

Use Imagination-Try New Fish Dishes, Famous Chefs

Economy: In these days of such tremendous pressure on the home-maker's budget, fish has come into its own as a "budget stretcher." Having the protein content of lean beef, fish is an ideal money-saver - you can give your family delicious dinners at lower cost. And by varying the recipes and by using new types of fish, you will please everyone in your family.

Try new varieties: Most home-makers, unfortunately, follow the line of least resistance - in preparing fish, they are prone to "bet on safe things." Most of them stick to sole, halibut, or salmon - the red-fleshed silver salmon, meeting with a new variety will not tempt with family approval, and enjoy it. Family acceptance and enjoyment will follow if you get out of your rut and try new varieties prepared in new ways. One of the finest food fishes is the Pacific salmon, delicate in flavor, fine-textured, excellent for broiling, broiling, casserole dishes. Another is Chum Salmon, a solid, firm-textured, "meaty" fish. Many compare it to swordfish in texture and flavor. Both Pacific Cod and Chum Salmon are among the varieties you should try.

EASY ON HEAT
Don't overcook fish! One of the reasons that most people don't get the enjoyment out of fish that they should is a rather frequent tendency to overcook fish. How often you have said, when eating out in some famous seafood cafe, "I wish I could cook fish that would taste like this." One of the differences between the professional chef and the good home cook is that he knows the secret of preserving the delicacy and deliciousness of fish lies in "cooking it gently." That is, the time and temperature on these recipes are probably much less than you (the home-maker) would dare use.

Get out of your rut! Not only does the average home-maker take a rather third stand on the variety of fish she cooks - she is also usually a rank conservative in manner of cooking. She may have a roast or stew, but only too often when fish is the main dish, she sticks with her rut of "steak and broil or bake." Occasionally, she may broil or bake - but she can never learn the endless variety of truly great fish dishes, unless she is willing to take the advice and counsel of great chefs, and literally "try anything" in the way of recipe.

RECIPES BY FAMOUS CHEFS

HALIBUT FLORENTINE
Fishesman's Wharf
1 pkg. Halibut
2 green onions
2 oz. white wine
2 egg yolks
4 oz. cooked spinach
2 lemons (juice only)
2 oz. grated cheese
1 cup thick cream sauce
Cover halibut with water in shallow sauce pan or casserole, add wine and juice of lemons, cover and boil 3 minutes. In another pan, saute cream sauce, bread from halibut, fine-chopped spinach and onion, salt and pepper to taste, and bring to boil. Remove from fire and stir in egg yolks. Pour over halibut, sprinkle with grated cheese, bake in 400 oven until golden brown.

LOD VERA CRUZ
Trader Vic
2 pkgs. cod
1 medium onion
1 bay leaf
2 green peppers
1 lb. butter
1 large tomato
black pitted olives
salt, pepper, flour
Thaw fish and spread with butter, then roll on the cooking flour. Place in baking pan and top with sliced peeled tomato and onion, dot with sliced olives; sprinkle with salt and freshly ground pepper; add bay leaf. Bake 30 minutes in 250 oven.

STUFFED FILLET OF SOLE AU GRATIN
Hotel Claremont
1 pkg. Sole
1 cup cream sauce
1 cup stuffing
1 cup grated cheese
Thaw sole. Stuff slices with your favorite poultry stuffing and fix with toothpicks. Place in casserole or deep baking dish; pour over cream sauce; cover with grated cheese; bake in 350 oven about 1/2 hour.

BAKED FILLET OF SALMON
Hotel Fairmont
2 pkgs. Salmon
2-3 cup pure cream
1 lb. butter
Juice of 1 lemon
4 egg yolks
salt and pepper
Place salmon fillets in well-buttered baking dish, spatter lemon juice on, salt and pepper to taste, bake 5 to 6 minutes in 350 oven, and remove fish to hot platter. To juice left in pan, add cream, heat until thickened, and remove from fire. Mix egg yolks, 1 tsp. cream, and remainder of butter, add to hot sauce in pan, and mix well. Pour over fillets, and garnish with fine-chopped parsley.

BROILED FILLET OF SOLE
Beverly Hills Hotel
2 pkgs. fillet of sole
6 white Peppercorns
3 cups fresh white bread raspings
1 cup olive oil
1 tsp. Hungarian Paprika
Bearnaise sauce
Season olive oil with crushed peppercorns and paprika. Dip fillets in oil mixture, drain off excess oil. Put on as much bread raspings as will cling, and cook on hot buttered grill until golden brown. Serve plain or with Bearnaise sauce.

BAKED FILLET OF SOLE ITALIENNE, POIPIORTE
Claro's, Los Angeles
1 pkg. sole

lemon and melted butter. Serves 4.

