing garnishes or accompaniments that will do something to the fish.

There is such wide variety from which to choose, that the housewife can serve fish frequently, yet not overlap in her kinds

too often. Even if the fishman's variety has been exhausted, the housewife may find other offerings in the deep freeze counter at the grocer's.

Here we have pictured two fish recipes that roll the fillets up. Though they both call for the same kind of fish, sole, the family tastes should designate the variety. Fillets of small salmon or halibut can be used, or other boneless varieties.

The effect of the recipes is surprisingly good for the little effort it takes to make them so. The herb stuffings are the flavor-treat and you can vary this to suit your taste. One is dipped in an egg-crumbs duo, while the other takes a mere butter-paprika topping.

With attractive springlike accompaniments, either make a mighty fine fish dish.

### FILET OF SOLE—DILL PICKLE STUFFING

- 1 1/2 quarts soft 1/2" bread cubes
- 1/4 cup melted butter or margarine
- 1/2 cup chopped dill pickle
- 1/2 cup chopped onion
- 1/2 cup milk or water
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon sage or marjoram
- 6 fish filets of sole
- 1 tablespoon melted butter or margarine
- 1/4 teaspoon paprika

Combine bread cubes, butter, pickle, onion, milk, salt, pepper and sage. Place 1/4 cup stuffing on each filet, roll up crosswise. Place in a greased baking pan or platter arranging filets so overlapping edges are down. Shape remaining stuffing into 6 balls, using 1/4 cup per ball and place in same pan as

filets. Combine melted butter and paprika and carefully brush it over filets. Bake in a hot oven (400°) for 35 minutes. Yield: 6 servings.

### FISH ROLL-UPS—HERB STUFFING

- 1 pound fillets of sole or flounder
- 1/4 teaspoon salt
- 1/2 teaspoon pepper
- 4 cups corn flakes
- 1 egg
- 1 1/2 tablespoons water
- 2 tablespoons melted butter or margarine
- 1/2 teaspoon crushed basil

Season fillets with salt and pepper. Place Herb Stuffing on fillets; roll up and fasten with toothpicks or tie with string. Crush corn flakes into fine crumbs. Roll in corn flakes crumbs, then dip in egg beaten with water. Roll again

in crumbs. Arrange fish in bottom of shallow baking pan greased with butter and basil, combined. Bake in moderate hot oven (400°) about 30 minutes, basting several times with butter in pan. Yield: 5-6 servings.

### HERB STUFFING

- 3 tablespoons melted butter or margarine
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- Dash pepper
- 2 teaspoons chopped parsley
- 1/2 teaspoon paprika
- 1 teaspoon crushed basil
- 1/4 teaspoon crumbled dried dill or dill seed
- 1 tablespoon minced onions
- 1 cup soft bread crumbs

Combine butter, lemon juice and seasonings. Add to bread crumbs and toss lightly with a fork, mixing well.

### JELLIED SALAD

This salad's perfect for any meal. Dissolve a package of lime-flavored gelatine and 1/4 teaspoon salt in 1 cup hot water. Stir in 1/4 cup lemon juice and chill until syrupy. Then fold in 1 cup cottage cheese and 1 large mashed avocado. Turn into molds and chill until firm. Unmold each on a slice of canned pineapple and garnish with greens.

### Fruity Insides Popularize These Filled Cookies

Perfect little dessert at dinner, ideal traveling sweet, and savory midnight munching — that's the filled cookie. These fat little rounds of goodness are full of a tangy sweet fruit mixture, enclosed in a sugar cookie dough. If there are children at your house let them in on the making and baking — they'll enjoy this construction project. But shoot them away fast after the cookies come out of the oven.

