

Fresh trout, served hot from the grill with crisp golden French fried potatoes, make a taste-tempting meal.

fish cookery alfresco



Family Weekly Cookbook

MELANIE DE PROFT

Food Editor

On a warm summer day, enjoy a bounteous catch cooked out-of-doors on a grill. The fish cooking suggestions here include fish grilled directly over the coals, fish fried in a skillet, and fish-vegetable combinations cooked in aluminum-foil packets. And remember paper plates and cups spell convenience whenever you dine casually alfresco.

Grilled Trout with Herb-Lemon Butter

- 3 or 4 trout, about 10 oz. each
- ¼ cup butter or margarine
- 2 tablespoons lemon juice
- ½ teaspoon chervil
- ¼ teaspoon tarragon leaves, crushed

1. Place trout on a greased grill 3 in. from coals; grill 5 min. on each side, or until done.
2. Meanwhile, heat butter or margarine, lemon juice, and herbs together in a small saucepan on grill until butter or margarine is melted. Stir until blended.
3. Serve trout with the *French Fried Potatoes*, drizzling lemon butter over the trout and, if desired, over the potatoes. *3 or 4 servings*

French Fried Potatoes

- 2 9-oz. pkgs. (or a 1-lb. pkg.) frozen French fried potatoes (do not thaw)
- 1 teaspoon salt

1. Cut two 18x14-in. pieces of aluminum foil. Turn up all edges 1½ in.; miter corners securely and fold tips against sides. Puncture bottom of pan at frequent intervals to form holes ¼ to ¼ in. in diameter.
2. Spread the potatoes one layer deep in pan and sprinkle with the salt. Set on grill 2 to 3 in. from coals (mound coals slightly to concentrate heat). Grill until potatoes are golden brown; occasionally shake pan and turn potatoes to insure even browning. *3 or 4 servings*

Fish Dinner De Luxe in Foil

- ½ cup butter or margarine
- ½ cup chopped celery
- ½ cup chopped onion
- ½ lb. fresh mushrooms, sliced
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 teaspoons Worcestershire sauce
- 2 cups coarsely crumbled saltines
- ¼ cup finely snipped parsley
- 6 fish filets (sole or flounder)
- 6 tomatoes
- 6 ears sweet corn, husked and brushed with melted butter

1. Heat the butter or margarine in a skillet. Add celery, onion, and mushrooms; moving and turning occasionally, cook 5 min., or until mushrooms are lightly browned.
2. Stir in the salt, pepper, and Worcestershire sauce. Mix in the crumbled saltines and parsley until thoroughly blended.

3. Form a ring with each fish fillet, overlapping ends and fastening with wooden picks. Place each rolled fillet on an 18-in. square of heavy-duty aluminum foil.

4. Fill each fillet with stuffing, reserving 6 tablespoons. Cut out stem end from each tomato and fill with 1 tablespoon of the stuffing. Add a tomato and an ear of corn to each packet. Sprinkle each ear of corn lightly with salt.

5. Wrap packets securely, using a drugstore fold. Place on grill 3 in. from coals and grill 10 min. Turn packet and grill 10 min. longer, or until fish and vegetables are done. *6 packets*

Fish Steaks à l'Orange

Blend together ¼ cup butter or margarine, melted, ¼ cup frozen orange juice concentrate, undiluted, and 1 teaspoon salt. Put ½-in. thick halibut steaks (allow about 5 oz. per serving) on a greased grill about 3 in. from coals. Brushing frequently with sauce, grill about 4 min. on each side, or until fish flakes easily when tested with a fork. *About 6 servings*

Pan-Fried Fish with Corn Meal Coating

Coat 6 trout or other pan fish (8 to 10 oz. each) with a mixture of ¾ cup corn meal and 1 tablespoon salt. Set a large, heavy skillet on the grill 3 in. from coals; add and heat enough butter, margarine, or other shortening to make a layer ¼ in. deep. When fat is hot, place fish in pan and fry until crisp and brown, 4 to 6 min. on each side, or until fish flakes easily. Serve immediately with lemon wedges.

(Continued on page 11)