

Hints for Homemakers

by SONDRA REID

Oysters Prosper in California Waters

Oysters are California's newest "herd" animal. Oyster farms have been fenced in, as fast as any cattle ranch, since the 1930s.

The fences, clearly visible above the water's surface in California's shallow bays, protect the oysters



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from such predators as the oyster drill and starfish. Fences also prevent the oysters from being covered by silt or straying into deep water.

California's multimillion dollar industry is carried on from Morro Bay north to Drake's Bay, Humboldt Bay and Tomales Bay. Most of those grown are imported as baby oysters—"seed" or "spat"—then allowed to mature for 18 to 24 months before harvesting.

The Pacific Giant oyster, the principal one produced in California, and a smaller oyster both originate in southern Japan. They are the largest varieties grown here.

Eastern oysters such as the bluepoint, which is about the size of a half dollar, are shipped overland as seed from the East Coast. Unlike Japanese oysters, eastern varieties stop growing if they are not harvested in two years.

The only Pacific Coast native is the Olympia, an inhabitant of Puget Sound. This tiny oyster, no bigger

than a dime, is considered most tender and succulent of its kin by many shellfish fanciers. Supplies of this prized oyster rarely meet the demand, however.

California now produces about 11% of the nation's supply. The state industry has grown rapidly since the mid-1930s, when importing of seed began on a large scale.

Contrary to a popular fiction, oysters are not poisonous or inedible in the summer. Commercially raised oysters are good the year around, though they are most tender and fat during the spring months before spawning.

The reason for the "R" month myth—the belief that oysters are edible only during the fall and winter, or months with R in their names—is that European oysters are of inferior quality during the summer spawning season.

Since oysters have a low fat content, care should be taken not to dry them in cooking. If they are cooked by dry heat, they should be basted frequently with butter, margarine or oil.

Because oysters and other fish and shellfish are pale in color, they are more attractive when served with a contrasting colored garnish. Green pepper rings, tomato wedges, lemon wedges, carrot curls and parsley all help to make oysters a handsome and delicious meal.

OYSTER STEW TUREEN

- 1/4 cup butter or margarine
- 1 qt. oysters
- 1/8 tsp. salt
- 1/8 tsp. pepper
- 1/4 tsp. celery salt
- 1 tsp. marjoram
- 1 qt. half and half
- Paprika

Brown butter lightly and add drained oysters. Cook about 4 min., or until

Flank Steak Is Delicious London Broil

Hearty flank steak, when tenderized and seasoned, makes a delicious London Broil.

LONDON BROIL

- 1 1/2-lb. flank steak, 1 to 1 1/2-in. thick
- 1/2 tsp. meat tenderizer
- 1/2 tsp. garlic salt
- 1/4 tsp. pepper
- 1 tbsp. oil
- 1 tsp. lemon juice

Allow meat to stand at room temperature to warm slightly. Sprinkle with tenderizer and pierce with a fork. Combine garlic salt, pepper, oil and lemon juice and rub over steak. Broil 3 to 4 in. from heat about 4 min. Turn and broil 4 min. Makes 4 servings.

edges begin to curl, stirring constantly. Add salt, pepper, celery salt and marjoram. Add half and half and heat until it foams but does not boil. Sprinkle with paprika. Makes 6 to 8 servings.

LA MER CASSEROLE

- 2 tbsp. butter or margarine
- 2 tbsp. chopped onion
- 1 clove garlic
- 1 tsp. salt
- 1 lb. raw shrimp, shelled and deveined
- 1 lb. raw scallops
- 1 pt. raw oysters, drained
- 3 tbsp. butter or margarine
- 1/4 cup flour
- 1 cup milk
- 1/2 cup beer or ale
- 1/2 cup light cream
- 1 cup grated Cheddar cheese

Heat 2 tbsp. butter in skillet and add onion, garlic and salt. Saute until onion is golden. Add seafood and saute only until shrimp turn pink on all sides. Remove from heat and remove garlic. Melt 3 tbsp. butter and slowly stir in flour. Pour in milk a little at a time, stirring constantly. Add beer and continue stirring and simmering until sauce is smooth and thickened. Add cream. Place seafood in shallow 1-qt. casserole and pour sauce over all. Sprinkle with cheese. Bake at 350 deg., 20 min., or until sauce is bubbly. Makes 6 servings.

OYSTER COCKTAIL SAUCE

- 1 cup chili sauce
- 2 tbsp. lime or lemon juice
- Hot pepper sauce
- 1 tbsp. horseradish
- 1 tbsp. Worcestershire
- 1 tbsp. minced celery
- 1 tbsp. grated onion
- 1/4 tsp. salt

Combine chili sauce, lime juice, hot pepper sauce, horseradish, Worcestershire sauce, celery, onion and salt, mixing well. Chill. Place oysters in cocktail glasses lined with lettuce and top with sauce. Makes about 1 cup sauce, or enough to serve 6 people.



FOR HEARTY APPETITES

Paul Bunyan Pancakes

A hearty Paul Bunyan breakfast of molasses pancakes, crisp bacon and coffee satisfies large appetites. These pancakes are more modest in size than those enjoyed by the legendary logger.

MOLASSES PANCAKES

- 1 1/4 cups sifted flour
- 2 1/2 tsp. baking powder
- 3/4 tsp. salt
- 1/4 cup molasses
- 3/4 cup milk

- 1 egg
- 3 tbsp. butter or margarine, melted

Sift flour with baking powder and salt. Combine molasses and milk. Add to slightly beaten egg. Stir in melted butter. Slowly add to flour mixture, stirring only until blended. Bake on a hot griddle, using 1/4 cup batter for each pancake. Serve with butter and molasses. Makes 12 pancakes.

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