### Lois Thieleke

home economist, Cooperative Extension Service

## Pan-baked seafood can be beneficial

AP — A "new" concept being promoted among restaurants serving seafood holds great promise for home cooks working to blend health, economy and good taste.

The concept, dubbed pan-baking by the North Atlantic Seafood Association, offers so much versatility it can't help but sell more seafood.

Closer to home, it can't help but give those cooking for families lots of fresh ideas for fish, whether the fish that's freshest hails from the North Atlantic or any other waters.

The association defines pan-bak-ing as cooking seafood and sauce to-gether in individual or multiple serv-ings.

ings.

There should be enough sauce to protect the fish from both drying out and overcooking, a boon to casual kitchen wizards who don't count precise cooking times among their areas of acquired expertise.

PROPONENTS OF pan-baked seafood say accompaniments make it possible to cut the amount of seafood used in each serving whenever economy demands. They almost any tata, with minimum adjustments, almost any recipe, can be brought into line with lighter, more healthful eating.

Pan-baked senfood dishes can start simple, but they certainly don't need to stop there. Especially in the realm of individual servings, presen-tations with sauces and colorful con-diments can rival a restaurant en-tree with case.

Home cooks can also identify with several of the seafood association's boasts to professionals.

While mild-tasting fish is the American way, the variety of sauces

Plus, the fact that sauces can be prepared ahead of time makes pan-baked seafood a natural for quick dinners finished after a hard day at the office. Most recipes involve only 8-10 minutes of actual cooking be-fore the dish is ready to serve.

Finally, since seafood is a category that truly shows off microwave cookery, additional convenience comes easily with pan-baking.

The following are recipes developed for the North Atlantic Seafood Association.

PAN-BAKE SCROD, ASIAN STYLE 12 green cubbage leaves 6 cod or scrod fillets (about 6 ounces

6 cod or scrod fillets (abreach)
2 lecks, thinly sileed
3 carrots, thinly sileed
Six 3-leaf sprigs of mint
6 sprigs basil
6 silees fresh ginger root
4 teaspoon chill powder
6 tablespoons dry shery
6 tablespoons syy serve

Cut 6 sheets of aluminum foll to 11- by 6-inches in size: butter lightly. For each serving, place two cabbage leaves on foll and top with fish and equal portions of vegetables, here wire and soy sauce. Fold foll tightly to seal in juices. Bake in preheated 75-degree over about 10 minutes. Using a spatula, carefully open timinutes of a dinner plate. Remove gingerroot before serving, Makes six servings.

\*\*Recipie from: chef Walter Binne.\*\*

## A menu for Valentine's Day

In today's busy world, we all tend to cut corners, and look for the quickest way to do everything. In cooking, quickest is not always best. Not only does the taste not always best. Not only does the taste not always best and effort put into creating a special meal can have a calning, almost therapeutic effect on the cook. The satisfaction of setting a really good table is good for the soul, as well as the stomach, of the one who does it, and of those who partake of the meal.

On Valentine's Day this year, why not take the time to prepare a really special mean, with all the extra touches that make a meal a memorable occasion:

touches that mixe a mean a memorable occasion?

USE YOUR BEST crystal and china. Have candicippit, soft music and fresh flowers. You don't need an expensive floral arrangement. Just one flower, with a spring of ty, floating in a bowl and advancer or our true. In the soft of the sof

CHOOSE YOUR menu carefully. Each dish should be a special event, not something your guests might have had for dinner just last week. Here is a suggestion for such a

Here is a suggestion them: Steamed Artichokes Strawberry Spinach Salad Beef Wellington Broasted Potatoes Hot Rolls and Butter Ice-Cream-Topped - Creat Cream Puffs,

STRAWBERRY SPINACH SALAD
Serves 4

1 bunch fresh spinach (washed, with
stems removed, and foro into pieces)
1 plat fresh strawberties (sliced
lengthwise, to resemble hearts)
4 slice bacon
1-2 thin stices of purple onion (separated into right, spinach sides)
Slivered almonds
4 cm vincear

14 cup vinegar 14 cup water 15 cup strawberry jam 2 tablespoons boney

Cut bacon into bits and fry until crisp. Drain and reserve both bacon and drippings but separately. Place the spinach, strawberries and onions in a targe salad bowl. Toss the salad and dressing at the table in front of your guest. Serve garnished with real bacon bits and almonds.

This dressing is served hot. It can be made ahead and cooled, but be sure to re-heat before serving.

Using the pan in which you cooked the bacen, heat together over a low flame: 2 tablespoons bacen drippings, 4c up vinegar, 4c up water, 2. tablespoons honey and ½ cup strawberry jam. Bring to a boil, stirring constantly.

#### BEEF WELLINGTON

This is a very special dish. It is expensive and time-consuming to

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make. It is also an artistic delight that tastes even better than it looks. It speaks of love to those who cat it. Only those who really enjoy cooking should attenut it. should attempt it

To prepare enough for 4 generous servings, you will need:

Beef tenderioin roast, abost 3 pounds. Important do not substitute any other cut of meat.

I sheet frozen puff pastry. This is available in most supermarkets. Be sure it is completely defrasted before you unroll it.

Salt and pepting Flour, for dredging for the property of the pound on the processing of the pound on the processing of the processing of

llqueur Dijon mustard, about 1 tablespoon

l egg I tablespoon water

Rob meat with salt and pepper and sprinkle with flour. Place on a rack in a shallow roasting pan. Bake uncovered at 425 degrees for about 30-35 minutes. Do not overcook. Re-

Roll out puff pastry sheet and spread with a mixture of mustard, pate and liqueur. Adjust to taste, as

you mix it.

When meat is cool enough to hanyou mits it.

When meat is cool enough to handle, place it in the center of the pastry sheet. Pull up sides and ends of pastry to neatly cover the roast. Cut off excess pastry and save. Scal by pinching and turning edges under attractively.

Beat egg in a cup and add I table-spoon water. Brush this mixture over the pastry, making sure all edges are sealed.

Using the leftuwer pieces of pastry, shape or roll and cut out hearts, staged to the pastry covered meat. Use the egg mixture to stick them on. Place finished roll on a well-greased cooke sheet.

If you are not ready to bake your roast at this time, refrigerate it, so that the pastry won't rise.

When you are ready, place the roast in a 425 degree oven and bake an additional 20 minutes or so, until crust is a beautiful golden brown. To serve, slice crosswise and cover each slice with gray made from To serve, slice crosswise and cover each slice with gray made from the pan drippings, or with fresh sourced mushrooms.

## \*\*\*\*\*\*\*\* COUNTRY FOLK ART SHOW & SALE. FEBRUARY 15-16-17, 1991 DAVISBURG, MICHIGAN in the beautiful SPRINGFIELD - OAKS CENTER SPRINGFIELD - OAKS CENTEM SPRINGFIELD - OAKS CENTEM West to Andersonville Fd -/ mile south of town of Davishurg THE LEADING TOU ART SHOW IN THE ARTION FEATURING OWEN 100 QUALITY TOU ARTISANTS FROM ACROSS THE COUNTRY Friday evening 5 pm. 10 9 pm. Adm. \$5.00 (Enryl Duying Privileges) Children under 10 Adm. \$2.00 Adm. \$1.00 (Enryl Duying Privileges) Children under 10 Adm. \$2.00 Amount World Charles Children Lander Children Lander Children Amount Children under 10 Adm. \$2.00 Amount World Charles Children Lander Children Spring Amount Children Amount Children Lander Children Amount Chi





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