

### Oregon Rockfish Rate High; Nutritious and Provide Many Dishes



Dishes Using Fish—Today we get better acquainted with abundant Oregon rockfish; suggest easy, delicious ways of preparing these white fish of superior flavor, texture and appearance. They're bargain-priced right now, too!

By ZOLA VINCENT  
(Food Writer)

Now is a fine time to get better acquainted with abundant Oregon rockfish which appropriately enough are those fish which live among the rocks offshore. There are many species. Among the best known and most valuable are blue perch, red snapper, black and red cod and the comparative newcomer in name only, Pacific ocean perch. Some commercially classify them all simply as "rockfish."

In quantity of production, along our coast, rockfish are surpassed only by sardines, mackerel and tuna which are mostly consumed salted, smoked or canned.

#### Oregon States Help

The seafoods laboratory of Oregon State college, at Astoria, has worked closely with the fishing industry during the past few years in the development of rockfish and have carried on an extensive test kitchen project.

E. W. Harvey who is in charge of the food technology department told us that rockfish is one of Oregon's most abundant marine foods and that its delicately flavored flesh is a valuable addition to any list of seafood favorites. Mr. Harvey also noted that the tremendous popularity of the rockfish family has developed within the past 20 years. We give you today a few of the fine recipes produced under direction of Margaret R. Luning, who reminds us that care should be taken to enhance and not detract from the natural fish flavor. The judicious use of spices and herbs is suggested and she heartily recommends adding mono sodium glutamate to accent and enhance the natural flavor. Many good cooks now use a popular brand of mono sodium glutamate right along with the salt and pepper as a matter of course.

This recipe makes six servings or enough for only four persons because it is so good the men will come back for "seconds."

**Oven Sautéed Rockfish**  
1½ pounds fillets, cut into serving pieces or 4 to 6 small fillets  
1 teaspoon glutamate  
1 teaspoon salt  
1 tablespoon lemon juice

2 tablespoon milk  
2 eggs  
4 tablespoons melted butter  
Cracker crumbs  
Sprinkle fish with salt and glutamate. Beat eggs slightly and add lemon juice, milk and salt. Dip each piece of fish first in egg mixture, then in cracker crumbs. Repeat process. Shake off excess crumbs after each dipping. Place breaded fillets in large shallow baking pan containing the melted butter. Baste well with butter and cover pan. Bake at 375 degrees for 35 minutes. Baste once. Remove cover, baste well with pan drippings and put under broiler 3 to 5 minutes to brown slightly. Broiler rack should be lowered a bit.

1½ pound fillets  
½ teaspoon each salt and glutamate  
1 slice dry bread, crumbled  
3 tablespoons shredded cooked shrimp  
¼ teaspoon each salt and thyme  
1 tablespoon milk  
1 tablespoon melted butter  
3 to 4 tablespoons olive oil  
Juice of 1 lemon

**Stuffed Fillets**  
Season fillets with salt and glutamate. Mix bread, shrimp, salt, thyme, milk and butter together for dressing. Spread evenly on fillets. Roll the stuffed fillets and secure with toothpicks or the with string. Sprinkle with lemon juice and baste well with olive oil. Bake 30 to 40 minutes at 400 degrees. Serve with horseradish sauce made by combining ½ cup mayonnaise, 2 tablespoons drained horseradish, dash of salt and pepper.

**Tartare Sauce**  
Oregon State college's test kitchen at Astoria makes it like this. Combine ¼ cup mayonnaise, 1 tablespoon each of chopped onion, chopped green pepper, minced parsley and chopped pimiento. Very good on any baked, fried or broiled white fish.

**Porterhouse Steak-Tomatoes With Cheese**  
Beef porterhouse steak, cut 1 to 2 inches thick salt pepper  
2 large tomatoes  
½ cup grated cheddar cheese  
Set regulator to broil. Place steak on broiler rack. Insert broiler pan and rack so the top of 1-inch steak is 2 inches from the heat. When one side is browned, season and turn. Slice tomatoes in half and sprinkle cut surface of each with grated cheese. Place on broiler rack with meat. Continue broiling until steak is browned on second side and cheese is melted. Season steak. Steaks cut 1 inch thick require 18 to 20 minutes for rare steak and 20 to 25 minutes for medium-done steaks. Steaks cut 2 inches thick require 30 to 35 minutes for rare steak and 35 to 40 minutes for medium-done steak. 2 to 4 servings from a 2-inch steak.

