

Coho And Chinook Catching On

By ELLY

Fishermen have been bringing back record catches of Chinook salmon, and the Coho, given a clean bill of health, is back in the grocers' freezers. The question of how to cook and preserve these comparative newcomers to Great Lakes waters has concerned many a fisherman's wife in this area. Only the highest quality fish should be frozen, according to a Michigan State University Extension Service bulletin. Old and fatty fish will deteriorate more rapidly than young early-season and well-cleaned fish. All air should be removed from the package in which salmon are frozen. The product to be frozen should be moist, rather than dry.

Steaks make excellent pieces for baking, broiling or barbecuing. Cut one to 1½-inch thick steaks across the fish after the fatty strips have been removed.

Whole salmon may be baked, broiled or cooked over a charcoal grill after being field dressed. With a fully grown salmon it is often necessary to remove the head and tail so that it can be placed in a cooking container.

BEST FLAVOR results when the fish is carefully and completely cleaned, with special attention to removal of every last bit of the black kidney line found resting against the backbone in the opened cavity. Also remove the fatty tissues on the top line and from the belly regions.

Some claim that Chinook boiled in salt water and served with melted butter and lemon tastes just like lobster.

When cooking over charcoal, it is best to first soak it in a brine solution for several hours. Small chips or chunks of fruitwood, maple or hickory wood placed on the hot charcoal while the fish cooks, also impart a smoked-fish flavor. The flavor becomes even more pronounced when the salmon is kept in the coldest section of the refrigerator after cooking. Since cooked fish tends to flake apart, barbecuing equipment should include a basket or some type of cover grate so that the fish can be turned over during cooking. Remember that the skins holds the flesh together during cooking and can be easily removed when cooked. The skin should be punctured or scored to enable the skin fat to escape as it melts. Finally, a hood over the cooking fish will concentrate the smoke flavoring.

BROILED SALMON WITH HERBS

1½ pounds fresh or frozen salmon steaks, about ¾-inch thick

1 T. grated onion
Juice of one lemon
6 T. melted butter
1 t. salt
¼ t. white pepper
¼ t. crumbled dried marjoram

1 T. minced watercress or chives
2 T. minced parsley

Wipe fresh or thawed frozen fish with damp cloth or paper towel; arrange on greased broiler rack. Mix remaining ingredients together and pour half over steaks. Broil for about six minutes under medium heat; turn and pour remaining sauce over fish. Broil for five or six minutes longer, or until fish flakes easily with a fork. Remove to hot platter; garnish with additional watercress or parsley. Makes four servings.

POACHED SALMON WITH CUCUMBER SAUCE

Thick steaks or large chunks of fish are ideal for poaching. Wipe fish with a damp cloth or a paper towel. Pour about two cups water into a large skillet. Add 1½ teaspoon salt, one slice lemon or one tablespoon vinegar; one slice onion, separated into rings; few parsley sprigs; ¼ teaspoon peppercorns and one bay leaf. Boil for five minutes; reduce heat.

Add fish and simmer gently for about 10 minutes, or just until fish flakes easily when tested with a fork. If fish is very thick, turn once during cooking. Do not overcook.

Serve hot immediately with melted butter or Cucumber Sauce. SAUCE: Combine ¼ cup thick dairy sour cream, one tablespoon minced green onion tops, ¼ cup grated cucumber, one teaspoon salt, one tablespoon fresh lemon juice and a dash of cayenne.



