

# The Statesman Food SECTION

## Lemon, Almon Sauce, Over Fish is Good

Here's a delicious fish dish your family will thoroughly enjoy. Filets served with almondine sauce. You'll meet this dish in variations in famous restaurants at home and abroad. Yet here's a variation that is so easy to make, and so delicious, you'll be serving it often.

Use fresh or frozen white fish filets—halibut, haddock, sea bass, or your favorite. The sauce is made simply with melted butter, sliced almonds, and lemon juice. Lemon juice is the secret of all good fish cookery, and is easy to use now that lemon juice comes both canned and frozen. With a small can of lemon juice always on hand in your refrigerator, you're ready to turn out special dishes at any time.

Here is the recipe:  
**FISH FILETS ALMONDINE**  
1 1/2 pounds fish filets (halibut, haddock, or sea bass)  
Bread crumbs or cracker meal  
Shortening for frying  
6 tablespoons butter  
1/2 cup sliced almonds  
1 teaspoon dried basil  
4 tablespoons canned or frozen lemon juice  
Salt and pepper to taste  
Cut fish into serving-sized pieces and dip quickly in cold water; then dip each piece in bread or cracker crumbs. Sauté in melted shortening until fish is nicely browned on each side. Do not overcook. To make the sauce: melt butter in small frying pan, add sliced almonds, and basil. Cook just long enough to toast the almonds slightly (about 1 minute). Remove from heat and add the lemon juice. Stir well; add salt and pepper to taste. Pour sauce over the fish. Garnish with parsley and fresh lemon slices. Serves 4.

## Salmon's Fish For Almost Everybody

Salmon is our favorite fish, the westerners enjoying that fresh from the cold waters of our ocean. Here we've two ways to use that left from the meal of baked salmon.

**SALMON, RICE, AND TOMATOES**  
1/2 cup chopped onion  
1/2 cup chopped green pepper  
2 tablespoons bacon fat or meat drippings  
1 1/2 cups boiling water  
2 cups cooked or canned tomatoes, or  
2 1/2 cups chopped raw tomatoes  
Salt and pepper  
1/2 cup raw rice  
1/2 cup chopped olives  
2 cups flaked cooked salmon  
Cook onion and green pepper in the fat in a large fry pan until the onion is yellow. Add water, tomatoes, and salt and pepper to taste. Bring to boil. Add rice and simmer until rice is tender—20 to 25 minutes—adding more water if needed. Add olives and fish and cook 2 or 3 minutes longer to blend the flavors.  
Serve with baked squash, a green vegetable in salad or cooked, with cream pie for dessert.

**SALMON LOAF**  
2 cups flaked cooked salmon  
3 tablespoons cooking fat or oil  
3 tablespoons flour  
1 cup milk and salmon liquid  
Salt and pepper  
3 tablespoons finely chopped parsley  
2 cups soft bread crumbs  
1 egg, beaten  
Drain canned salmon, saving the liquid.  
Make sauce: Heat fat or oil, blend in flour. Add enough milk to the salmon liquid to make 1 cup, and stir into the flour mixture. Cook until thickened, stirring constantly. Season. Mix the sauce with the other ingredients. Form into loaf.  
Bake in uncovered pan t 350 degrees F. (moderate oven about half an hour, or until brown.

## Apricot Flavor In Rich Mousse

A package of dried apricots or peaches can give a lot of flavor to dessert. Here is one recipe using them advantageously.  
**APRICOT MOUSSE**  
1 package dried apricots  
4 egg whites, stiffly beaten  
1/2 cup granulated sugar  
1 cup heavy cream  
1 tablespoon confectioners' sugar  
1 teaspoon vanilla  
4 ounces dark sweet chocolate  
Soak apricots in enough cold water to cover them for several hours. Boil until tender, drain well, put through a strainer. Mix thoroughly with stiffly beaten egg whites with a wire whisk. Place in serving dish and chill well. Decorate with chocolate rounds; sprinkle with confectioners' sugar. Fill a pastry bag with whipped cream which has been beaten over ice, and flavored with confectioners' sugar and vanilla; make rosettes between chocolate rounds.  
**Chocolate Rounds:** Cut circles of waxed paper about the size of a silver dollar. Break chocolate into pieces and melt on a plate over slowly boiling water. Spread with a knife on waxed-paper rounds; put to set in refrigerator and remove waxed paper before using.