A date with an apple is a flavor combination to please both youngsters and grown-ups. Start by baking spicy red apples, then fill the centers with sliced dates. Heat and serve warm.

### Easter Ham A la Forbes Tasty Meat

From our valley editor, at the Capital Journal, Mike Forbes, we submit the following idea to bake that Easter ham:

**Baked Ham By Forbes**  
1 ham (or picnic shoulder)  
Blackstrap molasses  
Whole cloves  
Brown sugar

If the ham is not tenderized simmer it for an hour before you make the following preparations for baking: First, use a carving fork or an ice pick to punch holes in the ham, all the way to the bone and about ¼-inch apart. (With the two prongs of the fork you can do the job faster than you can with an ice pick.) Then insert a clove in each hole.

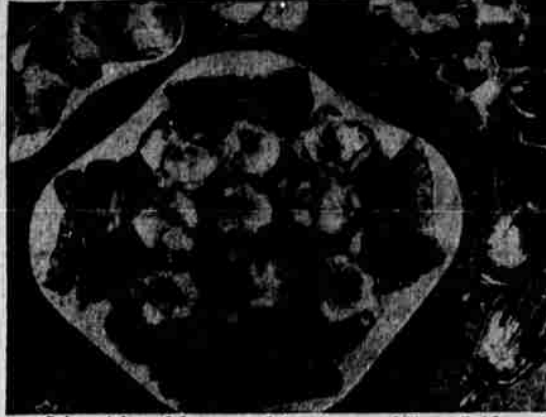
Second, moisten the ham well with molasses.

Third, pat a good coat of brown sugar over the ham, and bake it in any way that best suits you and the characteristics of your oven.

This recipe is intended to saturate the ham with seasoning all the way to the bone, and to keep the brown sugar on it for the glaze instead of letting it drop off into the drippings for the gravy.

I don't need to tell you what eats well with ham—sweet potatoes, string beans cooked with bacon cubes and onion, applesauce, jelle . . .

### For Easter Breakfast—Bacon and 'Golden Eggs'



Crisp strips of bacon and toast cups of Eggs Goldenrod present a grand combination for your Easter breakfast. Start with a bright fruit cup or broiled grapefruit halves. Be sure your menu includes hot cross buns and plenty of coffee.

Breakfast takes on a special importance on Easter Sunday. Ideal for this occasion is a tempting combination of crisp bacon strips with Goldenrod eggs in toast cups. This is a combination simple to prepare, yet one that makes a gay appearance on your table.

Here is the menu:  
**Breakfast Menu**  
Fruit Cup  
Bacon  
Toast Cups with Eggs Goldenrod  
Hot Cross Buns  
Butter or Margarine  
Coffee Tea Milk

For the best results in cooking a small amount of bacon, place the strips in a single layer in a cold frying-pan. Let it cook slowly, turning the meat occasionally so that it will be evenly cooked. Spoon off the drippings as they accumulate so bacon will not cook in its drippings. Cook until of the doneness your family likes.

#### Sundae Topping

Chopped walnuts make any sundae topping taste better, and for extra good flavor try roasting the walnuts before chopping them. Put the shelled walnuts into a shallow pan and slip into a 400 degree F. oven for 15 minutes. They're delicious sprinkled on cake frostings, too.

#### Liver and Bacon

1 pound sliced beef or pork liver  
¼ pound bacon  
¼ cup flour  
Salt and pepper  
Start bacon in cold frying pan and fry slowly until crisp. Drain on absorbent paper. Dredge liver in flour and brown slowly on both sides in bacon drippings, turning occasionally. By the time both sides are browned the liver will be done. Season. 4 to 6 servings.

#### CHEESE RABBIT SAUCE

So hearty that it will make a wonderful main dish with crackers and dessert and beverage. Make 1 cup thin white sauce and add 1 cup cubed American cheese, stirring until cheese is melted. Pour in 2-bouillon cubes dissolved in 1 cup boiling water. Add 4 ounces cooked elbow macaroni. Recipe serves four.

### Mayonnaise So Versatile; Vary Uses for It

Mayonnaise is so versatile that one wonders if anyone ever uses it just as it comes from the jar any more. Well, anyway, here are some combinations to add to your collection.

