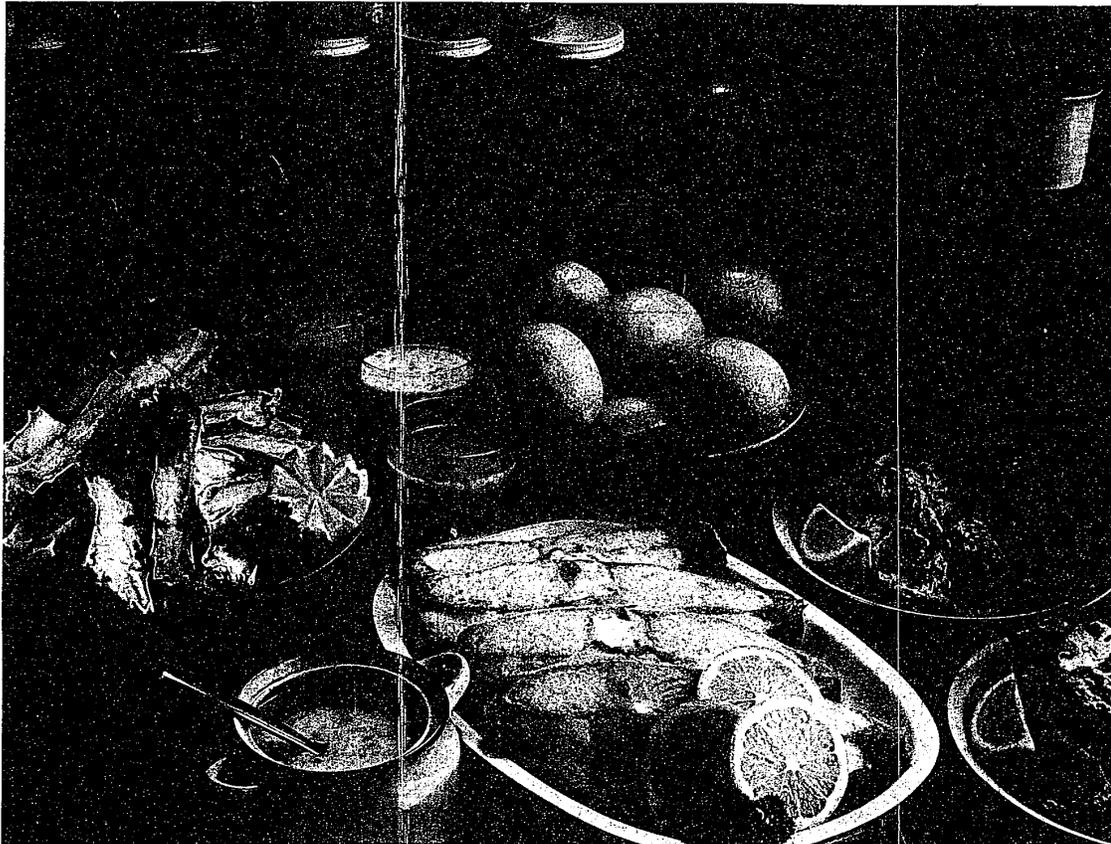


A COMPLEMENT TO SEAFOOD 'N' LEMONS...HERBS 'N' SPICE



THE combinations of seafoods and fresh lemons are ever popular... in appetizers, salads or entrees. Add a touch of herbs or spice and simple to prepare menu ideas take on a special flair... whether for family or guests.

Easy to serve appetizers are always in demand. Alaska King crab legs are ideal for festive occasions. Simply defrost, if necessary, arrange on an attractive platter and serve with fresh lemons. For subtle contrast of flavors, try one, two or all three of the following dipping sauces:

- Lemon Curry Dip... light, lemony in color and flavor.
- Hot Zesty Dilled Butter... a thick buttery sauce flavored with dill, mustard and fresh lemon.
- Rosemary's Lemon Dip... rosemary, parsley and chives flavor this sour cream dipping sauce.

Always popular and always available is Pacific canned salmon. High in protein, waste-free and simply delicious as it comes from the can, salmon lends itself to an endless variety of menu ideas... appetizers, salads or entrees. For a colorful entree for two, try Sunny Salmon Salad. Fresh vegetables combine with an herbed lemony marinade to complement the popular flavor of canned salmon.

Lemons and herbs can be a seafood cook's best friend. Lemons from California and Arizona are readily available year 'round. Lemon wedges are a must for squeezing over seafood, but don't forget the zest that fresh grated lemon peel adds to sauces and marinades. Ideal for garnishes, fresh lemons can be cut in many ways... wedges, stars and cart-wheel slices.

North Pacific halibut is another seafood favorite for it's versatility... it can be broiled, fried, baked or barbecued. Broiled Lemony Halibut, cooked to perfection with a hint of fresh grated lemon peel and served with Quick Herbed Hollandaise Sauce, will please any seafood lover. The delicate flavor of North Pacific halibut, teamed with fresh lemon and herbs, is sure to be a "repeat" family and entertaining favorite. Just think seafood, fresh lemons, herbs and spice and you're in for some compliments that are very nice!

