

Let's Talk About Salmon

Fishing, fish canning and fish freezing don't exactly vie with the tales the deer hunters tell, prior to, during and after the annual deer season, but they are important subjects to the womenfolk of the fisherman, which are legion in this area.

It is interesting to know what other people do with the salmon that are brought home from the Rogue, the coast and any of the Oregon streams where steelhead abound.

The salmon is scalded and scraped to remove the scales, of course, but the skin is left on. If you are buying salmon by the slice in a local market, this has been done for you.

To cook, it is suggested that large chunks or small whole fish be baked. Brush with melted shortening or strip with bacon. Season, inside and out, with salt and pepper. Place in greased baking pan and bake in a moderate oven, 425 degrees, for about 15 minutes per pound, depending upon thickness.

A tomato sauce, egg, lemon, parsley, chive or white wine sauce may accompany the baked salmon. Also, it may be served hot or cold with equal success. Some persons prefer tartar sauce.

In cooking sliced salmon, try seasoning with a dusting of mar-

joram or basil or thyme for variety. Restraint should be used in seasoning.

Tartar Sauce For Salmon
 1 cup mayonnaise
 1/2 cup minced dill or sweet sour pickle
 1 tablespoon lemon juice
 1 to 2 tablespoons grated onion

Be sure to drain pickles well or the sauce will be too thin.

EGG SAUCE
 4 tablespoons butter or margarine
 3 tablespoons flour
 2 cups rich milk
 2 chopped hard cooked eggs
 Salt and pepper
 Few grains cayenne

Melt butter; blend in flour, then add milk and cook and stir until sauce is smooth. Add eggs and heat and season with salt and pepper and few grains of cayenne or tabasco sauce. Remove from heat and add lemon juice or use white wine and add chives and parsley. Serve immediately. Serves six.

WINE OR LEMON SAUCE
 Use 4 tablespoons of flour in egg

sauce recipe. Omit eggs and season with 2 tablespoons lemon juice or white wine after sauce is removed from heat. The acid of the lemon or wine will thin the sauce if added while heating and will thin the mixture if it is reheated after adding the lemon juice or wine. Add parsley or chives or a scraping of onion if desired.

FRIED SALMON
 Wipe salmon slices with a damp cloth. Dip slices in fine cracker or bread crumbs, flour or cornmeal. Then dip in egg, beaten with 1 tablespoon milk or water, then in crumbs again. Fry in 1/4 inch fat until tender and well browned, turning once. A half-inch slice will take about five minutes to a side. Serve with lemon or parsley garnish or with tartar or other fish sauce. Allow from 1-1/2 to 1/4 pound of salmon slices per serving.

Fish can be fried without coating if desired, but if you aren't going to coat it, why don't you broil the slices instead? Brush with melted fat and turn just once.

SALMON LOAF
 2 cups cooked flaked salmon
 2 slightly beaten eggs
 1 cup soft bread crumbs or 1/2 cup cracker crumbs or dry bread crumbs
 1/2 cup milk, thick cream or tomato juice
 Salt and pepper
 1 tablespoon melted butter or margarine
 1 tablespoon chopped parsley (optional)
 1 tablespoon finely minced onion
 1 tablespoon finely chopped celery

Remove skin and bones from salmon. Combine other ingredients and mix well with fish. Pack lightly into well greased loaf pan. Bake in moderate oven, 350 degrees, for about 45 minutes or until firm. Unmold and serve with well seasoned white sauce, egg sauce or tomato sauce. Serves four to six.

BAKED SALMON SANDWICH
 6 slices bread
 1/4 cup minced onion
 3 tablespoons butter or margarine
 3 tablespoons flour
 1 1/2 cups milk
 1/2 teaspoon salt
 2 1/2 cups cooked or canned salmon
 1 tablespoon lemon juice
 1/4 cup grated American cheese
 2 teaspoon chopped parsley

Place bread slices in baking pan or shallow casserole or use toast. Cook onions in butter in frying pan until tender. Add flour, milk, salt and pepper and cook until thickened and smooth, stirring constantly. Add salmon from which skin

and bones have been removed, and lemon juice. Pour over bread slices. Sprinkle with grated cheese and parsley. Bake in moderate

oven, 350 degrees, for about 30 minutes or until thoroughly heated and cheese is melted and delicately browned. Serves six.

BOILED FISH
 Wipe piece of fish which has been cleaned and scaled and tie in a piece of cheese cloth. Place in deep

pan and cover with hot but not boiling water. Simmer until done. Add to the water bay leaf, nutmeg, peppercorn, small pieces of onion,

celery and carrot — to produce the balance of flavorings you desire. Allow about 15 to 18 minutes a pound for boiling fish.

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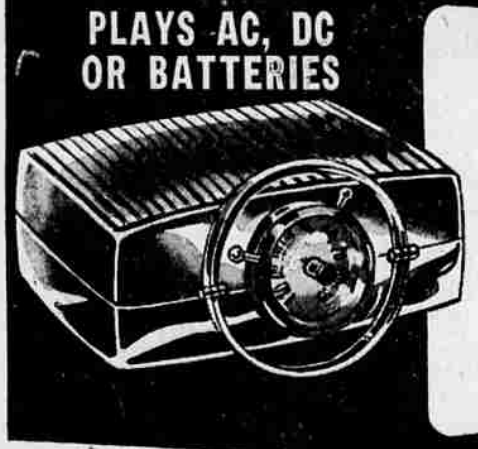
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STAVANGER SALAD was created by Lucien Toucas, executive chef of New York's Hotel Astor. Ingredients include a 3 1/2 oz. can of Norway sardines, 3 tomatoes, 3 hard-cooked eggs, 1 stalk of celery diced, 3 green olives, half head of crisp lettuce, shredded, and salt and pepper to taste. Drain sardines; mash all but 12 (can will contain from 20-22 whole sardines). Blend mashed sardines with diced celery; season to taste. Slice tomatoes into quarters, slicing them from the top to about 1/4 inch from bottom. Stuff with mixture. Garnish with tomatoes with remaining whole Norway sardines and top with green olives. Arrange shredded lettuce on serving dish. Arrange tomatoes on lettuce with sliced hard-cooked eggs. Top tomatoes with a dash of mayonnaise or serve on the side. Makes 3 generous servings.

ROCKERS HIGH STYLE

You can't beat the comfort of a rocking chair and they are returning to the home furnishings scene in subtle styles, according to the Home Furnishings Industry Committee. Both rockers and platform rockers have been given a complete face-lifting to fit the decorating needs of the modern home-maker. In re-styling rockers to add attractiveness to the home, designers have kept in mind the variable tastes and requirements of the individual homemaker. Particularly noticeable is the trend toward concealing the rocking frames.

LIFETIME LUXURY

Today's furniture is highly functional and possesses many lasting qualities. This is true not only in the products used in construction but in furniture styles as well. There are new developments in upholstery. Leather is being combined with fabrics. Plastics that look like leather have achieved new elegance. Wool fabrics are woven with nylon to give longer wear and easier maintenance. A lifetime of luxury is afforded by the ease of maintenance and durability.

NEW BOOKLETS

The American Home Economics Association, 1600 Twentieth Street, Washington 9, D.C., has recently issued a two-color booklet costing 35 cents designed to inform high school seniors and college students about the increasing opportunities of home economists in business and how to prepare for them. Title of the 20-page booklet is "Career Opportunities in Home Economics in Business."

REFUGEES

BERLIN (AP)—Thirteen members of the East German people's police asked political asylum in allied West Berlin Tuesday on the first day of a Communist Party congress in the Soviet sector of the city.

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