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West Coast Salmon Rates High; Suggestions for Cooking, Serving Outlined



Salmon Top Fish—Salmon is the best known and most popular fish that swims in the sea. Pacific coast salmon differs in many ways from salmon caught in other waters. It is unexcelled simply broiled or planked.

By ZOLA VINCENT
(Food Writer)

Thanks to rapid transportation and controlled refrigeration, fresh, delicately flavored west coast salmon can be bought practically anywhere in the United States today. We fortunate west coasters get it practically as it leaps from the water. Pacific coast salmon differ in many respects from those caught in Atlantic or European waters. Two varieties are abundant here: the chinook or king salmon and the silver salmon. King salmon is the largest of the family; silver salmon is a small variety.

Salmon serving ways are beyond numbering, but we'll name a few. Most popular ways with a fresh fish are: baked whole, in slices or filets; broiled and served with various sauces, broiled or planked steaks or filets.

Leftover cooked or canned salmon goes into practically any aspic salad or main dish calling for fish such as baked in peppers, baked in tomatoes, creamed, deviled, scalloped, cutlets, patties, souffles and loafs.

When purchasing salmon, you'll want to count on about 1/2 pound per person. Salmon cooks quickly. Many think it at its best like this:

Broiled Salmon Steaks
Sprinkle salmon steaks with lemon juice, salt and white pepper. Put on preheated greased broiler pan. Place pan 2 inches from source of heat. Broil 3 minutes. Turn carefully and broil 3 minutes. Serve on heated platter, garnished with chichory and pickled onions.

Planked Salmon Dinner
Arrange 1 1/2 pounds salmon steaks in center of oak plank or heat-proof platter. Place 4 potato patties and 2 large tomatoes cut in half, around fish. Blend together 2 tablespoons butter or margarine, 1 teaspoon kitchen bouquet, 1/2 teaspoon salt, 1/4 teaspoon powdered thyme, 1/4 teaspoon pepper and spread lightly over fish and vegetables.

Place in preheated broiling compartment and broil under low heat for about 25 minutes, or until fish flakes readily. Serve with plenty of lemon wedges and crisp watercress or parsley.

We've been asked several times about cooking fish in foil. If you haven't tried it, we think you've an exciting culinary experience awaiting you. In foil, the fish cooks in its own juices, the fish doesn't break up and the foil holds both aroma and flavor intact.

Fish in any form is definitely a budget item. So why not do this often? This serves two generously, so double, treble or whatever, doing each serving separately.

Fish Dinner in Foil
1 package frozen fish fillets
1/2 lemon
1 large onion
Paprika
1 large potato
1 teaspoon chopped parsley
1 teaspoon chopped chives or green onion tops
Salt and pepper
1 tablespoon butter

Set oven at 425 degrees. Unwrap package of fish fillets. Cut frozen block in half. Place each half on a large square of aluminum foil. Squeeze juice of half a lemon over fish. Cut onion in 4 slices and arrange 2 slices on each block of fish. Sprinkle with paprika.

Cut potato into French-fry sticks. Roll in chopped parsley and chives. Arrange around

Blueberry and Plum Pie Good

It's fruit pie season. Tucked into this flaky lard-made pie crust, you'll find a new and different fruit filling. It's a combination of fresh blueberries and canned purple plums.

Blueberry Plum Pie
Crust:
2 cups sifted all-purpose flour
1 teaspoon salt
3/4 cup lard
4-5 tablespoons cold water
Sift flour with salt. Using a pastry blender or two knives, cut half the lard into flour until it resembles coarse corn meal. Add remaining half of lard and cut in until it is the size of small peas. Sprinkle water, a teaspoon at a time, over different areas of the mixture and combine lightly until all particles stick together. Form pastry into a ball and cut in half. On a lightly floured board, roll half of dough to 1/8-inch thickness. Line a 9-inch pie pan.

Filling:
2 cups blueberries
1 large can purple plums (1 pound 13 oz.)
1/2 cup sugar
2 tablespoons quick cooking tapioca
1/4 teaspoon salt
1 tablespoon lemon juice
Combine sugar, tapioca and salt and sprinkle half on hot-tom crust. Wash blueberries, drain and put in pie shell with the drained and stoned plums. Sprinkle with lemon juice. Add remaining sugar mixture and cover with top crust. Slash crust to allow escape of steam and bake in 425 degree F. oven, 40-50 minutes or until crust is brown.

Cattleman's Casserole Adequate and Tasty Dish on Family Menu

To tell the truth, we're not sure whether the maker and namer of this recipe had in mind our friends in the wide open spaces or Junior in front of the television set, but we do know that it is adequate to satisfy the entire family. Tastes good, too.