Dried herbs have been used in these recipes. If you do have fresh herbs available, a good rule of thumb is to substitute two to three times more fresh for dry... 1 teaspoon fresh = 1/3 teaspoon dry.

ALASKA KING CRAB LEGS WITH LEMONY GOOD DIPPING SAUCES

- 1-1/4 to 1-1/2 pounds Alaska King crab legs, split
- Fresh lemon stars* or wedges
- Any one or more of the following dipping sauces:
- Lemon Curry Dip
- Hot Zesty Dilled Butter
- Rosemary's Lemon Dip

Thaw crab legs if necessary. Gently remove crab meat from shell and cut into bite-size pieces; return to shells. Arrange on serving dish. Serve with lemon stars or wedges and choice of dipping sauces.

*To make lemon stars: Use a sharp pointed knife. Hold lemon at stem and blossom ends with thumb and middle finger. Make a "jaws" or sawtooth cut around middle, cutting to inside center of fruit. Using both hands, gently pull fruit apart.

LEMON CURRY DIP

- 1 hard-cooked egg yolk
- Grated peel of 1/2 fresh lemon
- 1 teaspoon curry powder
- 1/2 cup mayonnaise or salad dressing
- 1/2 cup plain yogurt

In small bowl, sieve or mash egg yolk; add lemon peel and curry. Gradually stir in mayonnaise and yogurt. Chill. Makes about 1 cup.

HOT ZESTY DILLED BUTTER

- 1/2 cup butter
- Grated peel and juice of 1/2 fresh lemon
- 1 tablespoon Dijon-style mustard
- 1/2 teaspoon dried dill weed

In small saucepan, melt butter with remaining ingredients over low heat, stirring constantly. Heat just until butter is melted and sauce thickens. Serve warm. Makes about 1/2 cup.

ROSEMARY'S LEMONY DIP

- 1 chicken-flavored bouillon cube
- Grated peel and juice of 1/2 fresh lemon
- 1 cup dairy sour cream
- 2 tablespoons chopped green onion or chives
- 2 tablespoons chopped fresh parsley
- 1/2 teaspoon dried rosemary leaves, crushed

In small bowl, soak bouillon cube in lemon juice to soften; stir to dissolve. Stir in remaining ingredients. Chill. Makes about 1 cup.

BROILED LEMONY HALIBUT WITH QUICK HERBED HOLLANDAISE SAUCE

- 3 tablespoons salad oil
- Grated peel of 1/2 fresh lemon
- Salt
- Paprika
- 4 North Pacific halibut steaks (1-1/2 to 2 pounds total)
- Quick Herbed Hollandaise Sauce
- Lemon cartwheel slices
- Parsley

In small bowl; combine salad oil, lemon peel, salt and paprika. Brush halibut steaks lightly with oil mixture; place on broiler pan. Broil 4 to 5 inches from heat for 4 to 6 minutes on each side until fish flakes easily with fork. Brush occasionally with remaining oil mixture. Meanwhile, make Quick Herbed Hollandaise Sauce and serve over cooked halibut. Garnish with lemon cart-wheel slices and parsley. Makes 4 servings.

QUICK HERBED HOLLANDAISE SAUCE

- 1/2 cup butter
- Juice of 1/2 fresh lemon (1-1/2 tablespoons)
- 1/4 teaspoon dried tarragon, dill or basil leaves, crushed
- Generous dash white pepper (optional)
- 3 egg yolks*
- 1 tablespoon chopped fresh parsley

In small saucepan, heat butter with lemon juice, choice of herbs and pepper until bubbly. Add slowly to egg yolks, beating constantly with wire whisk. Stir in parsley. Makes about 3/4 cup sauce.

*Note: Make sure egg yolks are well drained of egg whites when separating eggs.

SUNNY SALMON SALAD

- 6 broccoli flowerettes
- 6 julienne strips carrot
- 1 can (7-3/4 ounces) salmon
- Lemon Marinade
- 4 mushrooms, halved
- 4 slices cucumber
- 1/2 tomato, cut into 4 wedges
- Lettuce
- Fresh lemon wedges

Steam broccoli and carrots for 5 minutes; cool immediately. Drain salmon, reserving 1 tablespoon liquid; separate into chunks. Pour marinade over all vegetables except the broccoli; chill 1 to 2 hours. Also chill salmon and broccoli. Arrange salmon, drained vegetables and broccoli on lettuce-lined plates. Garnish with fresh lemon wedges. Serve marinade as dressing. Makes 2 servings.

Lemon Marinade: Combine juice of 1/2 fresh lemon, 2 tablespoons each cider vinegar and oil, reserved salmon liquid, 2 teaspoons finely chopped onion, 1 teaspoon chopped fresh parsley, 1/2 teaspoon each grated lemon peel and sugar, 1/4 teaspoon each salt and basil leaves, crushed, 1/8 teaspoon each garlic salt and freshly ground pepper.