BAKED HALIBUT CALIFORNIA STYLE
Ambassador Hotel
1 pkg. Halibut
2 lb. flour
1 salt and pepper
1/2 lb. melted butter
1/2 cup grated Parmesan cheese
Lemon juice, parsley, minced onion and minced carrot
Cut halibut fillets in 1" thick pieces. Roll slightly in water seasoned with a little lemon juice, salt and pepper, a little minced onion and bits of minced carrot. Make sauce with flour, melted butter, and minced onion, carrot, onion, adding Parmesan cheese. Put halibut in baking dish, cover with sauce, bake in hot oven for 15 minutes.

PACIFIC COD, POINT FIRM
Ambassador Hotel
1 pkg. Pacific Cod
1 cup fresh cracker meal
1/2 cup butter, lemon juice
Catching
Chili sauce
1/2 cup dill pickle
1/2 cup horseradish sauce
Parsley
Season fillets with salt, pepper, lemon juice. Roll in cracker crumb and fry in deep fat. Serve with sauce made of 1-3 catchup, 1-3 chili sauce, 1-3 mayonnaise, chopped dill pickle, little horseradish sauce, lemon juice and parsley.

LOMI LOMI SALMON HAWAIIAN STYLE
Trader Vic
1 pkg. Salmon
1/2 cup lime or lemon juice
2 hard-boiled eggs
1 tsp. chopped onion
2 tbsp. diced cucumber
1 lb. sliced tomato
Cut salmon fillets into thin strips, let stand half an hour in strong solution of salt water. Rinse with fresh water, place in bowl and cover with lime or lemon juice. Let stand at least an hour and a half. Mix with hard-boiled eggs, chopped onion, diced cucumber and sliced tomato. Chill and serve.

FILLET OF SOLE, VICTOR HUGO
Trader Vic
1 pkg. Sole
1/2 lb. butter
1/2 cup California shrimp
1-3 cup grated Cheddar cheese
1 cup cream sauce
A-1 Sauce, mustard
Flour and season fillets. Saute in butter until golden brown. Place in baking dish, cover with cheese sauce made of grated cheddar cheese, cream sauce, a little A-1 Sauce and mustard. Top with California shrimp and slip under broil.

SKIPPY FILLETS OF HALIBUT
"Seaside", Hollywood
2 pkgs. Halibut
4 green onions, chopped
4 tomato slices
1 tsp. flour
1 lb. butter
2 oz. cream
curry powder
salt and pepper
Place fillets in well-buttered casserole, top each with tomato slice and chopped green onions, season with salt, pepper, a touch of paprika and curry powder, add lemon juice and dots of butter. Cover and bake in 350 oven for 15 to 20 minutes. Drain juice into separate skillet, on low flame, add flour and melted butter to form a flowing paste, let boil, remove from fire, add cream, season to taste. Pour over fillets, re-heat in oven without cover. Serve in casserole.

FILLET OF COD PROVENCALE
Palace Hotel, San Francisco
1 pkg. Cod
1 clove garlic
Milk Flour
1 cup olive oil
1 lb. fresh tomatoes
1/2 lb. butter
chopped parsley
salt and pepper
Season cod with salt and pepper, roll in milk and flour, and saute in olive oil until golden brown. Peel and quarter fresh tomatoes, and stew with 1/2 clove of garlic 15-20 minutes. Pour out oil from pan, add butter, 1/2 clove garlic, chopped fine, and 1/2 tsp. chopped parsley; return to fire for a few minutes, and pour over fish. Top cod fillets with tomatoes.

BAKED HALIBUT FAMILY STYLE
Ambassador Hotel, Los Angeles
2 pkgs. Halibut
1 cup oil or melted butter
Fresh bread crumbs
Salt, pepper, lemon juice
Cut halibut into strips, dip in oil or melted butter, sprinkle with salt and white pepper and a few drops of lemon juice. Roll in bread crumbs. Bake in well-buttered pan in moderately hot oven for 20-25 minutes. Serve with quartered

until cheese sauce bubbles and browns slightly.

HALIBUT VERA CRUZ
Trader Vic
2 pkgs. Halibut
3 tbsp. thick sweet cream
3 tbsp. mayonnaise
1 tsp. finely chopped parsley
20 black pitted olives
1 tsp. oil
Juice of 1 lime
Salt, freshly ground pepper
Season fillets with salt, pepper, lime juice and oil. Bake in medium oven for 15 minutes. Remove to platter, cover with mayonnaise well blended into cream, add parsley and olives.

FILLET OF SOLE, SUPREME
Hotel Claremont
1 pkg. Sole
Juice of 1 lemon
2 tsp. olive oil
2 eggs
Flour
Salt, pepper
Mix lemon juice with olive oil, salt and pepper. Marinate fish in this mixture for a minutes. Dip sole in flour, then in beaten egg, fry in olive oil. Serve with Tartar Sauce.

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Sunshine Ginger Snaps 7 1/2-oz. **18c**
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