

### Perch Kabobs

- 2 lbs. frozen ocean perch fillets
- ¼ cup salad oil
- ¼ cup lemon juice
- 2 tablespoons catsup
- 1 teaspoon sugar
- 1 teaspoon Worcestershire sauce
- ¼ teaspoon Accent
- ½ teaspoon salt
- ¼ teaspoon paprika
- ¼ teaspoon dry mustard
- 3 drops Tabasco
- 4 slices bacon, cut crosswise into fourths
- 2 large whole dill pickles, cut crosswise into eighths

1. Set out eight 5-in. skewers and a baking sheet.
2. While perch fillets are still frozen, cut them into 1½-in. chunks. Put into a large bowl and set aside.
3. Combine in a screw-top jar the salad oil, lemon juice, catsup, sugar, Worcestershire sauce, Accent, salt, paprika, mustard, and Tabasco. Cover jar and shake until well blended. Pour over fish chunks. Let stand 1½ hrs. at room temperature, turning chunks occasionally with a fork. Drain off and reserve marinade.
4. Thread onto each skewer a fish chunk, a piece of bacon, and a piece of pickle. Repeat threading, ending with a third fish chunk. Place kabobs on baking sheet.
5. Set temperature control of range at Broil (500°F or higher). Place baking sheet under the broiler with tops of kabobs 2 in. from heat source. Turning frequently and brushing several times with reserved marinade, broil kabobs 12 to 15 min., or until fish flakes easily (separates into thin, layer-like pieces). Arrange kabobs on serving platter; garnish with parsley-dipped lemon wedges and serve immediately. 4 servings



Hook, line, and net...  
sea, lake, and stream...

*fresh, frozen, or canned!*



### Creamed Finnan Haddie

- 2 lbs. finnan haddie (smoked haddock)
- Milk
- 2 hard-cooked eggs, coarsely chopped
- 3 tablespoons butter or margarine
- 3 tablespoons flour
- 2 egg yolks, slightly beaten
- 3 tablespoons capers

1. Put finnan haddie in the top of a double boiler. Pour in milk to cover. Cover and soak for 1 hr. Heat slowly 20 min. Drain, reserving milk for sauce. Set aside.
2. Melt butter in top of double boiler over low heat. Blend in the flour. Heat until mixture bubbles, stirring constantly. Remove from heat, and add gradually, stirring constantly, the milk "stock" from the fish. (If "stock" measures less than 1½ cups liquid, add enough milk or cream to make this amount.) Return to heat. Cook rapidly, stirring constantly, until sauce thickens.
3. Remove from heat and vigorously stir about 3 tablespoons of the sauce into the egg yolks. Immediately return egg-yolk mixture to sauce in double boiler. Cook over simmering water 3 to 5 min.; stir

slowly and constantly to keep mixture cooking evenly. Remove from simmering water; cool slightly.

4. Remove bones and skin from fish. Flake fish and combine with the sauce. Gently stir in the chopped eggs and capers. Place over simmering water until thoroughly heated. Turn into warm serving dish and serve at once.

About 6 servings

### Hot Salmon Loaf

- 1½ cups (about 7 oz.) ground toasted almonds
- 2 cups (1-lb. can) salmon, drained and flaked
- 1½ cups soft bread crumbs
- ¼ cup finely chopped onion
- 3 tablespoons butter or margarine
- 3 tablespoons flour
- ¾ teaspoon salt
- ½ teaspoon pepper
- 1½ cups milk
- 3 egg yolks, slightly beaten
- 4 drops Tabasco
- 2 teaspoons salt
- ½ teaspoon pepper
- ½ teaspoon paprika
- 3 egg whites

1. Grease a 9½x5¼x2¼-in. loaf pan. Heat water for boiling water bath.
2. Melt butter in a saucepan over low heat. Blend in a mixture of flour, salt, and pepper. Heat until mixture bubbles, stirring constantly. Remove from heat. Add milk gradually, stirring constantly. Cook rapidly until sauce thickens, stirring constantly. Cook 1 to 2 min. longer.
3. Remove from heat and vigorously stir about 3 tablespoons of hot sauce into egg yolks. Immediately blend egg-yolk mixture into sauce, stirring vigorously. Stir in almonds, salmon, bread crumbs, onion, Tabasco, and a mixture of the salt, pepper, and paprika.
4. Beat egg whites until rounded peaks are formed. Spread beaten egg whites over salmon mixture and fold together. Gently turn mixture into prepared pan.
5. Set in a deep pan and place on oven rack. Pour in boiling water to level of salmon mixture in pan. Prevent further boiling by using given oven temperature.
6. Bake at 350°F about 1 hr. 10 min.
7. To unmold, loosen loaf gently from sides of pan with a spatula. Cover pan with serving plate, invert, and remove pan. Garnish with parsley and lemon slices; serve at once. About 6 servings

### Baked Fish Steaks

- Parsley
- Celery leaves
- Onion
- 2 lbs. fish steaks (cod, haddock, halibut, or salmon), 1 in. thick
- 1½ teaspoons curry powder
- ½ teaspoon salt
- ½ teaspoon pepper
- 4 bacon slices

1. Set out a bake-and-serve platter or shallow baking dish.
  2. Wash, coarsely chop, and mix together equal quantities of the parsley, celery leaves, and onion (enough to line platter or baking dish).
  3. Wipe fish steaks with a clean, damp cloth. (If using frozen steaks, thaw according to directions on package.) Sprinkle both sides of fish steaks with a mixture of the curry powder, salt, and pepper. Arrange on parsley mixture. Place a bacon slice on each steak.
  4. Bake uncovered at 350°F 25 to 30 min., or until fish flakes easily (separates into thin, layer-like pieces). Serve with a lemon-butter sauce. 4 servings
- Note: Fish fillets may be substituted for fish steaks; tarragon for curry powder.