**For Vegetables, Meat, Fish, Greens.** To 1 cup real mayonnaise add any of the following foods: 2 to 4 tablespoons horseradish, ½ cup finely diced cucumber, ½ cup cottage cheese and 2 tablespoons chopped chives, 2 tablespoons anchovy paste, 3 tablespoons chili sauce, 1 cup chopped fresh tomatoes, ½ cup shredded sharp cheese, 2 tablespoons bread and butter pickle juice and ½ teaspoon grated onion, ¼ cup mustard with horseradish.

**Fruit Salad Dressings.** To 1 cup real mayonnaise add your choice of the following good things: 1 egg white beaten stiff and ½ cup shredded toasted almonds, 2 tablespoons orange juice and 1 teaspoon grated orange rind, 2 teaspoons lemon juice and ½ teaspoon rind, ¼ cup chunk-style peanut butter, ¼ cup crushed pineapple, ¼ cup fresh strawberries crushed with 2 teaspoons confectioners sugar, ¼ cup orange marmalade, ½ cup sour cream.

#### Barbecued Breast Of Lamb Delicious

Excellent lamb supplies are now reaching the market and should be used in menus often for it's been a long, long time since we've found such low prices and good quality. Breast of lamb sells for surprisingly little. Look and see.

**Barbecued Breast of Lamb**  
2 pounds breast of lamb  
2 teaspoons salt  
1 medium onion, sliced  
½ cup chili sauce  
½ teaspoon red pepper  
1 tablespoon vinegar  
¼ cup water  
Cut lamb into four pieces. Season. Brown in heavy frying pan. Pour off drippings. Add sliced onion, chili sauce, pepper, vinegar and water. Cover. Simmer or bake in a moderate oven, 350 degrees, about 1½ hours. Uncover and cook about 20 minutes or until barbecue sauce is almost absorbed.

Any burned-on food on the floor of your oven? Het a small amount of ammonia in the oven and leave it there for several hours or overnight; the ammonia softens the burned-on food and makes removal less of a chore than it usually is.

### Gelatine Salad With Pineapple

The bridge club and the family seem never to tire of pineapple gelatine salads and here is probably the very best of them all. It certainly should be. Just look over that list of ingredients. Well, a y w a y, crushed pineapple is reasonable in price now.

#### Frozen Crushed Pineapple Salad

1 No. 2 can crushed pineapple  
1 teaspoon unflavored gelatine  
2 tablespoons lemon juice  
1 3-oz. package cream cheese  
¼ cup mayonnaise  
¼ teaspoon salt  
½ cup whipping cream  
¼ cup sugar  
¼ cup chopped nuts  
¼ cup quartered maraschino cherries  
Drain pineapple. Soak gelatine in lemon juice; dissolve over hot water. Blend cream cheese with mayonnaise and salt. Stir in dissolved gelatine. Whip cream until stiff, adding sugar gradually during last stages of beating.

Fold in cheese mixture, nuts, maraschino cherries and drained crushed pineapple. Pour into refrigerator tray that has been lined with waxed paper. Freeze until firm with refrigerator set at coldest setting; about 4 hours. Turn out on a platter, remove paper and cut into thick slices. Garnish with salad greens. Makes 8 servings.

Be sure to let stand at room temperature for a few minutes before serving. Flavor and texture are improved.

### Asparagus Dish

Fresh asparagus is appearing in the markets now and if the price is still a little high for your food budget, here's a way to stretch each serving. Make a cream sauce, then add diced hard-cooked eggs, hearty wedges of ripe olives and a pinch of dry mustard. Serve the sauce hot over cooked asparagus spears.

#### Coffee Bread

Try this with your next package of 8 brown 'n' serve clover leaf rolls. Spread the bottom of a loaf pan with a mixture of 3 tablespoons each melted butter and chopped roasted nuts and ¼ cup brown sugar. Put the rolls in the pan upside down and bake in a 400 degree F. oven about 25 minutes. Let stand 1 minute. Serve rolls right side up.

Good companions are creamy mashed potatoes to which you add the spicy flavor of crisp fresh apples. Simply peel and grate the apples, and beat into the potatoes. Add a pinch of cinnamon, salt and pepper and, if desired, a little extra milk to make the potatoes smooth and creamy.

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