**NO SPLASH**  
Use a deep bowl when you are beating egg whites, rather than a wide shallow utensil.



Fish fillets are delicious topped with almondine sauce, made with butter, sliced almonds, and canned or frozen lemon juice.

## Poppy Seeds Flavor Crust of Orange Pie

For something completely new, make Seeded Orange Chiffon Pie. The pie shell, a new recipe just developed in the test kitchens of a well-known manufacturer of shortening, is made with frozen orange juice and sprinkled with poppy seeds. Blending perfectly in refreshing flavor is its luscious orange and lemon chiffon filling.

**SEEDED ORANGE CHIFFON PIE**  
1 baked orange poppy seed pie shell  
1 envelope unflavored gelatine  
1/2 cup cold water  
4 egg yolks  
1/4 cup sugar  
1/2 teaspoon salt  
1/2 cup orange juice  
2 tablespoons lemon juice  
1 1/2 teaspoons grated orange rind  
1/2 teaspoon grated lemon rind  
4 egg whites  
1/2 cup sugar  
Make and bake the pie shell. Sprinkle gelatine on cold water in top of double boiler. Beat egg yolks slightly with rotary beater, and 1/4 cup sugar, salt, orange juice and lemon juice and mix thoroughly. Add to gelatine mixture and mix well. Place over boiling water and cook, stirring constantly, until gelatine is dissolved and mixture is slightly thickened (about 7 minutes). Remove from hot water. Add fruit rinds and mix. Chill, stirring occasionally, until mixture mounds slightly when dropped from a spoon. Beat egg whites until stiff, but not dry. Add 1/2 cup sugar gradually, beating well after each addition. Fold into gelatine mixture. Turn into baked pie shell. Decorate top of filling with a narrow ring of poppy seeds. Chill in refrigerator until firm.

**ORANGE POPPY SEED PIE SHELL**  
1/4 cup less 1 tablespoon shortening  
1 tablespoon boiling water  
2 tablespoons frozen concentrated orange juice, thawed to room temperature  
1 teaspoon milk  
1 1/4 cups sifted all-purpose flour  
1/2 teaspoon salt  
2 tablespoons poppy seeds  
Put shortening in mixing bowl. Add boiling water, thawed concentrated orange juice, and milk and whip with fork until all liquid is absorbed and a thick, smooth mixture is formed. Sift flour and salt onto it and stir into a dough. Pick up and work until smooth; shape into a flat round. Roll between two 12" squares of waxed paper into a circle 1/4" thick. Peel off top paper, sprinkle 1 tablespoon poppy seeds over pastry. Re-cover with paper and gently roll seeds into dough. Turn pastry over and repeat, rolling in remaining 1 tablespoon seeds. Peel off top paper, place pastry in 9" pie pan, pastry next to pan. Remove paper, fit pastry into pan, trim 1/2" beyond edge.

## Cheese Cake One Of Nice Desserts

Cheese cake is a modern photographer may mean something entirely different from what the cook thinks of when she hears the name. This is our version of cheesecake.

**CHEESE CAKE**  
2 1/2 lbs. dry cottage cheese  
10 egg yolks  
2 teaspoons salt  
1 tablespoon vanilla  
1 1/4 cups granulated sugar  
1 cup sour cream  
10 egg whites  
1/4 lb. butter, melted  
Press cottage cheese through a sieve or food mill, beat it with the electric mixer, medium speed for 15 minutes while adding yolks, salt, vanilla and half the sugar; add sour cream. Remove from beater. Beat egg whites with remaining sugar until stiff but not dry, fold them into first mixture with melted butter.  
Grease cheese cake mold (a 9 or 10-inch spring form pan), line it with quarter-inch layer of Zwieback mixture; fill molds with cheese mixture, then sprinkle some of the Zwieback mixture on top; bake in moderately hot oven (400 degrees F., 45-50 minutes (test as for custard). Serves 10 to 12.

