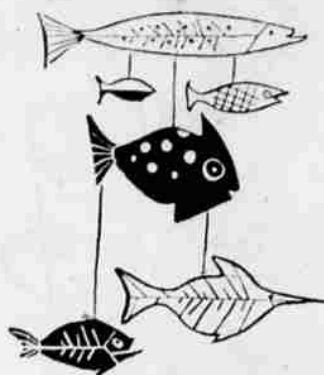


**Broiled Fish Steaks**

20 min.

▲ Base Recipe

Set temperature control of range at Broil and grease a broiler rack.

Wipe with a clean, damp cloth

2 lbs. fish steaks such as cod, halibut or salmon

(If using frozen steaks, thaw according to directions on pkg.) If possible, bring horsehoe ends of each steak together and fasten with a small shower to give oval shape. Arrange steaks on the greased broiler rack. Brush tops of steaks with one-half of a mixture of

¼ cup butter or margarine, melted
1 tablespoon chopped parsley or chives

Place broiler rack in broiler with top of steaks 2 in. from source of heat; broil 5 to 8 min. (depending upon thickness of steaks). Season steaks with one-half of a mixture of

1 teaspoon salt
½ teaspoon monosodium glutamate
¼ teaspoon pepper

Turn steaks carefully and brush second side with remaining butter mixture. Broil 5 to 8 min. longer, or until fish flakes easily. Sprinkle second side with remaining seasoning mixture. Remove carefully to warm serving platter.

Serve with lemon wedges or
Hollandaise Sauce

6 servings

—Broiled Fish Fillets

20 min.

Follow ▲ Recipe. Substitute fish fillets for steaks. Place skin-side down on greased rack. Broil 10 to 12 min. without turning. Brush fillets with butter or margarine during broiling.

Note: Steaks are cross-section slices of fish. Fish fillets are flat slices cut lengthwise from sides of fish.

Cooked Shrimp

25 min.

Wash in cold water

1 lb. fresh shrimp with shells
Drop shrimp into a boiling mixture of
1 pt. water
3 tablespoons lemon juice
1 tablespoon salt

Cover tightly. Simmer 5 min., or only until shrimp are pink and tender. Drain and cover with cold water to chill. Drain shrimp again.

Remove tiny legs. Peel shells from shrimp. Cut a slit to just below surface along back (curved surface) of shrimp to expose the black vein. With knife point remove vein in one piece. Rinse quickly in cold running water.

Serve cooked shrimp in creamed mixtures, shrimp salad, or as an appetizer with
Peppy Cocktail Sauce

½ lb. Cooked Shrimp

Note: Veins present in canned or frozen shrimp are removed in the same way.

Tuna-Stuffed Peppers

30 min.

▲ Base Recipe

A special kind of main dish that's easy to serve and easy to eat.

Grease a 2-qt. baking dish.

Rinse and slice stem ends from

4 large green peppers

With a knife or spoon, remove and discard white fiber and seeds. Rinse cavities. Drop into boiling salted water to cover and simmer 5 min. Remove peppers from water and invert. Set aside to drain.

Meanwhile, prepare

1 cup Medium White Sauce
(use cream for milk)

Blend into sauce and set aside

1 teaspoon lemon juice

½ teaspoon paprika

Drain and flake with a fork

1 7-oz. can tuna fish or 1 7¼-oz. can salmon

Combine with sauce; spoon mixture into peppers. Place in baking dish.

Bake at 350°F about 15 min. Just before serving, sprinkle with

¼ cup (1 oz.) grated Parmesan or Cheddar cheese

Other kinds of fish may be used, or combinations of several kinds.

4 servings

—Rice-Stuffed Peppers

30 min.

Follow ▲ Recipe; substitute **Tomato Sauce** for Medium White Sauce. Substitute **½ lb. ground beef** for tuna fish. Brown ground beef in 2 tablespoons shortening, breaking it into small pieces with a fork or spoon.

Prepare **¾ cup packaged precooked rice** according to directions on package. Mix with sauce and browned meat. Heap mixture into peppers and bake as in ▲ Recipe.

Fish Quick, Easy For Dinner Menu

FISH FACTS

1. Fish and shellfish have high nutritive value.

An average serving of fish (3-4 ounces, cooked) provides one-third to one-half of the day's supply of body-building protein. Fish is a valuable source of minerals such as iodine, calcium, and phosphorus. Fish also supplies B vitamins and some fish provide additional vitamin A and D. Fish is tender and easily digested so that it is particularly good for people of all ages.

2. Fish and seafoods add greater variety and flavor to meals.

Although most people are familiar with only about seven different kinds of fish, nearly 200 varieties are sold in the United States. In addition, there are about 40 varieties of shellfish in our food markets. Fish and shellfish are like cheese—there is a variety to suit every taste. Sauces and other added ingredients may be used to add flavor and color contrast. Try new varieties and new recipes so that your family may enjoy more of this appetizing, nutritious food.

3. Fish is economical to serve.

With the wonderful variety of fresh, frozen, and canned fish available to consumers, there are usually "good buys" in fish and shellfish, no matter what the season. Naturally, the most abundant varieties will be the best buys. Watch for seasonal supplies of fresh fish. With increased amounts of fresh frozen fish and shellfish in food markets, you can have excellent variety at reasonable cost. Frozen fish may be used interchangeably with fresh fish in recipes.

It is well to keep in mind that there is some difference in waste in the various forms of fish purchased. There is about nine per

cent waste in steaks, which are crosswise slices including a section of the backbone. There is no waste in fish fillets, which are boneless slices of fish, cut lengthwise from each side of the fish. There is as much as 55 per cent waste in some whole fish.

4. Fish is quick and easy to prepare.

Swimming is easy work for fish; they don't develop tough muscles. Basic rules for cooking most fish are few and easy to follow. They are:

a. Avoid over-cooking. There is no such thing as a tough fish. Fish is cooked when the protein is coagulated and the very small amount of connective tissue has been broken down. Fish is done when it "flakes easily when tested with a fork." Overcooking makes fish dry and rubbery.

b. Varies in fat content. Lean fish needs a little fat to keep it moist and flavorful. White flesh usually indicates lean fish. This includes halibut, sole, rockfish, and all shellfish. Basting with butter or cooking in a sauce is helpful. Fat fish often have colored flesh; for instance, salmon and tuna need no extra fat during cooking.

c. Handle as little as possible during cooking. Fish flesh is tender and delicate. If frying, turn only once and slip carefully onto serving plate to retain attractive appearance. Oven-frying fish will cut down handling and minimize cooking odor.

d. Frozen fish, fillets, and steaks may be cooked without thawing, but additional cooking time is allowed. An exception is Pacific Ocean perch, which is better thawed before cooking. If fish is to be breaded or fried or stuffed, it is easier to handle if thawed first.

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WHOever the cook...



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