### FRUIT-FILLED COOKIES

- 1/2 cup shortening
- 1/2 cup sugar
- 1 egg
- 3 tablespoons milk
- 1/2 teaspoon vanilla
- 2 cups sifted enriched flour
- 1/2 cup peanut butter
- 1/4 cup chopped seedless raisins
- 3 tablespoons molasses
- 2 teaspoons grated orange rind

Cream together shortening and sugar. Add egg, milk and vanilla extract. Add flour; mix well. Chill until firm. Roll out 1/4" thick on lightly floured board; cut with round 2 1/2" cutter. Combine peanut butter, raisins, molasses and orange rind. Place a teaspoonful of peanut butter filling in center of half the rounds. Moisten edges. Cover with remaining rounds. Press edges together with tines of fork. Place on greased baking sheet; bake at 375 degrees (moderate oven) 15 minutes. Makes 12 to 15 cookies.

### APPLES IN SPRING

Make a heavy sugar syrup, using equal parts sugar and water. Tint syrup green and flavor lightly with mint. Peel and core spicy, red Washington State Winesap apples and simmer the apples in the syrup until the fruit becomes translucent. Remove from syrup carefully and drain. When cool, stuff apple core cavities with grated American cheese and top with mayonnaise.



Two handsome fish dishes gain interest through their manner of serving. Both are rolled up before being cooked. Stuffing for the upper featured dill flavor from pickles, while the lower picture shows fish stuffed with an herb dressing.

### Whips Make Desserts for Most Any Time

One of the very nicest types of dessert is the fruit whip—that combination of fresh or dried fruits, gelatine and beaten egg whites or cream—or both.

The desserts, some cooked and some uncooked, are filling enough for winter meals and light enough for summertime.

The first is a basic recipe for the uncooked variety.

#### FRUIT WHIP

- 1 cup thick fruit pulp
  - 3/4 to 1 cup sugar
  - 2 egg whites
  - 2 tablespoons lemon juice
- Put all into a bowl and beat with a flat whip until it will hold its shape. Serve with custard sauce.

Then there's a dried fruit whip which, though the recipe suggests fig, can be used with dried prunes, apricots or peaches.

#### FIG WHIP

- 1 package lemon gelatine
  - 1 cup boiling water
  - 3 beaten egg whites
  - 1 cup fig jam or stewed figs
- Dissolve gelatine in boiling water, let set until beginning to congeal, and beat until frothy. Fold in fruit pulp and whites.

Then there's another type whip.

#### MOLDED APRICOT WHIP

- 2 packages orange gelatine
  - 1/2 pint whipping cream
  - 1 can peeled apricots
  - 2 cups boiling water
- Dissolve gelatine in boiling water, add syrup and cool until beginning to congeal. Beat until it holds its shape, then fold in fruit that has been forced through a sieve and the cream which has been whipped.

A little mincemeat leftover makes this:

#### FRUIT MINGE WHIP

- 1 cup mince meat
  - 2 cups water
  - 1/4 cup sugar
  - 2 tablespoons gelatine
  - 4 tablespoons cold water
  - 3 tablespoons lemon juice
  - 1/4 cup candied cherries
  - 2 egg whites
- Bring mincemeat and water to a boil, add sugar and gelatine that has been dissolved in the 1/4 cup cold water. Cool, add lemon and cherries and allow to stiffen a little. Then fold into whipped cream. Pile in tall glasses.

Plum or other jam makes this whip.

#### PLUM JAM WHIP

- 2 egg whites
  - 1/2 cup drained plum jam
  - 1/4 cup sugar
  - Pinch salt
- Whip together well, until it holds shape. Chill. May be served this way or baked in a pan of hot water for 1/4 of an hour at 300 degrees.

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### CHOCOLATE AGAIN

Dessert pancakes are delicious made this way. To each cup of regular pancake batter add 1/2 square melted unsweetened chocolate and 1 tablespoon sugar. Bake as usual, allowing 2 tablespoons batter for each cake. Put together 3 high with whipped cream and slivered toasted almonds between cakes and on top.

### EASY MUFFINS

Muffins this easy are a joy to make. Combine 2 cups biscuit mix with 1/4 cup granulated sugar, 3/4 teaspoon nutmeg and 1/2 cup chopped cooked prunes. Beat 1 egg, add 1/2 cup milk and stir into first mixture. Bake in muffin pans in hot oven about 20 minutes.

### Fresh Salmon if Spiced is Novel

A chunk of salmon is a pretty elegant dish, and has added goodness when cooked this way.

