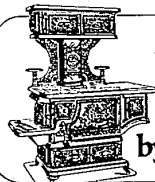


Monday, January 21, 1980

Scallops and Flounder...Great Grill Mates

The old whaling port of New Bedford, Mass., closed the books on whaling many years ago and got down to the business of hunting prime food fish instead. New Bedford vessels became known for the plump, succulent sea scallops they brought ashore and the delicious, firm-fleshed flounder and sole they harvested in the cold depths of the Georges Bank.

Scallops are the tender muscle of the large sea scallop. They are tender and sweet enough to eat raw, and frequently are as they are shucked. Flounder and sole are members of the flatfish family. The meat is white, tender yet firm.



The Warming Oven by Emily Watson

A roast of beef with the potatoes, carrots and whole onions cooked to perfection in the roasting pan with the meat is one of my favorites. As we were blissfully savoring every bite, our hostess, Dot Julien, asked, "Have you ever cooked spare ribs with lima beans?"

She produced her recipe file and before we were through, I had copied three recipes.

SPARE RIBS WITH LIMA BEANS

Wash one cup dried lima beans. Soak in water overnight or for four or five hours. Drain. Put in casserole.

Dissolve one rounded teaspoon brown sugar, one-eighth teaspoon mustard, salt and pepper in one cup boiling water. Pour this over the lima beans.

Arrange 1½ pounds spare ribs over the beans and bake in slow oven (300 degrees) for three or four hours.

Dot says she baked them covered.

CALIFORNIA COOKIES

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| 1 cup Crisco | 1 tsp. baking soda |
| 2 cups brown sugar | 1 tsp. vanilla |
| 2 eggs, stirred into | 2 cups dates, cut in small pieces |
| ¼ cup sour cream | 8 oz. candied cherries, cut in small pieces |
| ¾ cups sifted flour | 8 oz. pecans, chopped |
| 1 tsp. salt | |

Cream together Crisco and butter, add eggs and sour cream. Add vanilla. Gradually stir in dry ingredients. Mix well. Stir in dates, cherries and pecans.

This mixture must be chilled for 24 hours before baking. Drop by teaspoon on greased cookie sheets and bake 10-15 minutes in a 350-degree oven.

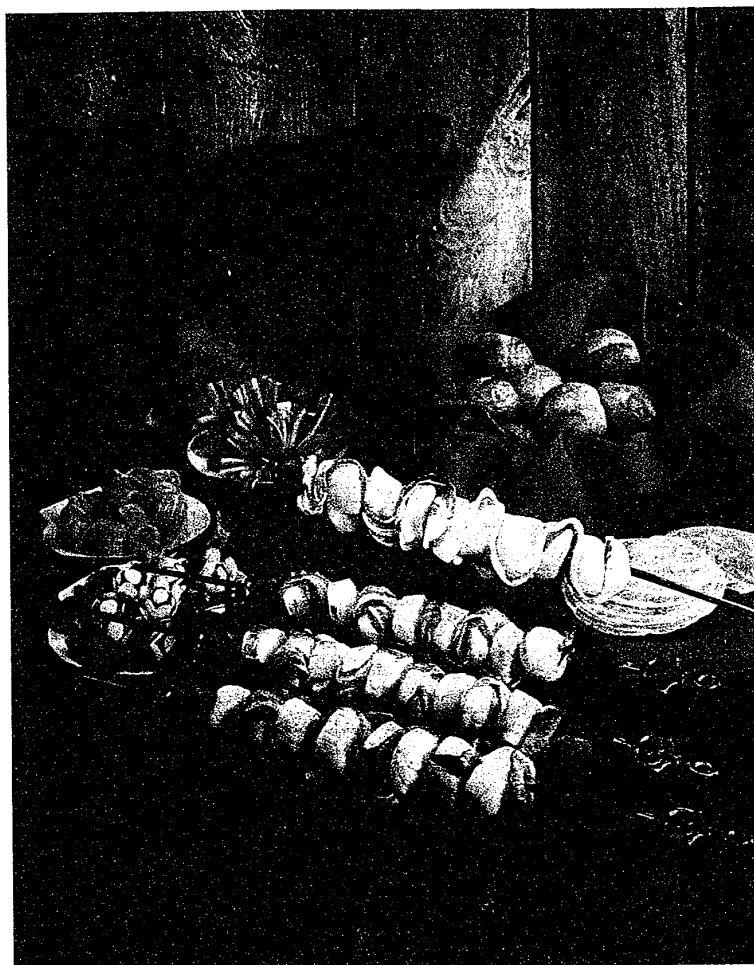
These are a soft, chewy cookie and the recipe makes a big batch. They are yummy.

SKEWERED SCALLOPS AND BACON

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| 1 pound sea scallops, fresh or frozen, defrosted | 1/4 cup lemon juice |
| 1/4 cup honey | 8 slices bacon |
| 1/4 cup soy sauce | 4 cherry tomatoes or tomato wedges |

Remove any shell pieces from scallops and rinse well. Drain. Combine honey with soy sauce and lemon juice. Put scallops in a flat pan and pour honey mixture over. Refrigerate from 30 minutes to 2 hours. Drain off sauce and reserve. Meanwhile, cook bacon slices over moderate heat about 4 minutes and drain off fat.

Put scallops on skewers, stringing bacon between and around scallops. Top skewers with tomato. Grill about 3 inches from heat for 5 to 7 minutes, basting with sauce and turning to brown all sides. Makes 4 servings.



GRILLED STUFFED FLOUNDER FILLETS

- 2 pounds fresh flounder fillets
- 1/4 cup finely chopped onion
- 2 tablespoons vegetable oil
- 1 slice white or whole wheat bread
- 2 tablespoons brandy
- 1 tablespoon chopped fresh basil or 1 teaspoon dried basil
- 2 or 3 sprigs fresh thyme or 1/8 teaspoon ground thyme
- 1/2 teaspoon salt
- Fresh ground pepper to taste
- 2 long slices natural Swiss cheese
- Softened butter or margarine
- Sautéed zucchini squash to serve 4

Sort out the largest fillets (about 8 inches long) and if there are not 4, combine smaller pieces to make four 8-inch long fillets about 4 inches wide. They can be held together with a small skewer or toothpicks. Place flat on a sheet of wax paper or fish wrapping. Trim off end pieces to "square" fillets. There should be at least 1/2 cup of end pieces, but if more use all.

Sauté onion in oil until tender but not browned. Add fish pieces left from arranging the fillets and cook several minutes until fish can be flaked. Crumble bread into skillet. Add brandy and seasonings, and stir until well blended. Spoon about 2 tablespoons down the center of each fillet. Cut Swiss cheese slices in half lengthwise and place on filling. Roll fillets, starting at narrow end. If cheese wants to peek out, bend slice back so it is covered by fish. Place stuffed fillets in an oiled fish grill. Spread fillets with softened butter. Grill about 3 inches from heat about 15 minutes, turning to cook both sides. Remove any skewers and serve with sautéed zucchini. Makes 4 servings.

