



**SOUTHERN STYLE** — Got down into the Southland and you'll find Shrimp Creole on menus in the finest restaurants. Southern cooks use lots of seasoning as does this recipe for a dish that will delight those fond of shrimp.

### Seafoods Both Healthy 'N' Good

There's an ancient proverb that says, "Eat to live. Thy prayers repeating. Think not life was made for eating." There is still a lot of truth in this, for though eating should rightfully be a pleasure, we are all aware of the perils of overeating.

We have come to realize the dangers of overweight and could be wise to take a tip from people in less prosperous countries, who, relying on low fat seafoods and cereals for protein, are less likely to be overweight and have a lower incidence of heart disease and strokes.

Try these recipes:

#### SHRIMP CREOLE

- 1/2 POUND RAW P.E.E.L.
- 1 pound raw peeled and cleaned shrimp, fresh or frozen
- 1/4 cup flour
- 1-3 cup melted fat or oil
- 1 cup hot water
- 1 can (8 ounces) tomato sauce
- 1/2 cup chopped green onions and tops
- 1/2 cup chopped parsley
- 1/4 cup chopped green pepper
- 4 small cloves garlic, finely chopped
- 1 1/2 teaspoons salt
- 1/2 teaspoon crushed whole

thyme  
Dash cayenne pepper  
2 whole bay leaves  
1 lemon slice  
2 cups cooked rice

Thaw frozen shrimp. Cut large shrimp in half. Blend flour into fat and brown, stirring constantly. Add water gradually and cook until thick and smooth, stirring constantly. Add remaining ingredients except rice. Cover and simmer 20 minutes. Remove bay leaves. Serve over rice. Serves 6.

Winter nights call for something different to warm the heart and satisfy sharp appetites. When the north wind blows, it's time to get out of the menu rut and serve something festive, like the Baked Stuffed Halibut Steaks suggested here. Carefully blended herbs give a peppery piquancy to the stuffing, in contrast to the

delicacy of tender, white-meated halibut. The Halibut Association of North America recommends making balls of the extra stuffing to help take care of ravishing teen-age appetites.

#### BAKED STUFFED HALIBUT STEAKS

- 4 small halibut steaks, or 4 large steak halves, fresh or frozen
- 6 tablespoons finely chopped onion
- 1/4 cup butter
- 1/4 teaspoon dried marjoram, crumbled (optional)
- 1/4 teaspoon dried thyme (optional)
- 1 teaspoon finely chopped parsley
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3 cups soft bread crumbs
- 1/4 cup finely chopped toasted almonds, pecans or wal-

nuts  
1/4 cup milk  
2 teaspoons lemon juice  
1/4 cup melted butter  
Paprika

If halibut is frozen, let stand 30 minutes at room temperature. Place two steaks on bottom of a greased shallow ovenware serving dish. Sauté onion in butter or margarine. Add herbs, salt, pepper, bread crumbs and almonds. Mix well and moisten with milk. Spoon part of stuffing over fish and make tiny balls from remaining stuffing to place around fish. Cover fish in dish with remaining fish steaks. Brush tops with lemon (made by adding lemon juice to melted butter), retaining some for basting while cooking. Sprinkle with paprika. Bake in moderate oven 375 degrees for 30 minutes. Serve garnished with lemon slices and

sprigs of parsley. Makes 4 to 6 servings.

#### HALIBUT STEAKS WITH EASY OYSTER SAUCE

- 1 pound halibut steaks, fresh or frozen
- 1 can frozen oyster stew, undiluted
- 1 (4 oz.) can small whole mushrooms
- Salt and pepper to taste

If halibut is frozen, let stand at room temperature 30 minutes. Combine thawed oyster stew and mushrooms in a large heavy skillet. Simmer halibut gently in this sauce for 20 minutes, or until it flakes easily with a fork. Serve hot. Makes 3 servings.

The easiest way to remove fat from soup stock and gravy is to chill the broth or sauce; the fat rises to the top and hardens and may be lifted off in pieces.

### Boneless Turkey Is Rated High

By FRANCES C. HALL  
County Extension Agent

"Boneless" turkeys were a hit with most homemakers who tried them last Thanksgiving. The success of one of the newest products of the Oregon turkey industry has been reported at the conclusion of a retail market test and consumer acceptance survey conducted by Oregon State University marketing specialists.

Of the 50 homemakers surveyed, 41 said that they would buy boneless turkey again if it is available and 20 replied that they would serve turkey more often if they could buy it in this form.

Although the Oregon turkey industry has been a leader in developing boneless turkeys and has one of the better products for sale, boneless turkey has not generally been available in retail stores.

During the test, boneless turkey

was sold in some Klamath Falls markets. Consumers had a choice of two kinds. One was rolled like a log with light and dark meat mixed. The second was molded into the shape of a turkey, with light and dark meat separated as in the regular turkey.

To suit individual taste differences, most consumers said they liked to have the two meats separated. More than two-fifths of the homemakers surveyed bought boneless turkeys weighing less than six pounds.

One of the things most liked about boneless turkey was the flavor. Convenience, ease of preparation, carving and slicing were other plus factors mentioned. Of the 23 who had reheated their turkeys since the first roasting, 20 said the flavor was the same as when it was first served.

Dislikes mentioned in the survey included dryness, the fact that boneless birds can't be stuffed and

no giblets. Two persons thought it wasn't as festive looking as a whole bird.

Practically all the dislikes mentioned can be overcome. Dryness was most likely caused by overcooking, because research conducted at OSU shows that the recommended temperature for whole turkeys is too high for boneless turkey.

Retailers were also complimentary about boneless turkey. Stores plan to carry the item through the Christmas holidays.

Retailers indicate that they believe boneless turkey is an item with "considerable potential" and one that could develop in popularity as boneless ham has done.

The survey indicates good acceptance of the product if available in sizes desired by consumers. However, introduction of boneless turkey on the retail market should be accomplished by an educational and promotional program to make consumers aware of it and how it should be prepared.

### Grade School Menus

- Monday, March 11**  
Roast Pork and Sweet Potatoes with Marshmallow Topping  
Buttered Green Beans  
Home Baked Hot Buttered Rolls  
Pear Gingerbread cake with sauce or Whipped Topping  
1/2 Pint Milk
- Tuesday, March 12**  
Pizza Pie  
Waldorf Salad  
Buttered Corn  
Pudding  
Cookie  
1/2 Pint Milk
- Wednesday, March 13**  
Vegetable-Beef Soup  
Raw Vegetable Finger Foods  
Filled Sandwich (meat or cheese)  
Chocolate cake  
1/2 Pint Milk
- Thursday, March 14**  
Barbecued Beef on a Bun (Homebaked Buns)  
Sunshine Salad  
Hot Buttered Vegetable

- Friday, March 15**  
Tuna a la King on Home-made hot Biscuits  
Buttered Spinach and 1/2 Egg Dish of applesauce and Cookie  
1/2 Pint Milk
- CURRIED CHIPPED BEEF**  
4 ounces dried beef, (1 cup shredded)  
2 tablespoons minced onion  
2 cups medium cream sauce, unsalted  
1 teaspoon curry powder  
2 tablespoons minced parsley
- Rinse dried beef in boiling water; drain. Sauté onions in butter before adding flour when making cream sauce. When sauce is done, stir in curry powder, minced parsley and dried beef. Heat through and serve over browned rice. Makes six servings.
- You can make a cover for a rolling pin by using a child's white stocking with the foot part cut off.

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