

FOOD FORUM *

Dorothy Johnson

DURING THE lenten season, most cooks rely heavily on dishes prepared from delights of the sea. With new ways to fix seafood today, we look forward to the lenten season without suffering the former dreaded question of how am I to prepare the fish today? What could be more pleasurable than these "quick and easies" that take only minutes.

SALMON IN SHERRY SAUCE

1 can (1 lb.) salmon, 2 tbsp. butter or margarine, 4 anchovy fillets mashed, 1 tbsp. flour, 1 can (6 oz.) evaporated milk, dash pepper, 1/4 c. dry sherry, toasted English muffins or hot cooked rice.

Drain salmon reserving liquid. Add enough water to liquid to make 3/4 cup. Melt butter and add anchovies. Blend in flour, milk and pepper. Stir until thickened. Add salmon (or lobster or crab meat if preferred). Heat thoroughly. Add sherry and stir. Serve hot over toasted English muffin or nested in mound of steaming rice.

CLAM PATTIES

2 cans (10-1/2 oz. ea.) minced clams, 1 c. crushed stuffing mix or bread crumbs, 2 eggs beaten, 1 tsp. salt, 1/8 tsp. black pepper, 2 tsp. chili sauce, pinch thyme, 1/4 tsp. paprika, 1 tsp. parsley flakes, 3 tbsp. flour, 1/8 tsp. seasoned salt, 1/4 c. margarine, Tartare sauce.

Drain clams. Mix with stuffing, eggs, and next 6 ingredients. Shape into patties and roll in flour mixed with seasoned salt. Heat margarine (but do not let brown) and saute patties about 3 minutes per side. Turn only once. Serve with prepared tartare sauce to which you can add 1/2 tsp. horseradish.

DEILED CRAB

1/4 c. grated parmesan cheese, 1/4 c. fine dry bread crumbs, 1/2 c. butter or margarine, 1 small onion minced, 1/2 green pepper or 1/2 can (4 oz.) pimientos diced, 1/2 c. stuffing mix crushed, 1 tbsp. chopped fresh or 1 tsp. dried parsley, pinch thyme, 1/4 tsp. salt, 1/8 tsp. black pepper, 2 hard cooked eggs finely diced, 1 can (6-1/2 oz.) King crab meat, 1/4 c. dry white wine, paprika.

Blend parmesan cheese, bread crumbs, and 2 tbsp. butter; set aside. Melt 1/2 cup butter and saute onion and green pepper until soft. Add stuffing crumbs, and all seasonings. Then add diced egg and seafood. Mix well. Add wine, and a little water if mixture seems too dry. Use a 1-quart casserole; top with bread-crumbs mixture and dash of paprika. Bake in moderate oven (350 F.) until hot and bubbly (15 to 20 min.) but do not overbake.

SEAFOOD CREOLE AND SPAGHETTI

2 tbsp. butter or margarine, 1/2 green pepper diced, 1 med. onion chopped, 1 can (1 lb.) Italian tomatoes with a pinch of sugar and a bay leaf added, 1 clove garlic minced, 1 tsp. salt, pinch each of pepper, oregano, rosemary, 2 cans seafood (your choice), 1/4 c. dry white wine, 8 oz. thin spaghetti or egg noodles, grated parmesan or romano cheese.

Melt butter and stir in onion, garlic and green pepper, cooking until tender. Add tomatoes and seasoning--simmer 10 minutes. Add seafood and wine; Serve over spaghetti or noodles cooked al dente. Pass bowl of grated cheese.

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Dental Health Poster Contest Trophy Winner



Kenneth Lee placed third in the Clark County Dental Health Poster Contest. The 6th grade Matt Kelly student is shown here with his trophy. The winning poster has been on display in the Las Vegas Public Library.

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AWAIT COURT RULING

WASHINGTON - (NPI)--The U.S. Supreme Court is expected to rule soon on the validity of laws against interracial marriages in 17 Southern and border states.

The Court is considering an appeal filed on behalf of a Virginia interracial couple who were arrested and indicted under a provision of Virginia law which outlaws interracial marriage.

MR. AND MRS. Richard Perry Loving, a white man and his Negro wife, were sentenced to a year in jail for their "crime." Their sentence was suspended on condition that they leave the state for 25 years. The Virginia Supreme Court of Appeals upheld the conviction.

The Lovings subsequently moved back to Virginia when the appeal was filed in the U.S. Supreme Court.

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Govt. Job Bias Suit

RALEIGH, N. C. - (NPI)--The Justice Department has filed its first suit under the equal employment opportunity section of the 1964 Civil Rights Act, in the Federal District Court. Defendant is the Dillon Supply Company, an industrial supplier, which is accused of assigning Negroes to low-paying jobs, regardless of qualifications, and not giving them advancement opportunities provided others.

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