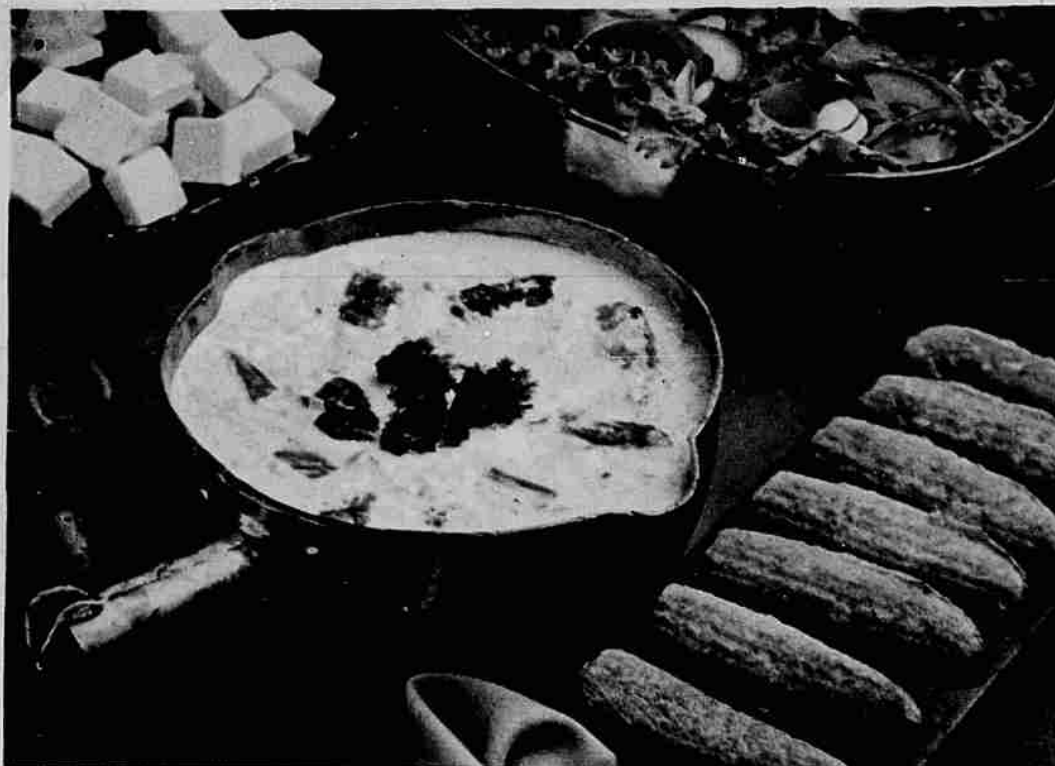




Sea Food Bisque with golden corn-bread sticks and butter and crisp tossed salad is satisfying fare.

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MELANIE DE PROFT

Food Editor

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Anchovy-Stuffed Fish

TO PREPARE: 30 MIN.

- 1 4-lb. dressed fish
(such as whitefish, lake
trout, bass, haddock,
or shad; back-
bone removed)
- 1½ cups coarse, dry bread
crumbs
- ½ cup chopped anchovies
(about 24 anchovy
fillets)
- ¼ cup chopped parsley
- ¼ cup chopped capers
- ¼ cup chopped green onion

TO BAKE: 40 MIN.

- 1 egg, beaten
- ½ cup milk
- 1 tablespoon salt
- 1 tablespoon cider
vinegar
- 1 egg white, slightly
beaten
- ½ cup dry bread
crumbs
- 1 teaspoon grated
lemon peel
- Melted butter

1. Rinse body cavity of fish thoroughly with cold water, drain well, and pat dry with absorbent paper.
2. Lightly mix together the 1½ cups bread crumbs and next six ingredients. Rub cavity of fish with 1 teaspoon of the salt. Lightly spoon stuffing into fish (do not pack). Fasten open edges with skewers and lace if necessary. Rub fish with a mixture of the remaining salt and vinegar.
3. Place stuffed fish in a buttered shallow baking dish. Brush with egg white. Cover evenly with a mixture of the bread crumbs and lemon peel.
4. Bake at 350°F about 40 min., or until fish flakes easily when pierced with a fork. During baking, drizzle frequently with melted butter.

