

# Recipe TREASURE-HUNTING



## Fish Fillets à l'Orange

### BASE RECIPE

A large, heavy skillet will be needed.

Have ready

3 tablespoons plus 1 teaspoon grated orange peel (grated through colored part only; white part is bitter)

Wipe with a damp clean cloth

1½ lbs. fish fillets (such as whitefish, perch, or pike)

(If using frozen fish, thaw according to directions on package.) Set aside.

Set out in a shallow pan or dish a mixture of

½ cup sifted flour

1½ teaspoons salt

¼ teaspoon pepper

Mix together in another shallow pan or

dish and set aside 3 tablespoons of the grated orange peel and

⅓ cup fine, dry bread crumbs (about 2 slices bread)

Beat together until mixed and set aside

1 egg, slightly beaten

2 tablespoons water

Heat in the large skillet

¼ to ½ cup butter

Coat fish fillets evenly with flour mixture. Dip in egg mixture. Coat evenly with bread-crumbs mixture.

Add fish fillets to skillet; cook over medium heat until delicately browned on one side. Turn carefully with wide spatula and brown second side. Cook only until fish flakes easily when pierced with a fork. Remove fillets from skillet to warm serving platter, scraping loose and

removing any bits of fish which may have stuck to skillet. Set aside to keep warm.

Heat in the same skillet until golden brown

2 tablespoons butter

Remove from heat and mix in the reserved 1 teaspoon grated orange peel. Immediately pour over fish fillets.

Garnish with lemon wedges. 4 servings

### Walnut-Topped Fish Fillets

Follow Base Recipe. Omit grated orange peel. Coarsely chop ½ cup (about 2 oz.) walnuts. Increase the 2 tablespoons butter to ¼ cup and brown lightly. Add nuts and stir until heated. Immediately spoon over fish fillets. If desired, sprinkle with 1 teaspoon grated orange peel.

We went hunting through our recipe files and came up with these, which we hope you will treasure, too.

There's a timely fish recipe, a jelly you can make without waiting for Summer and harvest, a wonderful dessert for any season.

Try them all!



### Dramatic Pecan Ring

Thoroughly butter a 2-qt. ring mold. Have ready

1 qt. French vanilla ice cream

Butter a large mixing bowl. Mix together in the bowl

8 cups (8 oz.) corn flakes, finely crushed

1½ cups (about 6 oz.) coarsely chopped pecans

Set aside.

Put into a saucepan, set over low heat, and stir until sugar is entirely dissolved and evenly blended with butter

2 cups firmly packed light-brown sugar

¾ cup butter

Bring to boiling and cook, stirring constantly, about 2 min. Remove from heat. Stir in

½ teaspoon almond extract

Tossing lightly and quickly, gradually pour hot sirup over the corn flakes and pecans. When they are thoroughly coated, press mixture firmly into the ring mold, leaving no air spaces.

Set mold in refrigerator to chill until serving time.

To unmold pecan ring, loosen top edges with a knife. Cover mold with a chilled serving plate, invert mold and plate, and lift mold from ring.

Just before serving, fill center of ring with scoops of the ice cream.

About 8 servings

Note: For an even more dramatic dessert, garnish the serving plate around the ring with 4 galax leaves. Drain contents of 1 9-oz. can sliced pineapple (4 slices) and place one slice pineapple on each leaf; arrange fresh berries between pineapple slices. Quickly dip 4 cubes loaf sugar into lemon extract. Place a sugar cube in center of each pineapple slice. Ignite cubes with matches. Serve while cubes are flaming.

## CAKE CONTEST

FAMILY WEEKLY announces a new CASH CONTEST for your best original cake recipes (created by you or your family). We will test and adjust entries, revise them to our editorial style, and pay \$10 for every one we publish. All recipes become the prop-

erty of FAMILY WEEKLY. In case of duplicates, the first person to submit recipe will be the winner. Send your original cake recipes NOW to Melanie De Proft, Family Weekly Cookbook, 153 N. Michigan Ave., Chicago 1, Ill. Be sure to put your name and address on each entry!

### Filled Oat Bars

GOOD FOR FREEZING

Two cookie sheets will be needed.

For Date Filling—Mix together in a saucepan

1 cup (about 6½ oz.) pitted dates, cut in pieces

½ cup moist, shredded coconut, cut

½ cup hot water

3 tablespoons lemon juice

1½ teaspoons grated lemon peel (grated through colored part only; white part is bitter)

and a mixture of

½ cup sugar

1 tablespoon flour

¼ teaspoon salt

Cook over direct heat about 5 min., or until thick, stirring constantly.

Set aside to cool while preparing oat layers.

For Oat Layers—Sift together

2 cups sifted flour

1 teaspoon baking soda

½ teaspoon salt

Add and mix well

4 cups uncooked rolled oats

Set aside.

Cream until softened

1 cup butter

Add gradually, creaming until fluffy after each addition

1 cup firmly packed brown sugar

Add in thirds, beating thoroughly after each addition

1 egg, well beaten

Mixing until blended after each addition, add the dry ingredients in fourths.

To Complete Cookies—Divide the dough into four equal portions. Roll one portion to ¼-in. thickness on one of the cookie sheets, shaping into rectangle 10x6 in.

Spread one half of the cooled date filling over the rolled dough. On a lightly floured surface, roll a second portion of dough the same size and shape as the first. Place it carefully over the date filling, pressing down gently.

Repeat with remaining dough and date filling, using second cookie sheet.

Bake at 350°F about 25 min., or until lightly browned.

Remove pans to cooling racks and cool slightly. Cut into bars about 2x1 in. Put bars on cooling racks and cool completely.

About 5 doz. cookies