KING OF FISH– We serve salmon, the king of fish, whole in the grand manner nestled in a wreath of greenery, decked with lemon and accompanied by a superb sauce. Modern cooks do it easily with the aid of heavy duty aluminum foil for a special occasion buffet or dinner.

Feeding the Family

By ZOLA VINCENT
Food Editor

Salmon, Whole or in Pieces, Baked in Aluminum Foil

To bake a whole salmon for a special occasion buffet or dinner is not a difficult undertaking. Lacking the oval-shaped fish poacher of old-time kitchens—even the proper platter for serving, these can be fashioned with the aid of versatile aluminum foil.

This delicious coast-caught king of the sea becomes a spectacular thing when served whole in the grand manner, nested as in our picture in a wreath of delicate greenery decked with lemon and accompanied by a divine sauce.

For smaller family serving, a three to four pound piece of salmon can be baked in exactly the same manner as whole salmon use half the wine-herb mixture and make half the amount of sauce. Allow 15 minutes per pound in a moderate, 375 degree, oven.

Salmon Spectacular

A 7 to 10 pound salmon will fit the average oven, will serve 10 to 16 persons generously. If any is left over, it is superlative served cold with curried mayonnaise. With head, fish will measure up to 19 inches in length. Trim tail and if desired, remove head; rinse and place on paper towels to dry.

Meanwhile, place three-fourths cup dry white wine (half lemon juice and half water may be substituted) in a saucepan. Add three sprigs fresh thyme (one-fourth teaspoon dry), a sprig of rosemary (one-fourth teaspoon dry), celery leaves from a small stalk, three minced scallions (green onions), two slices whole lemon (to add flavor of rind) and three peppercorns. Let this steep for 30 minutes without boiling.

To Make a Pan

For baking the fish, make a pan like this: double fold 18-inch-wide heavy duty aluminum foil (be sure it is heavy duty foil) to form a sheet a little longer than the fish and turn edges up all around. Now lay the fish lengthwise on another long sheet of heavy duty foil and pour over the warm wine with flavoring ingredients, pouring some inside the opening, and salt the fish lightly.

Fish Baking

Bring foil up over fish from either side, overlapping snugly at the top. Turn up the foil at head and tail so juices won't run out. Place on the already formed pan and transfer to a preheated medium hot, 375 degree, oven; bake for 12 to 15 minutes per pound. An eight-pound fish will take approximately two hours.

Wrapped in foil, the wine and herbs really flavor the fish with a wonderfully elusive and delicate taste. Open the foil when baking time is about up. Test for doneness by inserting a fork in the side. If flesh flakes easily, lifts off the bone, it is done. Reclose foil and continue baking, if not done.

Sauce Making

While fish is baking, the sauce may be started. Mince two scallions (green onions) and saute with one-half cup (one stick) butter until transparent. Add six tablespoons flour and stir and cook gently without browning for three minutes. Let stand until fish is done. With a large spoon or turkey baster, dip or siphon out juices and add to butter mixture in saucepan. Add one-half cup dry white wine (same as that in wine and herb mixture) and enough boiling water to make five cups liquid. Stir and cook mixture until thick and smooth. Add one-half cup cream. Correct seasoning with additional salt and pepper to taste. Strain. Just before serving, add the lightly beaten yolks of one or two eggs and beat sauce until light with a whisk.

Grand Finale

Use th baking foil to transfer the warm fish to a serving platter.* Remove the skin from the fish. This lifts off easily to expose tender moist flesh of an exquisite pink tint. Remove seasoning herbs. Surround the fish with tender chickory, fresh basil, lemon wedges and perhaps some small flowers of the season. Sauce separately.

*To Make Platter. If a platter large enough to hold the fish is lacking, a clean shingle, a piece of plyboard or the bread board from the kitchen cabinet can be used. Cover with foil, if desired. The baking foil may be folded back and rolled attractively.

Cold Salmon Buffet

If the salmon spectacular described above is to be dramatically offered at a buffet-type meal, we suggest that two different types of sauce accompany it. A sauceboat of mayonnaise with a touch of curry added and a boat or bowl of dairy sour cream with capers added. For family serving, perhaps you'd like mayonnaise and dairy sour cream half and half with either a touch of curry or with capers added; not both since their flavors are so distinctive.

Succulent Sausage Offers Menu Variety

Sausage meats make good and easy meals. With no waste, sausage is easy to keep, easy to handle and a snap to serve. There are dozens of kinds to choose from; sausage for hot dishes, salads, sandwiches and cold meat platters. Try these for menu newness:

Everybody loves pork sausage links with scrambled eggs, morning, noon or night.

Smoked Thuringer is a fine teammate with plentiful red cabbage.

Frankfurters and sauerkraut become something super special when cooked with chopped apple, chopped onion and sauterne added.

Liver sausage and Braunschweiger (smoked liver sausage) are epicurean and surprise almost everyone when pan broiled and accompanied by crisp toast and lemon wedges.