8 to 10 servings

Sea Food Bisque

TO PREPARE AND COOK: 1 HR.

- | | |
|-----------------------------------|---|
| ¼ cup butter | 2 bay leaves |
| ¼ cup chopped onion | ½ lb. frozen haddock,
thawed, and cut
in small pieces |
| ½ cup chopped green
onion | 3 cups milk |
| 2 cups chicken broth | ½ cup flour |
| 1 cup chopped celery | 1 cup cream |
| 3 carrots, cut in small
pieces | 1 6-oz. pkg. frozen
cooked crab meat,
thawed |
| 1 teaspoon salt | 1 7½-oz. can minced
clams |
| ¼ teaspoon black
pepper | |
| ¼ teaspoon thyme | |

1. Heat butter in a large saucepan. Add onion and green onion and cook until soft. Stir in the chicken broth, celery, carrots, salt, pepper, thyme, bay leaves, and haddock. Simmer about 25 min., or until vegetables and fish are just tender.
2. Slowly add 1 cup of the milk to the flour, mixing until smooth. Slowly pour into the saucepan, stirring constantly. Stir in remaining milk and the cream. Continue stirring, bring to boiling, and cook until mixture is thick and smooth.
3. Stir in the crab meat and clams; heat thoroughly. Remove bay leaves. Serve in large soup bowls and garnish with sprigs of parsley.

About 8 servings

Sardine-Stuffed Tomatoes

TO PREPARE: 30 MIN.

- | | |
|--|------------------------------------|
| 6 medium-size toma-
toes, rinsed and
poked | 1 teaspoon chopped
chives |
| 1 3½-oz. can sar-
dines, drained | 1 teaspoon capers |
| 4 hard-cooked eggs | 1 tablespoon pre-
pared mustard |
| 1 cup chopped water
cress | ½ teaspoon salt |
| 1 tablespoon lemon
juice | few grains black
pepper |
| | 1 tablespoon olive oil |

1. Cut out stem ends from tomatoes. Cut a slice from top of each tomato. With a spoon, scoop out pulp. Invert shells to drain; chill.
2. Mash sardines with a fork. Chop the hard-cooked egg whites and mash the egg yolks; mix with the sardines and water cress. Add remaining ingredients and toss lightly to mix thoroughly.
3. To serve, sprinkle tomato shells lightly with salt. Lightly fill with sardine mixture, using about ¼ cup for each tomato shell. Garnish each with a sprig of water cress.

6 servings

Sardine Snacks (about 2 doz.)—Omit tomato shells. Trim crusts from bread slices. Toast on one side only. Butter untoasted sides of bread and spread evenly with sardine mixture; cut each slice into thirds. Broil 3 in. from source of heat about 2 min. Serve immediately.

Fried Kippers in Cream

TO PREPARE AND COOK: 25 MIN.

- | | |
|------------------------------|--|
| 4 kippered herring | cut in ¼-in. slices
and separated in
rings |
| 3 to 4 tablespoons
butter | |
| 3 medium onions, | 1½ cups cream, scalded |

1. Cover herring with cold water and bring to boiling. Drain and dry well with absorbent paper.
2. Meanwhile, heat butter in a skillet. Add onion rings and cook until soft, turning occasionally. Remove onion with slotted spoon and keep warm.
3. Place herring in skillet. Brown over low heat about 5 min. on each side.
4. Slowly pour one-half of the scalded cream into skillet with herring and simmer 2 min. Add remaining cream and simmer 3 min. longer. Serve at once garnished with the onion rings.

4 servings

(Continued)