

Great Menus For Today's Lifestyles

Whether it's a picnic in the park, luncheon on the terrace, or a backyard barbecue, Americans young and old are in love with eating out-of-doors on the balmy days of summer and early fall. Here are featured distinctive menus for those sunny days or indoor dining year-round.

Barbecued Alaska Salmon† Potatoes Roasted In Coals† Mixed Green Salad Fresh Fruit

A special treat for the barbecue is salmon from Alaska. And there's good news that this premium fish is now in good supply. Whole, dressed salmon, averaging 3 to 5 pounds, will offer a good value for consumers and they will be more widely available fresh or frozen nationwide.

Grilled to perfection over glowing coals, Alaska salmon is a grand selection for your next outdoor festivity. For a larger group, grill a whole fish or have it filleted. You can fillet the fish yourself following the basic directions shown here. For small groups, you may wish to purchase salmon steaks or individual fillets.

Suggested here is a recipe for a buttery basting sauce that is an ideal complement to the moist and tender flesh. Just remember not to let salmon overcook. It is ready to enjoy when the flesh flakes when tested with a fork; a general rule is to cook it 10 minutes per inch of thickness measured at the thickest part.

You can prepare the hot foods on the barbecue when you serve Potatoes Roasted in Coals. Wrapped in foil and roasted, all-purpose Russet potatoes from Washington State are served with a zesty salsa topping, a tasty addition to this alfresco feast. Washington State Russet potatoes cook up moist and fluffy due to their high solids content and are the ideal year-round baking potato.



Barbecued Alaska Salmon
2 whole (about 1-1/2 lb. each) Alaska salmon fillets
Salt and pepper
1/2 cup butter or margarine, melted
1/4 cup lemon juice
4 teaspoons grated onion
1 teaspoon grated lemon peel
1/2 teaspoon bottled hot pepper sauce
Oil

Rinse salmon fillets and pat dry. Sprinkle each fillet with salt and pepper. Combine remaining ingredients except oil; brush fillets with butter mixture. Place each fillet, skin-side down, on a sheet of well-oiled heavy-duty aluminum foil*; place on grill over hot coals. Cover barbecue or make a tent of foil to cover each fillet. Barbecue 10 minutes per inch of thickness measured at its thickest part or until salmon flakes easily when tested with a fork. Baste frequently with butter mixture. Makes about 12 servings. Recipe can be halved.

Potatoes Roasted In Coals

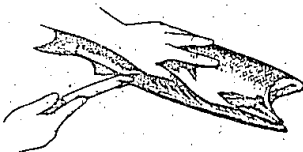
6 (about 10 oz. each) Washington Russet potatoes
Oil
Salsa

Scrub potatoes; rub with oil. Pierce several times with fork. Individually wrap potatoes in oiled heavy-duty aluminum foil*; seal securely. Place directly on hot coals; cook about 1 hour or until tender, turning every 15 minutes. Remove potatoes from foil. Cut or pierce tops of potatoes lengthwise; squeeze ends and push toward center to open. Spoon about 1/3 cup Salsa into each potato. Makes 6 servings. Recipe can be doubled.

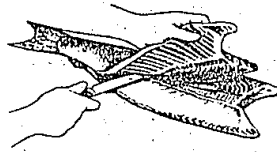
Salsa: Combine 1-1/2 cups chopped tomato, 1/2 cup each chopped onion, chopped cucumber and diced green chilies, 1 tablespoon each chopped green onion and olive oil, 2 teaspoons lemon juice, 3/4 teaspoon garlic salt, 1/4 teaspoon crushed oregano and dash pepper. Makes 2-1/4 cups.

Tip: Top Salsa-filled potatoes with dairy sour cream or plain yogurt.

*Double layer of regular aluminum foil can be substituted.



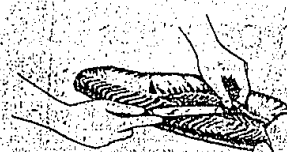
1. Place dressed fish with belly toward you. With a very sharp knife, cut through flesh from end of cavity back through to base of tail.



2. Insert knife blade flat against backbone and cut along backbone through back of fish from head end to tail on top side of fish, severing ribs and top piece from backbone.

