



Whole Fish Baked With Savory Stuffing Elegant

By CECILY BROWNSTONE
(A Newsfeature)

Recent requests for a fish dish elegant enough to serve to guests inspired the testing of the following recipe. It calls for a whole fish to be stuffed with a savory mixture of bread crumbs, shrimp, olive oil, onion and other seasonings. The fish looks sumptuous when arranged on a platter with a garnish of lemon and extra shrimp plus any suitable vegetables you have on hand — cucumber or carrot slices, watercress or parsley.

Because this recipe is of Spanish origin, the stuffing calls for olive oil—an ingredient Spaniards use with a lavish hand. Then during baking the fish is brushed a few times with a mixture of the oil and lemon juice.

Spaniards usually eat their main meal in the middle of the day, and so this baked stuffed fish would probably appear at noon on one of their menus. Serve it sometime for a Sunday one-o'clock dinner as a change from the usual roast meat or poultry. Or serve it for supper during Lent or on a Friday any time of the year.

The recipe from which this one was adapted suggested sea bream as the fish. We used a beautiful striped bass; you may, of course, substitute any locally available fish suitable for baking. Just make sure it is fresh and firm. And we beg you not to let the fish degenerate at the fish market; it looks most elegant when it is brought to the table for carving—with both the head and the tail left on.

If you want a real Spanish way of presenting the baked fish on its platter, ignore our previous garnishing suggestion. Instead surround the two long sides of the fish with pale yellow-green escarole leaves; insert a feathery frond of dill or fennel so part of the spray shoots arrange strips of scarlet pimiento on top of the fish.

Stuffed Fish Matador

Ingredients — One 3½ pound whole fish, ½ pound shrimp, ½ cup olive oil, 1 medium-sized onion (finely chopped), ½ cup finely chopped celery, 1 clove garlic (minced), 1 cup fine dry bread crumbs, ¼ cup finely chopped green pepper, ¼ cup minced parsley, ¼ teaspoon salt, ¼ teaspoon pepper, ¼ teaspoon dried crumbled thyme, ¼ teaspoon nutmeg, lemon juice, extra olive oil, garnishes.

Method: Have fish market clean fish and remove back bone and many of the other bones as possible; have head and tail left on. Cook shrimp, shell and devein. Dice shrimp fairly fine — there should be 1 cup lightly packed. Heat olive oil in 9- or 10-inch skillet over low heat; add shrimp, onion, celery and garlic; cook, stirring occasionally, until onion is transparent. Stir in bread crumbs, green pepper, parsley, salt, pepper, thyme and nutmeg. (Taste and add more salt if necessary.) Lay fish open flat. Spread stuffing over inside of fish; if there seems too much, stuff the head with some of it. With a large darning needle and heavy white thread (or ordinary white nylon thread) sew up fish. Line bottom and sides of a baking pan with foil; a medium-sized rectangular roasting pan is fine. Rub foil with olive oil. Ar-

range fish on foil in pan. Mix a little lemon juice and olive oil together; brush fish with it. Bake in moderate (350 degrees) oven 40 minutes or until fish flakes easily. Dribble fish with oil-lemon juice mixture occasionally. Foil may be used to help lift fish from pan to platter; remove foil; wipe platter clean. Garnish with lemon slices or wedges, cucumber or carrot slices, and cooked shrimp if desired. Makes 4 large servings; if a half-pound of cooked shrimp is used for the garnish, you can count on having enough fish for 6 servings.

Rice and Chicken Ring Dresses up a Simple Supper Menu

Rice makes a splendid go-along for creamed sauces, and shapes well into a ring when you wish to dress up the supper entrée. "Creamy Chicken in Rice Ring" is a richly flavored entrée that can use a small amount of chicken (fish, hard-cooked eggs, or vegetables if you wish) to good advantage. Onion is partially responsible for the delicious taste. Using instant minced onion is a great time saver and most economical. There is no waste with moisture-free onion and you can always be sure of consistently full, fresh flavor.

Creamy Chicken in Rice Ring

2 cups cooked chicken
¾ cup rice
¼ cup butter or margarine
2 tablespoons instant minced onion or 2 tablespoons finely chopped raw onion
1-3 cup sifted all-purpose flour
1 cup undiluted evaporated milk
1½ cups chicken broth
Salt to taste

Rice Ring:

2 teaspoons instant minced onion or 2 tablespoons finely chopped raw onion
2 tablespoons water
6 cups hot cooked rice
¼ cup butter or margarine
1 cup grated Swiss cheese
½ cup chopped parsley

Cut chicken in bite-size pieces. Melt butter and blend in onion and flour. Slowly stir in milk and broth. Cook and stir until mixture boils and is thickened. Stir in chicken and onion pieces, and heat thoroughly. Season to taste with salt.

Rice Ring: Combine instant onion and water and let stand 5 minutes. Then toss rice lightly with all ingredients until well blended. Pack lightly into buttered 8-inch ring mold. Set in moderate oven (350 degrees F.) 5 to 10 minutes, until hot. Unmold onto serving plate, and fill center with creamy chicken. Makes 6 to 8 servings.

CLAM PROPORTIONS

Allow six to eight clams per person when you are serving them steamed.

FINE AS SAUCE

Thicken stewed tomatoes—they come in a can—with a little flour or cornstarch. Serve with green lima beans or as a sauce for meat loaf.

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Suggestions By Kraft Foods

VEGETABLE BOUQUET SALAD

Line a salad bowl with leaf lettuce, and fill the bowl with additional leaf and head lettuce torn into bite-sized pieces, cauliflower flowers, peeled unpeeled cucumber slices, peeled tomato wedges and watercress. Toss with Kraft Italian Dressing.

You'll Need Kraft
ITALIAN DRESSING 8-oz. Bottle **29¢**

TOMATO ASPIC RING

4 cups tomato juice
2 envelopes gelatin
2 tablespoons lemon juice
Salt, pepper
1 cup chopped celery
2 7-oz. cans shrimp, drained, cleaned, coarsely chopped
Kraft Italian Dressing
Miracle Whip Salad Dressing
Lemon wedges
Scored unpeeled cucumber slices

Heat 3½ cups tomato juice. Soften the gelatin in the remaining ½ cup cold tomato juice and dissolve in the hot juice. Add lemon juice, and salt and pepper to taste. Chill until slightly thickened. Fold in the celery and shrimp.

Pour into a 1½-quart ring mold and chill until firm. Unmold on lettuce on a serving plate. Line the center of ring with lettuce and fill with salad dressing. Garnish the plate with lemon wedges and cucumber slices.

You'll Need Kraft
Salad Dressing Full Quart **49¢**

"PHILLY" TASTY CHIP DIP

1 8-oz. pkg. Philadelphia Brand Cream Cheese
¼ 6-oz. cup Kraft Blue Chip Brand Blue Cheese
3 tablespoons cream
Chopped chives
¼ teaspoon Worcestershire sauce
Potato chips

To the cream cheese add the Blue Cheese, cream, 1 teaspoon chives and Worcestershire sauce. Mix until well blended. Garnish with additional chives.

You'll Need Kraft
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