Chicken Trinidad For Memorable Meal

The family deserves this Chicken Trinidad for a very special occasion — or will make it a memorable occasion. Guests will talk about it for a long time to come. It is elegant without being expensive because the chicken breasts can be purchased as packaged separately.

Here, flavor excitement lies in several directions; texture, too. There's a can of frozen concentrate for Pineapple-Lemon punch; there's sliced pineapple, avocado and toasted almonds. But read it and do your own rhapsodizing. Six servings.

- 6 chicken breasts
- Salt to taste
- ⅓ cup salad oil
- 1 teaspoon ground ginger
- 1 teaspoon soy sauce
- ¼ cup butter
- 1 6-ounce can frozen concentrate for Pineapple-Lemon Punch
- 1 No. 303 can sliced pineapple
- 1 avocado, peeled and sliced
- 6 cups cooked rice
- ½ cup sliced or slivered toasted almonds

Season chicken with salt. Heat oil in large skillet and brown chicken on both sides. Arrange in baking dish. Combine ginger, soy sauce, butter and Punch in saucepan, heating through until blended. Pour sauce over chicken; cover.

Bake in moderate, 350 degree, oven 40-45 minutes or until meat is tender. Baste occasionally while baking. Arrange chicken on rice and pour sauce over. Heat pineapple in skillet, browning on both sides. Arrange pineapple and avocado slices around chicken; sprinkle all with toasted almonds.

Valencias Are Coming

California oranges are available the year round but the two principal varieties change with the seasons. In market November to May are Navel oranges, identified by the "navel" formation at blossom end. From May to November, Valencias are in market. April finds Navel oranges going, Valencias coming; both very good buys at any time.

Small Worlds Around Us

By Lynn W. Watkins
(Register & Tribune Syndicate, 1961)

When Swift Gets Lined Up. You Just Can't See Him

It would be the most natural thing in the world to look for the "swift" to be on a fence, but the little lizard is equally at home on a tree or even scurrying around in the sand.

The family of swifts, (and they are) of which there are somewhat over two dozen kinds in the the United States, are true lizards. Most of them prefer dry, sandy areas, some even having never been observed anywhere near water, seeming to get all the moisture they need from the dew that gathers on foliage.

They live entirely on insects which they stalk with stealth and cunning. The swift, commonly called the "fence, or swift lizard" has a tail slightly longer that the body, but the overall length seldom exceeds five or 5½ inches. The tail is very flexible and can be lashed in such a way as to make the little animal appear very vicious and dangerous, although actually he is perfectly harmless.

Flexible Neck

The animal's neck is also flexible, allowing the swift to look easily in any given direction. Unlike their reptile relatives, the swifts are very alert, active and wide awake.

The fence lizard, although related to the smaller-bodied chameleon, does not have the chameleon's ability of changing its body color. Actually the fence swift does not have to; his body-camouflage is "built-in," and it could hardly be improved on as his permanent color.

Markings of black and gray closely resemble the bark of a tree, and he wisely knows enough to select that particular kind of tree on which to sit in order to be as nearly invisible as possible.

Lines Match

The black lines in the bark match up with the dark lines on the lizard body, and both leave off, and begin, at exactly the same place.

The lining up of the body stripes with the markings of the tree bark is not at all an accident; the lizard has some sort of color sense that tells him when his markings line up with the bark. If, at a given instant, when the swift first comes to rest on the bark, his position is not exactly right, he will shift his body, turn his head stretch out his neck or adjust himself until he actually disappears from sight. Even his bright little eyes resemble dark spots on the tree trunk.

And how very well and honorably he wears his "cloak of invisibility;" how convenient would such an arrangement be for a human who, placed in an embarrassing position or predicament, wants to "fall right through the floor." "Now you see him, now you don't," is easy for the fence swift; he can actually disappear right before your eyes.

Popularity of Yard Fences Returns

Getting out in the wide open spaces is sure-fire summer fun–but not if you're about 5 and the "open spaces" are streets or drives.

Safety, plus privacy and exciting new decorating possibilities for your yard, pool, patio or garden are important factors that have sparked the return to popularity of fences in recent years.

Ranging all the way from tiny edges to protect delicate plants and shrubs up to complete enclosures that keep out everything but the sun, today's steel fences are long-lived, easy to maintain and available in styles to suit and taste.

Of recent development are rail and picket fences of galvanized steel which come in a choice of baked enamel colors.

Don't overlook the wide variety of galvanized steel chain link models that are right for any well-dressed yard.

Two Sentenced To Jail Terms in District Court

Two men have been sentenced to 15 days in the county jail for petty larceny.

David Hezekiai Manning, 39, Crater hotel, 30 South Central ave., pleaded guilty in district court Tuesday to charges of taking food from a Medford market.

Edwin Leroy Goldberg, 62, Camp White, was found guilty of petty larceny and charges of taking a bottle of wine from a Medford market April 13.

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