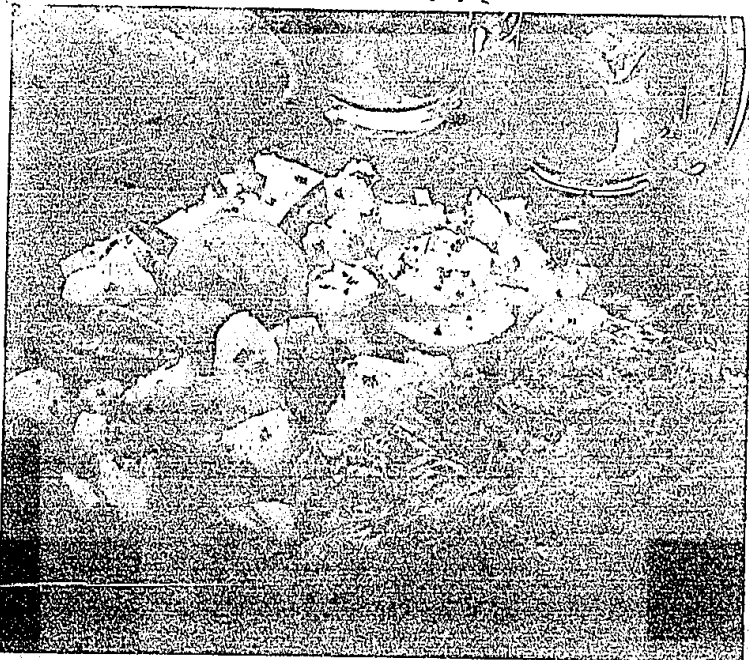


3. Lay top piece aside. Remove backbone from remaining side by inserting knife under backbone and repeating lengthwise cut, leaving as much flesh on fillet as possible.



4. With a smaller knife, trim away oil and fin bones from both pieces, pulling out pin bones, if desired.

Salad Supper



This menu is equally at home served to honor the sunset on your own patio or throughout the year indoors as a prime example of today's lighter approach to foods. In Salmon Vegetable Potato Salad, chunks of rich, moist canned salmon accompany a fresh vegetable-laden potato salad marinated in tangy Caraway Dressing. Select the best vegetables from your garden or supermarket. Washington State Russet potatoes offer pleasing contrast in texture and their ability to absorb the dressing intensifies this harmonious blending of flavors.

Salmon Vegetable Potato Salad†
French Rolls and Butter
Ice Cream with Seasonal Fruit Chocolate Brownie Fingers
Iced Tea

Alaska canned salmon is an unbeatable choice for a wide variety of tasteful recipes that can be prepared in minimal time. Wonderful right from the can, Alaska canned salmon combines with other ingredients in appetizers, soups, sandwiches and entrees. It's always ready to serve and may be found in a variety of can sizes to meet every need... 3-3/4 ounce, 7-1/2 ounce, 7-3/4 ounce and 15-1/2 ounce cans.

Salmon Vegetable Potato Salad

1 pound warm, cooked Washington Russet potatoes
Caraway Dressing
1 cup each cut sugar snap peas, thinly sliced yellow squash and sliced, quartered cucumber
1/4 cup chopped celery
2 tablespoons each minced green onion and parsley
Salt and pepper
1 can (15-1/2 oz.) salmon, chilled
Lettuce

Peel potatoes; slice 1/4-inch thick. Marinate in 1/2 cup Caraway Dressing; cool at room temperature. Add sugar snaps, squash, cucumber, celery, green onion and parsley. Salt and pepper to taste. Chill if desired. Drain salmon; break into chunks. Arrange on lettuce-lined platter with potato mixture. Drizzle remaining Caraway Dressing on salmon. Makes 4 or 5 servings.

Caraway Dressing: Combine 1/2 cup olive oil or oil, 1/3 cup white wine vinegar, 1/2 teaspoon dry mustard, 1/4 teaspoon each sugar, salt and chopped or crushed caraway seeds and dash pepper; mix well. Makes about 1 cup.

Variation: One cup Chinese pea pods, blanched peas, sliced zucchini, sliced carrots, broccoli flowerets, cherry tomatoes, olives, sliced green beans or green or red pepper strips can be substituted for sugar snap peas, yellow squash and/or cucumber.

To Boil Potatoes: Scrub potatoes. Add potatoes to 1-inch boiling, salted water; return to boil. Simmer, covered, 20 to 30 minutes or until tender. Drain thoroughly.

To Bake Potatoes: Scrub potatoes; rub lightly with oil. Pierce several times with fork. Bake at 400° F, 50 to 60 minutes or until tender.

†Recipes given.