

FOOD FORUM *

Dorothy Johnson

Fish That Hooks People

For pure enjoyment, nothing surpasses the gift of the waters. A nutritional dream, fish is high in protein and low in calories.

With the convenience of transportation and the miracles of processing, we now can have fish from the far corners of the world.

Since the new rulings of the Catholic Church, fish is no longer a once-a-week penance to many but a pleasure to be enjoyed any day.

BAKED SALMON WITH SOUR CREAM

6 salmon steaks (about 2-1/2 lbs.), 1 tsp. salt, 1 tsp. paprika, 1/2 tsp. pepper, 1 c. sour cream, 1/4 c. scallions chopped, 1 tbsp. lemon juice.

Sprinkle salmon with salt, 1/2 tsp. paprika, pepper. Combine 1 cup sour cream, scallions, and lemon juice. Coat salmon with sour cream mixture and place in a well greased rectangular casserole. Bake covered in pre-heated oven (400 deg.) 30 to 35 minutes. Before serving, sprinkle balance of paprika over steaks. Serves six.

BAKED CARP MEXICANA

(White wine or dry vermouth can be used in this recipe, but the original calls for red.)

1/2 tsp. hot pepper sauce (this is not a misprint--it's hot, but right), 1 (3-1/2-4 lb.) carp, bass, or pike; 2 c. onion chopped, 1/4 c. olive oil, 3 tbsp. chili powder, 1 tsp. salt, 1/2 tsp. pepper, 1/4 c. dry red wine, 1/4 c. chicken broth or water, 1/2 c. slivered almonds, untoasted; 2 tbsp. butter or margarine, melted.

Scale and clean fish but leave head and tail intact. Saute 2 cups chopped onion in 1/4 cup olive oil until soft and tender, not brown. Add 3 tbsp. chili powder, 1 tsp. salt, 1/2 tsp. pepper, and 1/2 tsp. pepper sauce. Mix well and cook 2 minutes longer. Remove from heat.

Coat fish with spicy fried onions inside and out. Place in greased baking dish and pour on 1/4 cup dry red wine and 1/4 cup chicken broth or water. Bake uncovered in preheated 425 deg. oven 20 to 25 minutes. Baste once or twice with pan juice.

Meanwhile, toss together 1/2 c. slivered almonds and 2 tbsp. melted butter. When fish is done, sprinkle top with buttered almonds and brown under broiler 2 or 3 minutes, or until almonds are golden brown. Serve at once. Makes 6 servings.

WHITING WITH MAITRE D' HOTEL BUTTER

6 Whittings (about 1/2 lb. ea.), 1 tbsp. lemon or lime juice, 1 tsp. salt, 1/2 tsp. pepper, 1/2 c. butter or margarine, 2 tbsp. chopped parsley, 1 tsp. lemon juice, 1/2 tsp. salt, 1/8 tsp. pepper, 1 egg, 1/2 c. milk, 1/2 c. flour, 1 c. dried bread crumbs, cooking oil for frying (about 2 c.).

Clean Whiting, leaving head and tails intact. Rub fish with 1 tbsp. lemon or lime juice. Sprinkle with 1 tsp. salt and 1/2 tsp. black pepper and set aside.

Prepare maitre d' hotel butter mix in a bowl until smooth with 1/2 c. softened butter, 2 tbsp. chopped parsley, 1 tsp. lemon juice, 1/2 tsp. salt, and 1/8 tsp. pepper. Refrigerate until serving time.

Combine and beat well, 1 egg and 1/2 c. milk. Put 1/2 c. flour and 1 c. dried bread crumbs in 2 plastic bags. Toss fish in flour; dip in egg mixture and then toss in bread crumbs. Fry in 2 c. cooking oil at 365 deg. for 4 or 5 minutes or until crust is golden and fish, when pricked, is snowy white. Drain on paper towels. Serve topped with maitre d' hotel butter. Makes 6 servings.

SCALLOPS DUXELLES

2 lbs. scallops, 1 c. dry white wine or vermouth, 1 c. water, 1 tsp. salt, 1/4 tsp. pepper, 1 c. broth from scallops, 1 (2 oz.) pkg. white sauce mix, 4 c. (about 1/2 lb.) fresh mushrooms sliced or 3 (6 oz.) cans drained, 1/2 c. butter or margarine, 1/2 c. tomato sauce, 1/2 tsp. salt (or more), 1/4 c. oregano



REDDY KILOWATT'S HELPFUL HINTS FOR HOMEMAKERS

Happy birthday, Leap Year babies! We hope you'll receive an extra special cake. To top it off, we offer a delicious frosting that is so easy to make, thanks to an electric blender.