#### SPICED SALMON

- 4 pounds salmon
- 1 quart white vinegar
- 1 pint water
- 2 tablespoons salt
- 7 cloves
- Few peppercorns
- 4 cloves garlic
- 2 slices lemons
- 5 or 6 onions

Bring to a boil, add salmon cut in large chunks and boil 15 min-

utes more, lift out fish, remove skins and bones. Strain liquid back over fish, store in a cool place in crocks. Will keep 10 days in refrigerator.

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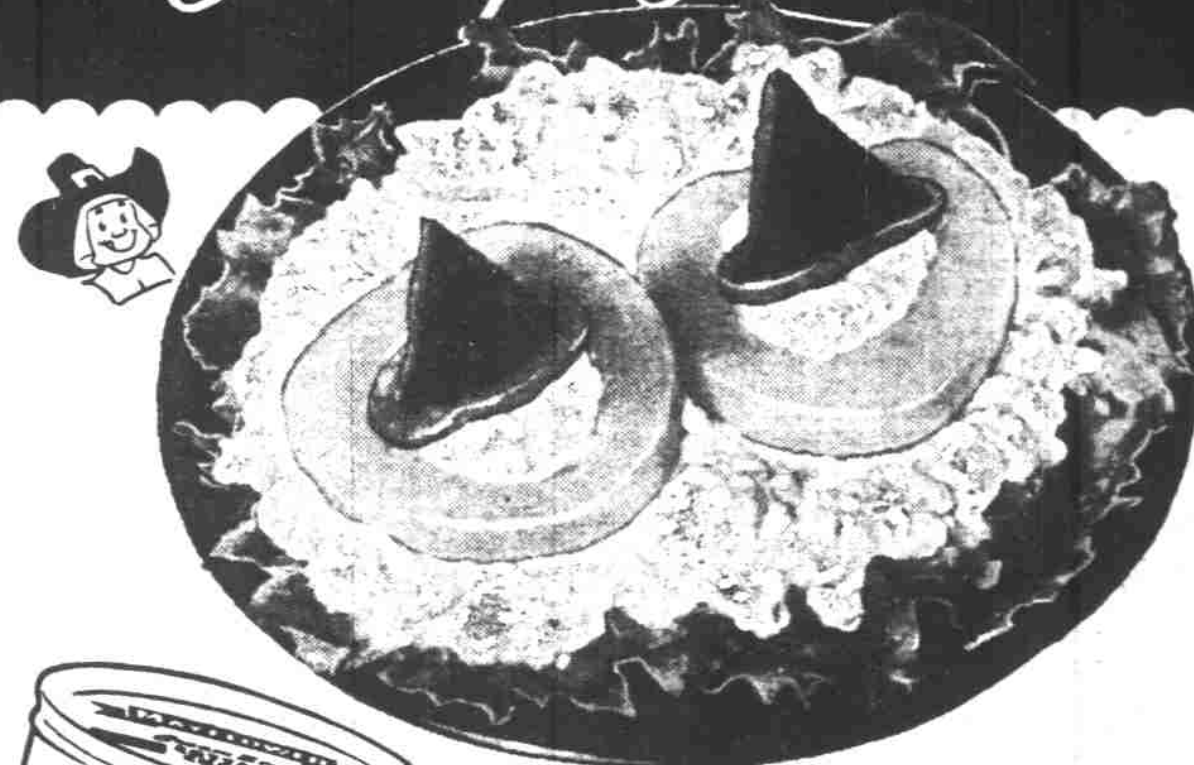
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## Sail into Spring Menus with MAYFLOWER Cottage Cheese



Try this colorful Lenten Sailboat Salad Recipe

- 1 pint Cottage Cheese
- Lettuce
- 6 peach halves
- Green pepper
- Canned pimiento

Make low mounds of Mayflower cottage cheese, creamed or country style, on lettuce-lined salad plates. Top with two drained peach halves. Fill each with cheese. Set "sail" cut from green pepper upright in each and circle with pimiento. (Serves three.)

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