Cattleman's Casserole
4 ounces medium noodles
3 tablespoons butter or margarine
1 tablespoon chopped onion
3 tablespoons flour
1/4 teaspoon salt
Dash pepper
1 1/2 cups milk
1 cup shredded American cheese
2 1/2 ounces dried beef
8 cooked asparagus spears
Use cooked fresh, frozen or canned asparagus. Cook noodles in boiling salted water until tender (about 5 minutes). Drain and rinse. While noodles are cooking, melt butter or margarine in saucepan. Add onion and brown lightly. Stir in flour, salt and pepper. Add milk and cook

until thickened, stirring constantly. Add cheese and stir until well blended. Mix noodles, dried beef and 1 1/2 cups cheese sauce together lightly. Pour into 1-quart casserole. Arrange cooked asparagus spears over top of casserole and pour remaining cheese sauce over the top. Bake in moderate oven, 350 degrees, about 20 minutes.

This Qualifies as Complete Meal Dish

This complete meal uses only one pan.
Chicken Upside Down Pie
2 1-lb. cans chicken fricassee
1 No. 2 can peas or 1 pkg. frozen peas, cooked
1 pkg. of plain brown-and-serve rolls
Open 2 cans of chicken fricassee. Empty the pieces of chicken and the gravy into a medium size loaf pan (9"x5"x3" deep). Add drained peas. Cut brown-and-serve rolls in half and arrange halves over the top. Bake in a moderate oven (350° F.) for 10 minutes. Turn loaf pan upside down on a platter. Add a dash of paprika and a sprig or two of parsley. Serves 5 to 6.

Melons Now Among Best Buys in Mart

Now is melon time. These luscious western melons are at their best right now: casabas, persians, honeydews and that all time favorite, watermelon. There are also nutrition-packed cantaloupes. Nutritionally speaking, cantaloupes supply extremely important amounts of Vitamin A, thiamine, riboflavin, niacin and ascorbic acid, all of which are important to a well-balanced diet. They are also a source of minerals, calcium, iron and phosphorus. Weight watchers are pleased to know that half an average cantaloup yields only 30 calories. Enjoy plentiful cantaloupes.

Other good buys in fruits are peaches and peaches. If you have in mind any last minute peach canning or freezing, you had best be about it.

The grape season is well under way with Thompson seedless particularly abundant.

Best vegetable buys. Solid green, new cabbage; tender young cucumbers, snowy white cauliflower, shiny Bell peppers and lettuce, both romaine and Iceberg are in good supply. Excellent quality corn continues low in price. Tomatoes are another vegetable that's especially reasonable now.

Lamb is available in a variety of economy cuts encouraging us to enjoy it often and to store some in the deep freeze, if any. Breast of lamb is a genuine bargain and the family will be extravagant in their praise if you simply salt and pepper generously, roast, uncovered,

with no water in a 350 degree oven for an hour and a half. Three to four pounds will cost you less than a dollar; give you mighty good eating. Lamb shoulder roasts are another economy cut to be enjoyed now. Leg of lamb is probably as low priced as you're likely to find it the remainder of this year.

Smaller turkeys are prominent in markets due to this year's record-breaking crop. They are mighty handy for feeding "just the family."

Salmon, king of sea foods, is at its tasty, plentiful best and so good prepared in a wide variety of ways.



Vienna Baked Beans

Spicy little canned Vienna sausages with baked beans make casserole news. Here's all you do. Place a can of baked beans in a baking dish, add catsup to your taste, then top with onion slices. Heat for 20 minutes, then arrange the sausages over the casserole and return to the oven for an additional 10 minutes.

Snack Burgers

Here's a quick trick for snack time. Cut a canned luncheon loaf into slices and broil, then spread with prepared mustard and serve in hamburger buns. Be sure to have sweet relish on the side.

'Dos and Don'ts' Listed In Making the Pickles

And here are the "dos" and "don'ts" that the experts give us if we want plump, tart, spicy successes.

Do use modern-day recipes; old-fashioned recipes call for too much of today's vinegar which has been pickle perfected.

Do use pure granulated salt in brining if local stores carry it. Results are better.

Don't let cucumbers stand too long or you'll have hollow pickles. Pickle 'em within 24 hours.

Do use soft water in making a brine if possible. If you must use hard water, add a little vinegar unless the recipe calls for vinegar anyway. Calcium and other salts in hard water may stop the pickling process.

Do use enough salt in the brine.

Don't place pickles in extremely strong salt, sugar or vinegar solutions without a preliminary treatment in a weaker solution or they're likely to shrivel.

Do keep pickles well below the brine.

Do take the scum off top of brine every day to keep top layers from spoiling.

Do use only enamelware, aluminum or stainless steel kettles.

Do use glass lids when packing pickles in jars.

Do use perfect jars. Sterilize both jars and lids by boiling them 15 to 20 minutes just before packing with pickles unless pickles are to be jar-processed.

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