BLENDER CHOCOLATE BUTTER CREAM FROSTING

Empty 6 oz. package semi-sweet chocolate bits into blender. Add 1/4 c. boiling water. Cover and blend on High for 20 seconds. Add 4 egg yolks and 1 t. vanilla. Cover and turn to High. Remove center of cover and with motor on, slice in 1 cube of soft butter. Blend for 15 seconds. If too soft, chill until right for spreading.

Recipe for 8 inch cake or 12 cup cakes

To clean your blender easily, put a drop of detergent in it and fill partially with warm water. Simply turn it on to blend for a few seconds. Rinse in hot water.

We invite you to use the services offered by our Home Economics Department. For assistance with electrical appliances, kitchen planning, home lighting, menus and recipes

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Main Bonanza -- 384-2911

ano crushed, 1 c. fresh bread crumbs, 1/4 tsp. pepper, 2 tbsp. butter or margarine.

In a saucepan, combine 2 lbs. scallops, 1 cup dry white wine or vermouth, 1 cup water, 1 tsp. salt and 1/4 tsp. pepper. Cook over medium heat 6 to 8 minutes or until scallops are tender when touched with a fork. Drain and save broth.

Combine 1 cup scallop broth with 1 (2 oz.) pkg. white sauce mix according to directions. Set aside and prepare mushrooms. Saute 4 cups sliced fresh mushrooms or 2 (6 oz.) cans drained in 1/2 cup butter or margarine for 4 to 5 minutes or until mushrooms are soft and light brown. Put 2 tbsp. mushrooms into each bottom of 6 well-buttered ramekins. To the rest of the mushrooms, add 1/2 cup tomato sauce, 1/2 tsp. salt, 1/4 tsp. crushed oregano, 1/4 tsp. pepper and the white sauce. Bring to a boil and cook 1 minute longer, stirring constantly. Divide scallops evenly between ramekins. Cover with sauce. Sprinkle each with a little of 1 cup bread crumbs tossed in 2 tbsp. melted butter or margarine. Brown lightly 6 inches from heat 3 to 5 minutes.

Legal Notice

In the Eighth Judicial District Court of the State of Nevada, In and For The County of Clark

Case No: A-51679

In the Matter of Parental Rights of JO ANN MIRACLE and ROBERT LEN MIRACLE, Minors.

AMENDED NOTICE TO: CLAYTON MIRACLE, the natural father of JO ANN MIRACLE and ROBERT LEN MIRACLE.

YOU ARE HEREBY NOTIFIED that there has been filed in the above entitled court a Petition praying for the termination of Parental Rights over the above-named children; that the Petition has been set for hearing before this Court, at the Court-house, at Las Vegas, Nevada, at 9:00 A.M. on the 7th day of May, 1968, at which time and place you are required to be present if you desire to oppose the said petition.

Dated: this 27th day of February, 1968.

LORETTA BOWMAN, Clerk of the Court
By ELDA HANKS, Deputy

Submitted by: Singleton, DeLanoy, Jemison & Reid, Chartered
By Harry M. Reid
Attorneys for Petitioner
Pub: Feb. 29, Mar: 7, 14, 21, 28, 1968.

For Sale

COIN OPERATED LAUNDROMAT
Trade accepted -- anything of value. No cash down. Call 382-6358 after 10 a.m.

Students "Ice" Stokely

WASHINGTON - (NPI)--Stokely Carmichael was greeted at a local high school by a reception he didn't expect. Instead of being cheered, the black power leader was razzed as he presented his doctrinaire position at Roosevelt High School.

He mentioned police--and the 600 students applauded, rather than booing.

He asked whether black or white people need help--and was told that both do.

He asked the students whether white or black pupils get better educations in Washington--and was answered: "You get the education you want to get."

He talked about black people taking over the 93 per cent Negro school system--and students hardly reacted, as they left when the bell rang.

The students spent so much of their time giggling and making cute remarks as Carmichael spoke that he admonished them: "We have to be serious because our lives are at stake." Later, he pronounced the address "a bad session."

What happened? Why had Carmichael, of all people, been razzed at a time when the things he stands for are said to be so popular among black youth?

The answer could be that Carmichael, in developing a black power catechism, has produced an "establishment" of his own--which the sophisticated students could not go along with 100 per cent any more than any other establishment.

Carmichael himself seemingly has become the target of a student rebellion against his doctrinaire black power rebellion.