

Cookery Expert Set For Third Annual Cook School



FISH EXPERT—Mrs. Carolyn G. Sullivan, Regional Home Economist for the U.S. Fish and Wildlife Service Bureau of Commercial Fisheries, is a native of Oregon where she graduated from Oregon State University with a master's degree in Home Economics. Her previous experience has included teaching at Oregon State University in Corvallis, Oregon, and the University of Puget Sound, Tacoma, Washington; serving as western regional home economist for General Electric Company, and as nutrition consultant and executive director for the Washington State Dairy Council. Mrs. Sullivan will present a Fish Cookery Demonstration at the fairgrounds, Wednesday, March 27. Basic fish cookery will be demonstrated. Six easy-to-prepare recipes using fresh, frozen, and canned fish will provide new menu ideas and suggestions for including more fish in family meals. There will be door prizes and awards. Doors open at 12 noon.

Good Fish Recipes

CLAM CHOWDER (4 servings)

$\frac{1}{2}$ cupful minced onions
 $\frac{1}{2}$ cupful white part of leeks
 $\frac{1}{2}$ cupful of green peppers
 $\frac{1}{2}$ cupful shredded celery
 $\frac{1}{2}$ cupful tomatoes, skinned, drained of seeds and cut small
1 cupful raw potatoes cubed
4 tablespoons butter
1 tablespoonful Worcestershire sauce
2 cupfuls little neck clams, canned
2 cupfuls water
Salt, white pepper, nutmeg, chopped parsley
Braise onions, leeks, peppers and celery in butter. Add flour. Stir carefully until absorbed. Add tomatoes, broth drained off clams,

and water. When about two-thirds done add potatoes. Finish over slow fire. Put clams in last. Heat thoroughly, and season to taste. A sprinkle of chopped parsley is added when serving.

HALIBUT BAKED IN PARCHMENT (4 servings)

2 lbs. halibut
4 slices bacon
4 mushrooms, sliced
1 cupful shrimps, blanched and peeled clean
1 cupful fresh bread crumbs
1 small onion, chopped fine
2 branches celery, cut fine
1 egg only
2 ounces butter
1 sprig chopped parsley
Pinch thyme, white pepper,

salt, juice of 1 lemon
Parchment paper
Olive or salad oil

Remove meat from bones, skin, cut into portion pieces, salt and season, and sprinkle with lemon juice. Cut round pieces of parchment, dimensions of soup plates, and moisten with olive oil or salad oil. Saute onion and celery in one ounce of butter. Add bread crumbs, parsley, thyme, pepper, and salt. Bind with egg. Put spoonful of dressing on paper, place piece of fish on same and garnish with shrimps, mushrooms, bacon, and a piece of butter. Fold paper over fish to make edges meet and turn with finger inward, lapping over a small portion at the time, crimping it to

close tightly. Bake 25 minutes at 350 degrees. Make incision in paper when serving.

EASY OYSTER CASSEROLE

1 pint oysters
 $\frac{1}{4}$ pound mushrooms
3 tablespoons butter or margarine
1 can cream of mushroom soup
 $\frac{1}{2}$ cup crushed oyster crackers
 $\frac{1}{4}$ cup grated Parmesan cheese
1 cup whole oyster crackers
Place oysters in colander to drain. Cut stems from mushrooms and chop. Slice mushroom caps. Saute mushrooms in two tablespoons of the butter until soft.

Add mushroom soup and heat, crushed oyster crackers and Parmesan cheese. Place a layer of the crackers in the bottom of a well buttered one-quart casserole. Add a layer of oysters, then some of the mushroom soup. Continue with remainder of cracker mixture, oysters, and soup. Melt remaining tablespoons of butter. Add whole oyster crackers and stir to blend. Top casserole with crackers. Bake at 350 degrees (moderate oven) about 20 minutes or until hot and bubbly. Makes four servings.

Richard Boone of the CBS Television Network's "Have Gun, Will Travel" is a seventh-generation nephew of Daniel Boone.

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HERALD AND NEWS, Klamath Falls, Ore.

Tuesday, March 26, 1963



POLLY PACIFIC

presents . . .

"A Potpourri of Good Ideas"

THURSDAY, MARCH 28

at the 3rd Annual Herald and News
COOKING SCHOOL and FOOD FAIR



Be sure to see Polly Pacific (Bev Lyons) and her idea-packed program at the Herald and News Food Fair, Thursday at 1:00 P.M. You'll see demonstrations of new ideas for preparing familiar foods . . . you'll get handy tips on ways to make your homemaking chores easier with the modern electric helpers . . . you'll go home brimming with a host of ideas for preparing tasty and exciting family meals.

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