

INVITING IDEAS

For reel family fun — go fish



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Some memories just can't be surpassed — August weeks in Cape Cod is one. While my brother-in-law and his family would lie on the beach for two weeks — David and I (poor little Jordan included) would visit antique shops and eat seafood. Route 6A became our haven — some summers the pickens were great, the others sparse — but the seafood and fish were always the best.

We found eight pound lobsters ready to cook, Cook's (a local out-East fast-food chain), which offered fried clams and lobster rolls, and enjoyed delicious fish lunches or dinners at the Impudent Oyster — who could ask for more? Of course our extended family prayed for sunshine, not us, even a cull or two hidden in our bags of lobsters couldn't have spoiled the moment.

Years later those tastes and memories still remain, and with good reason. I have the recipe for the Impudent Oys-

ter's famous Barbecued Bluefin Tuna. Still offering fine dining, and the barbecued tuna on the menu, this delightful eatery at 15 Chatham Bars Ave. in Chatham, Mass., serves some of the best seafood and fish the Cape has to offer. If you're in Cape Cod...

At home in Michigan, you can make your own fishy memories. Spend a delightful day trout fishing in nearby Dexter, Mich. Visit Spring Valley Trout Farm, 12190 Island Lake Road, only 15 minutes from Ann Arbor, (313) 426-4772. This trout farm is open 9 a.m. to 6 p.m. Wednesday through Sunday, and has trout you can catch, barbecue, or take home cleaned and ready for cooking or freezing.

It's a great outing for the entire family, kids and grandparents alike — they supply all the equipment, a great atmosphere, and of course, there's nothing like catching your own fish! Our family usually catches enough to enjoy fresh trout all winter long. Don't forget to bring a big thermal container to take your catch home. Once I'm back home, I put the cleaned fish in zip-top plastic bags half filled with water, and freeze them flat in my basement freezer.

If you have no time to fish — pick some fish up at your local grocery or fish market — cook it on a grill, fry, bake, poach, steam, or broil the fish in your air conditioned kitchen. Host a clambake for friends, or an old-fashioned fish fry. Invest in a smoker and make your own smoked fish — smoked salmon makes wonderful gifts for friends and family!

No time to shop — go out to a restaurant for some great fish. If you're my age or older, you will remember Susie Q Restaurant on Woodward. My folks and I would occasionally pig out on those perfectly fried golden goodies. Guess who's serving up those old recipes now? The four Payne Kids (big kids that is). Payne's Woodward Inn on Woodward, two blocks north of 11 Mile Road, serves Susie Q's original recipes including Shrimpniks, Fish & Chips and the Fishwich Sandwich (that old cod favorite).

Payne's newest spot — Woody's Diner on Fifth Ave. in Royal Oak is serving up the Fishwich Sandwich and Fish & Chips (sorry, no Shrimpniks at this location!)

If you're ready for a big splurge, and not counting calories or fat intake, take a trip down memory lane and happily gorge yourself — what a fun evening to share with a group of friends — and they don't have to be old enough to remember the original Susie Q's!

Here's my beloved recipe from the Cape, compliments of the Impudent Oyster:

THE IMPUDENT OYSTER'S BARBECUED BLUEFIN TUNA

Yield: 6 servings

- 2 cups fresh orange juice
- 1/2 cup soy sauce
- 1 cup red wine vinegar
- 1/2 cup olive oil

- 1 onion, chopped
- 4 garlic cloves, minced
- 1 teaspoon dried hot red pepper flakes
- 1 tablespoon ground cumin
- 1 teaspoon freshly ground black pepper
- 1 1/2 tablespoons whole mixed pickling spice
- 1 (6 ounce) can tomato paste
- 1/2 cup sugar
- 6 six-ounce bluefin or yellow fin tuna steaks (each about 1 inch thick)
- 2 tablespoons unsalted butter

In a bowl, whisk together the orange juice, soy sauce, red wine vinegar, olive oil, chopped onion, garlic, red pepper flakes, cumin, black pepper, pickling spice, tomato paste, and the sugar.

Arrange the tuna steaks in a baking dish large enough to hold them in one layer, pour the marinade over them, and let the tuna steaks marinate, covered and chilled, overnight or up to 24 hours.

Drain the tuna steaks, reserving the marinade in a bowl, and grill them on a lightly oiled rack set 3 to 4 inches over glowing coals for 3 minutes on each side. Return the tuna steaks to the baking dish, spoon 1 tablespoon of the reserved marinade over each, and bake the tuna steaks in the middle of a preheated 375 degree F. oven for 4 to 5 minutes, or until they are slightly rare. Top each tuna steak with one teaspoon of butter and freshly ground pepper to taste.

■ Cook's note — cook your fish to desired doneness.

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