FRESH LEAN
Pork Steak
55¢
LB

U.S. CHOICE TENDERAY
Chuck Steak **78¢**
U.S. CHOICE TENDERAY
Sirloin Steak **128¢**
U.S. CHOICE TENDERAY 4TH & 5TH RIBS
Rib Roast **88¢**
U.S. CHOICE TENDERAY E-Z SLICE BONELESS
Pot Roast **98¢**
HARHOEFER BONELESS
Canned Ham **5 CAN 38¢**

Family Pak 3-5 Lb Pkgs
IN 3 TO 5-LB PACKAGES FRESH
Pork Steak **59¢**
IN 3 TO 5-LB PACKAGES SMOKED
Pork Chops **88¢**
IN 3 TO 5-LB PACKAGES BONELESS
Beef Stew **98¢**

MORTON FROZEN MINCE OR
Pumpkin Pie
18¢
1-LB 4-OZ PIE

Second Week For Dollar Days!
CYPRESS GARDENS CHUNKS OF
Grapefruit
5¢
1-LB CANS

ORCHARD PRIDE OLD FASHIONED PINK
Applesauce **10¢**
CREAM STYLE OR WHOLE KERNEL
Freshlike Corn **5¢**
AVONDALE CUT GREEN OR SHELLED BEANS OR
Sweet Peas **7¢**
JIFFY ASSORTED FROSTING OR
Cake Mixes **10¢**
ASSORTED FLAVORS
Faygo Pop **10¢**

THIS WEEKS COUPON FEATURE
Everedy Color Cokeware



10 YULE SAVE STICKERS
WITH THIS COUPON ON
ONE 8-LB
HORMEL CANNED HAM
Thru Sat., November 7, At Kroger Det. & East, Mich.
2 YULE SAVE STICKERS
WITH THIS COUPON ON
2-LB JAR
EMBASSY PRESERVES
Thru Sat., November 7, At Kroger Det. & East, Mich.

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HYGRADE'S WHOLE SEMI-BONELESS

West Virginia Ham
67¢
LB

SERVE N SAVE SKINLESS
Wieners **3 PKG 11¢**
HYGRADE'S WEST VIRGINIA OR KROGER VAC PAC
Sliced Bacon **79¢**
GLENDALE OR FARMER FEET
Boneless Ham **98¢**
GORDON'S FAMILY PAK PORK
Link Sausage **79¢**
SWIFT'S SLICED
Beef Liver **69¢**

GORDON'S ROLL
Pork Sausage
2 78¢
LB ROLL

SWANSOFT DECORATOR
Jumbo Towels
18¢
2-PLY ROLL

DEMING'S
Red Salmon **1-LB 79¢**
KROGER
Tomato Soup **10-FL 7¢**
SPECIAL LABEL PERSONAL-SIZE
Ivory Soap **12 BAR 78¢**
SUMMER ISLES TROPICAL
Fruit Salad **1-LB 19¢**
SWIFT'S
Prem **12-OZ 39¢**
ALL PURPOSE SHORTENING
Crisco **3 LB 77¢**

Sunrise Fresh Produce

FLORIDA MARSH SEEDLESS
Indian River Grapefruit
5 59¢
LB BAG
NEW CROP ZIPPER SKIN
Tangelos **5 LB 59¢**
VINE RIPE
Tomatoes **3 LB 69¢**
DIAMOND BRAND
Walnut Meats **ONE POUND 99¢**



WHOLE OR END PIECE
Slab Bacon
39¢
LB
SLICED
Slab Bacon **59¢**

Seafood Favorites
FRESH-SHORE FROZEN
Fish 'N Chips **2 LB 99¢**
FRESH-SHORE FROZEN
Fish Sticks **3 10-OZ 11¢**
FROZEN HEAT N SERVE COD OR
Perch Fillets **69¢**

ASSORTED FLAVORS
Hi-C Drinks
19¢
1-QT 14-OZ CAN

MEDIUM, WIDE OR EXTRA WIDE
Kroger Noodles **1-LB 29¢**
SIMILAC OR
Enfamil Liquid **13-OZ 22¢**
HEINZ
Baby Food **4½-OZ 7¢**
FOR WHITER CLOTHES
Roman Bleach **1-GAL 44¢**
FROZEN
Morton Dinners **11-OZ 36¢**
GIANT WHITE MEL-O-SOFT
Bread **3 1½-LB 79¢**