**Zwieback Mixture:** Mix to a paste 1 lb. Zwieback crumbs, 4 tablespoons butter, 2 tablespoons sugar and 1/2 teaspoon cinnamon.

## Stuffed Fish on Summer Menus

Many folks consider a whole fish, especially when stuffed, to be the best of foods. Soon, when fishing weather induces more and more larger supplies of fish, here'll be a chance to bake such fish. The local fishman usually has suitable ones for stuffing, too—large trout, salmon and red snapper are good stuffers.

**STUFFED BAKED FISH**  
3-lb. fish  
1/2 lemon  
Salt, pepper, flour  
1/2 cup water  
1 tablespoon butter  
Stuffing  
1 cup stale bread-crumbs  
Salt, pepper, paprika  
1 tablespoon minced parsley  
1 tablespoon melted butter  
Chopped onion and celery  
Remove backbone from fish leaving head and tail attached. Rub fish with the cut lemon, then with salt, pepper and flour. Make stuffing by combining all ingredients; stuff into cavity of fish and sew up or skewer together. Place fish in greased pan, dredge with salt, pepper and flour. Add water and butter to pan. Bake in hot oven, 425 degrees F., about 25 minutes or until browned, basting occasionally with liquid in pan. For a larger fish, allow 5 minutes more for each extra pound.  
turn back even with pan, flute rim. Prick shell all over with fork. Bake in very hot oven (450°) 12-15 minutes.

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If you have trouble interesting small fry (or even middle sized fry) in food these summer days, when they're a bit under the weather, try some added fillips on the menu. For instance, ice cream for breakfast. Here it's served on hot wheat cereal. With a mug of hot chocolate and fresh or canned fruit, the breakfast should be attractive and strength-giving.

## Jellied Salad Rich With Fruit

Colorful fruits make this salad a good looker and wonderful taster.  
**SUNSHINE SALAD**  
2 tablespoons gelatine  
1/2 cup peach juice  
1 cup orange juice  
1/4 cup powdered sugar  
1/2 cup nut meats  
1 cup chopped peaches  
1 cup chopped cherries  
1 cup mayonnaise  
1 cup cream, whipped  
Lettuce  
Soak gelatine in cold peach juice, dissolve over hot water.  
Add orange juice and sugar. When cold and beginning to thicken, add nut meats, chopped fruit, mayonnaise and whipped cream. Pour into a mold. To serve, unmold on a platter and surround with small crisp leaves of lettuce.  
White Fruit Salad is made in the same proportion, using white cherry and pineapple juice in place of orange and peach juice, and chopped pineapple and white cherries in place of peaches and red cherries.

## CREAM GRAVY

Crusty brown pieces of oven fried chicken become a gourmet dish when served with a thin sour cream gravy accented with chunks of ripe olives and slivered roasted almonds. Serve with steamed rice and a simple green vegetable.

## ANY EPICURES?

Sprinkle whole small fish with onion rings, sliced fresh mushrooms, salt and pepper; dot with bits of butter and wrap tightly in aluminum foil. Bake in a hot oven. Let each eater open his own portion in the table.

## Meats in Salad Make Main Dish

If you'd like to dine a la fancy, try this cold meat salad plate from a London hotel.  
**SALAD ALBERT**  
1/2 lettuce, shredded  
1 tablespoon chopped green pimientos  
2 spring onions, finely chopped  
1 tomato, sliced  
6 radishes, sliced  
Shredded meat from a roasted chicken wing  
Slice of tongue, shredded  
Slice of cold lamb, shredded  
Salami, shredded  
Smoked ham, shredded  
Vinaigrette sauce  
Rub salad bowl with garlic. Add remaining ingredients and dress with Vinaigrette sauce made with the following ingredients:  
French mustard (small amount)  
Salt and pepper  
1 teaspoon mayonnaise  
1 tablespoon oil  
2 teaspoons vinegar  
1 drop Worcestershire sauce  
1 pinch chopped tarragon (optional)

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