

Name "Halibut" From Middle Ages

There's no finer fish in the sea than the giant halibut, which swims in the cold waters of the North Pacific off the shores of Oregon, Washington, British Columbia and Alaska. For centuries this huge fish has been considered good eating. Its very name bears this out. In fact, the Halibut Association of North America tells us that the English in the Middle Ages so esteemed the fish, which they thought of as a giant flounder, that they served it on holy and feast days, and called it "holy-day-butte," butte being their word for flounder. This name evolved to halibut, and finally to our word halibut. There are many ways of preparing halibut. One of the easiest is to broil it and serve it with a simple hot interesting sauce, such as the following:

BROILED HALIBUT WITH PIMENTO BUTTER SAUCE
1½ pounds halibut steaks, fresh or frozen
2 tablespoons melted butter or margarine
½ teaspoon salt
½ teaspoon pepper
Paprika

If fish is frozen, let thaw on refrigerator shelf or at room temperature. Preheat broiler and pan. Place fish on pan and brush with butter, seasoned with salt and pepper. Sprinkle with paprika. Broil about 2 inches from source of heat for 5 to 8 minutes. Turn steaks; brush with more seasoned melted butter and sprinkle with paprika. Broil 5 to 8 minutes longer, or until fish flakes easily when tested with a fork. Baste once with remaining butter during the broiling time. Remove carefully to a warm platter and serve with Pimento Butter Sauce. Makes four servings.

PIMENTO BUTTER SAUCE
1½ cups pimento in 3-4 cut butter or margarine. Remove from heat and stir in 1 tsp. lemon juice. Serve hot.

An easy way to prepare halibut steaks is by poaching the fish. A delicious way to serve it is with the Filbert-Wine Sauce described below. The poaching method is ideally suited to this white-meat fish, so popular throughout the United States, because when first-fished halibut steaks are carefully handled, there is no need to do them in chutney, the usual fish-poaching method. The Halibut Association of North America suggests the following:

POACHED HALIBUT WITH FILBERT-WINE SAUCE
For four persons, plan on 1½ pounds of halibut steaks. If they are frozen, let them thaw on refrigerator shelf or at room temperature. Into a skillet or pan large enough to hold steaks side by side, pour water at least 1½ inches deep. Add 1 teaspoon salt and 2 teaspoons pickling spices. (Or make a court bouillon by adding to water 1 stalk celery, few slices carrot and onion, 2 sprigs parsley, three or four peppercorns, 1 bay leaf and a tablespoon vinegar or lemon juice.) Bring water to boil and let simmer for about 15 minutes. Add fish and simmer (do not boil) 10 to 20 minutes, or until fish flakes easily when tested with a fork. Carefully remove steaks to a warm platter and serve with Filbert-Wine Sauce (recipe below).

FILBERT-WINE SAUCE
½ cup sliced filberts
2 tablespoons butter or margarine
1 cup white wine
½ cup water
2 to 3 drops Tabasco
½ teaspoon salt (omit)
Pinch of basil
1 teaspoon cornstarch
Toast filberts lightly in butter or margarine. Stir in next 5 ingredients. Bring to simmer. Simmer cornstarch in small amount of water and stir into simmering liquid until clear and slightly thickened. Serve over poached halibut. Yields 1 cup sauce for four servings.

"SMOULDERING" CHICKEN
Here's a quick oven-baked chicken. Set oven at 350 degrees F. Melt butter in a baking pan to oven to coat pieces of chicken. Sprinkle instant minced onion, salt and pepper over chicken and bake for about 45 minutes, or until tender, basting about every 10 minutes with white wine or broth.

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chopped fish
meaty mix
kidney'n meat

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Tomatoes

Gardenside Red-ripe 6 cans **\$1.10**

Tomato Sauce

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Sugar Important In Young Diets

One of the problems young people seem to be more conscious today is of their weight. The fear of gaining weight worries both boys and girls to the extent they sometimes skip meals or eat less than they need in their anxiety to avoid fatness and overweight. Young people often make an unwise choice of foods for the daily diet. Parents can help their children by seeing they get a well-balanced and sensible diet that includes all the nutrients. Because sugar is the rapidly growing years the youngsters' bodies demand more energy. Since sugar begins furnishing energy soon after it's eaten—with so few calories, only 18 calories in a teaspoon—it is a good way to get extra energy without fat, work and play.

If the youngster has a tendency to overeat and consume more calories than the body expends in energy, the sensible way to attack this problem is to cut down on foods not cut them out. This assures that all the nutrients, proteins, vitamins, minerals and carbohydrates (starches and sugars) will still be included in the diet. Since these nutrients are found in ordinary, familiar foods expensive special diet or pharmaceutical products are not necessary. In the case of artificial sweeteners, they add a sweet taste to food and nothing else. Sugar provides quick energy, a sweet flavor and also brings out the natural flavors of other foods.

In addition, sugar and sugar-containing foods play a very important part in weight control and dieting through the satisfaction of the appetite. It has been discovered that snacks eaten before meals elevate the blood sugar level, pacify the pangs of hunger, prevent overeating and help to reduce the total intake of calories. Note, however, the snack is counted in the total calories for the day. No artificial sweetener can be expected to curb the appetite since it does not have any effect on the blood sugar level.

With a little sugar in the diet, the appetite is appeased with smaller portions of everything. For example, here's an easy recipe for a wholesome cookie between-meal snack. One cookie contains approximately 14 calories. Taken with a small glass of skim milk (45 calories) this snack provides quick energy as well as satisfaction to the appetite.

ORANGE KISSES
2 egg whites
¼ cup granulated sugar
¼ teaspoon salt
¼ teaspoon grated orange rind
¼ teaspoon orange juice
Whip egg whites and salt, with wire whisk or rotary egg beater, until stiff but not dry. Add sugar slowly, beating constantly. Fold in remaining ingredients. Drop from spoon onto lightly greased tin. Bake in slow oven (250 degrees) 45 minutes to 1 hour until partly dry. Remove while hot.
Yield: 2½ dozen. 14 calories per cookie.

PEACH-BERRY SHELLS
A real beauty winner! Crowns of golden-canned cling peaches glazed with plain white meringue shells. They're easily prepared. Rinse, hull and crush 3 cups fresh strawberries. Add ½ cup sugar, 1 tablespoon lemon juice and 1½ tablespoons cornstarch. Cook and stir over low heat until thick and clear. Cool. Arrange well-drained canned cling peach slices in individual baked meringue shells. Spread strawberry glaze over peaches and chill until serving time.

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