

# Hints for Homemakers

by SONDRA REID

## COOK IT QUICKLY

### Grilled Fish a Succulent Dish

The outdoor grill cooks a variety of fish to succulent perfection. As in any other method of cooking fish, time should be short so fish is done yet still moist.

Any cut—steaks, fillets, whole or half fish—is satisfactory. Like other grilled foods, fish may be mari-



Sondra Reid

nated in a sauce, but 30 minutes is usually long enough for it to soak up flavor. Basting occasionally during the cooking adds flavor and moistness.

Wood chips may be added to the coals to give a light smoky flavor, complementary to fish. Soak the chips in water at least an hour before using and add a few at a time while cooking.

Grill fish in a spit basket or hinged wire grill. Or a basket can be fashioned by folding clean wire screen and securing the fish with poultry pins or similar size nails. Brush the fish and basket well with oil or other fat. Fish can be basted and turned without opening the basket.

Foil wrapped fish also is easy to handle on the outdoor grill. The length of time required for cooking is longer than in open grilling. Sauce is enclosed

in foil with the fish for added flavor.

Island style fish features flounder, halibut or swordfish marinated in lime juice, cooked over coals and served with a hot shrimp sauce. Additional shrimp and flaked crab meat garnish the fish.

#### ISLAND STYLE GRILLED FISH

2 lb. flounder, halibut or swordfish, 3/4 in. thick  
1/3 cup lime juice  
1/2 can frozen cream of shrimp soup  
1/2 cup dairy sour cream  
3 green onions, chopped  
1/4 cup melted butter or margarine

12 tsp. salt  
1/4 tsp. pepper  
1/2 tsp. basil  
1/2 cup cooked, cleaned shrimp

6 1/2 oz. can crab meat  
Cut fish into 6 pieces and place in a large shallow dish. Pour lime juice over fish and marinate for 30 min. Combine soup, sour cream and green onions in small pan and warm on back of grill.

Drain fish and brush with melted butter. Sprinkle with salt, pepper and basil. Rub spit basket with oil and place on spit rod. Arrange fish in single layer in basket. Use spit forks at ends of basket to hold fish in place. Adjust cover of basket, being sure it is not too tight, or it will tear skin or flesh of fish.

Cook on rotisserie over medium coals 10 to 15 min. or until fish flakes easily. Remove to warm serving platter. Add cooked shrimp and flaked crab meat to sauce and serve over fish. Makes 6 servings.

#### ORIENTAL HALIBUT STEAKS

2 lb. halibut steaks  
1/4 cup orange juice  
1/4 cup soy sauce  
2 tbsp. catsup  
2 tbsp. oil  
1 clove garlic, minced  
1/2 tsp. oregano  
Chopped parsley  
Lemon wedges

Place halibut steaks in a



**MARINE STEPS UP--** Mitchell Sayles, 19, son of Mr. and Mrs. Melton Sayles Sr., 1313 Van Buren Ave., was recently promoted from Private 1st Class to Lance Corporal in U.S. Marine Corps. Sayles, currently stationed in Da Nang, Viet Nam, has been Marine since 1963. He is scheduled for return to United States next April. Congratulations, Mitch!

single layer in a shallow baking dish. Combine orange juice, soy sauce, catsup, oil, garlic and oregano, stirring to blend. Pour sauce over fish and let stand 30 min., turning once. Remove fish, reserving sauce for basting. Place fish in well-greased hinged wire grill. Cook about 4 in. from moderately hot coals for 8 min. Baste with sauce. Turn and cook for 7 to 10 min. longer or until fish flakes easily when tested with a fork. Garnish fish with chopped parsley and lemon wedges. Serve with sauce, if wished. Makes 6 servings.

#### FISH FILLETS GRILLED IN FOIL

2 lb. fish fillets  
2 green peppers, sliced  
2 onions, sliced  
1/4 cup butter or margarine, melted  
2 tbsp. lemon juice  
2 tsp. salt  
1/4 tsp. dill seed  
1 tsp. paprika  
Dash pepper

Thaw fish fillets if frozen. Cut into serving-sized portions. Cut 6 pieces of heavy-duty foil 12x12 in. each. Grease foil lightly and place a portion of fish, skin side down, on foil. Top with green pepper and onion slices. Combine butter, lemon juice, salt, dill, paprika and pepper. Pour sauce over fish. Bring foil up over fish and close package with double folds. Place packages on grill about 5 in. from moderately hot coals. Cook 45 to 60 min., or until fish flakes easily when tested with fork. Makes 6 servings.

## Brotherhood In Action

(Reprinted from the CHICAGO DEFENDER)

The all-white First Methodist Church of New Milford, Conn., has approved the selection of the Rev. Readus J. Watkins as its first Negro pastor.

The Rev. Mr. Watkins has the rare distinction of enjoying two extreme experiences in the fulfillment of his pastorate. He is going from all-Negro St. Luke's Methodist Church of New Rochelle, N. Y., to an old lily white, fashionable New England community.

Some dismay over the selection of a Negro was expressed by a few old-time members of the church, but everybody agreed to help make Mr. Watkins' personal life and religious endeavor a success.

The chairman of the pastoral relations committee of the church, Arthur Carlson, declared that every committeeman wanted Mr. Watkins as the pastor and objections from parishioners were minimal. He said that a year ago the church board had voted to endorse any new minister solely on the basis

of character and ability without regard to color.

Mr. Watkins grew up in Germantown, Pa. He received his master's and theology degrees from Boston University. Before going to New Rochelle, he was in West Africa for two years working for Ghana on an educational project.

He is well prepared to meet both the theological and intellectual requirements of his new pastorate. This is progress of an inspiring sort when an all-white community can accept without serious dissent the services of a Negro minister.

It is just such demonstrations of Christian fellowship that will tear down the racial doors to the cage in which the Negro is held. If the Rev. Watkins can fill the spiritual and social needs of the good people of New Milford, both he and the New England community will have contributed their share to the advancement of racial peace, harmony and goodwill.

## BEEF A LA MODE

### Beef With French Accent

A rump roast is simmered with wine, bouillon, seasonings and vegetables for a hearty and flavorful French classic, Boeuf a la Mode.

1 bay leaf  
12 small carrots  
12 small white onions  
1/2 lb. mushrooms, quartered

Heat fat, add meat and brown on all sides. Pour off excess fat. Saute garlic in remaining fat. Add wine, water, bouillon cubes, pepper sauce, nutmeg, thyme, tarragon, celery tops and bay leaf. Cover and simmer 3 hr., turning meat occasionally. Strain liquid and skim off fat. Add carrots and onions. Cover and simmer 30 min. longer. Add mushrooms and cook a few minutes. Place meat on serving platter and arrange vegetables around meat and serve hot. Makes 6 to 8 servings.

#### BOEUF A LA MODE

1/4 cup bacon drippings or small piece of salt pork  
4 to 5-lb. rump roast  
1 clove garlic, crushed  
2 1/2 cups dry red wine  
1/4 cup water  
2 chicken bouillon cubes  
1 tbsp. hot pepper sauce  
1/4 tsp. nutmeg  
1/4 tsp. thyme  
1/4 tsp. tarragon  
6 celery tops

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