U.S. NO. 1
Idaho Russet Potatoes
20 139¢
LB BAG
U.S. FANCY RED OR GOLDEN DELICIOUS
Apples **12 FOR 99¢**
U.S. NO. 1 135 SIFT
Anjou Pears **12 FOR 99¢**
CRISP RED
Radishes **QUART 49¢**

U.S. CHOICE TENDERAY
Beef Sale Rib Steak
88¢
LB

U.S. CHOICE TENDERAY
Round Steak
98¢
LB

U.S. CHOICE TENDERAY
Club Steak
\$1.08
LB

KROGER 2% LOWFAT MILK OR
Homogenized Milk
88¢
GAL CTN

VALUABLE COUPON
SAVE 24¢ WITH THIS COUPON AND \$5.00 PURCHASE OR MORE ON 6 CANS
ASSORTED FLAVORS
Big 'K' Canned Pop
5¢
12-FL OZ CAN
LIMIT 6 CANS PER COUPON

VALUABLE COUPON
SAVE 26¢ WITH THIS COUPON AND \$5.00 PURCHASE OR MORE ON 6 CANS
SPECIAL LABEL
Giant Size Fab Detergent
49¢
3-LB 10-OZ BOX

VALUABLE COUPON
SAVE 40¢ WITH THIS COUPON AND \$5.00 PURCHASE OR MORE ON 6 CANS
ASSORTED FLAVORS
Country Club Ice Cream
39¢
1-GAL CTN

10 YULE SAVE STICKERS WITH THIS COUPON ON ONE 8-LB HORMEL CANNED HAM Thru Sat., November 7, At Kroger Det. & East, Mich.	5 YULE SAVE STICKERS WITH THIS COUPON ON ANY U.S. CHOICE TENDERAY BONELESS RUMP OR SIRLOIN TIP ROAST Thru Sat., November 7, At Kroger Det. & East, Mich.	5 YULE SAVE STICKERS WITH THIS COUPON ON 2-LBS OR MORE SERVE N SAVE SLICED BACON Thru Sat., November 7, At Kroger Det. & East, Mich.	3 YULE SAVE STICKERS WITH THIS COUPON ON 2-LBS OR MORE GROUND CHUCK OR GROUND ROUND Thru Sat., November 7, At Kroger Det. & East, Mich.	3 YULE SAVE STICKERS WITH THIS COUPON ON ANY 2 PKGS KROGER LUNCH MEATS OR WINERS Thru Sat., November 7, At Kroger Det. & East, Mich.	4 YULE SAVE STICKERS WITH THIS COUPON ON 20-OZ SIZE KROGER INSTANT NON-FAT DRY MILK Thru Sat., November 7, At Kroger Det. & East, Mich.
2 YULE SAVE STICKERS WITH THIS COUPON ON 2-LB JAR EMBASSY PRESERVES Thru Sat., November 7, At Kroger Det. & East, Mich.	2 YULE SAVE STICKERS WITH THIS COUPON ON ANY 6 PKGS KROGER PUDDINGS Thru Sat., November 7, At Kroger Det. & East, Mich.	2 YULE SAVE STICKERS WITH THIS COUPON ON ANY 2 PKGS KROGER BROWN & SERVE ROLLS Thru Sat., November 7, At Kroger Det. & East, Mich.	4 YULE SAVE STICKERS WITH THIS COUPON ON \$2.00 PURCHASE OR MORE YELLOW BULBS Thru Sat., November 7, At Kroger Det. & East, Mich.	2 YULE SAVE STICKERS WITH THIS COUPON ON 3-LB BAG YELLOW ONIONS Thru Sat., November 7, At Kroger Det. & East, Mich.	3 YULE SAVE STICKERS WITH THIS COUPON ON ANY 2 PKGS FRESH FRYER PARTS Thru Sat., November 7, At Kroger Det. & East, Mich.