

# Meet Henry --The King Of Salmon

By ELLY

The best salmon I ever tasted was a great coho named Henry. He was the piece of resistance at Fred and Olga DeLano's New Year's Eve party and had been caught and baked by the Roberts - Delaney and Dwyer.

They used a pound of butter for basting during the hours of baking, and the fish was delicately flavored with lemon pepper. It was served cold on a bed of parsley surrounded by fresh fruits, lemon wedges and olives, a noble fish, with a spiced crabapple in his mouth.

Salmon steaks, filets from the grocery store or fresh salmon from Michigan lakes and rivers, all are delicious hot and cold and there are many ways of preparing them.

### BARBECUE ORANGE SALMON

- 2 lb. fresh or frozen salmon steaks
- 1/2 c. melted butter
- 1/4 c. lemon juice
- 2 t. salt
- 1/2 c. orange juice
- 1/2 t. Worcestershire sauce
- 1/4 t. pepper
- Dash Tabasco sauce
- Paprika
- Orange slices

Place fish in a deep platter. In a bowl combine 1/2 cup butter, lemon and orange juice, salt, Worcestershire sauce, pepper and Tabasco sauce. Pour over the fish. Let stand for 30 minutes, turning once. Remove fish, pour sauce into a cup. Place fish in a greased, hinged basket broiler. Cook four inches from coals. Baste with remaining sauce. Sprinkle with paprika. Turn. Cook until steak flakes easily with a fork. Remove fish to a platter. Brush with remaining butter. Garnish with orange slices. Serves six.

### LYONNAISE SALMON

- 2 lbs. salmon or other fish filets
- 4 c. thinly sliced onions
- 1/4 c. butter or margarine, melted
- 2 t. lemon juice
- 1 t. salt
- 1/2 t. pepper
- 2 T. chopped parsley
- 1 t. crushed dill weed

Skin filets and cut into serving size portions. Cook onion in butter until lightly browned. Place one-third of the onion on bottom of a well-greased baking dish, 12 by 8 by 2. Arrange fish over onion. Sprinkle with lemon juice, salt and pepper. Add parsley and dill weed to remaining onion; spread over fish. Bake in a moderate, 350-degree oven for 30 to 40 minutes or until fish flakes easily when tested with a fork. Serves six.

### FESTIVE SALMON

- 2 lb. salmon filets (or other fish filets)
- 1/2 c. French dressing
- 1/2 c. crushed cheese crackers
- 2 T. melted fat or oil
- Paprika

Skin filets and cut into serving pieces. Dip fish in dressing and roll in cracker crumbs. Place on a well greased cookie sheet. Drizzle fat over fish. Sprinkle with paprika. Bake in an extremely hot oven, 500 degrees, for 10 to 12 minutes or until fish flakes easily when tested with a fork. Serves six.

### FILLET OF SALMON BAKED IN TOMATO

- 6 5-oz. salmon filets
- 3 ripe tomatoes
- Salt and pepper to taste
- 3 black olives, pitted
- 1/2 c. canned tomato soup, undiluted
- 1/2 t. oil

Cut tomatoes in half. Carefully scoop out flesh and seeds without cutting into skin. Sprinkle tomatoes with salt. Season filets with salt and pepper. Roll each filet starting at the wider end. Insert each rolled filet into a tomato. Place tomato halves containing filets on oiled baking sheet. Bake for five minutes at 375 degrees. Baste each roll with a scant two ounces of the concentrated tomato soup. Bake for another 10 minutes. Place a black olive on top of each, sprinkle with parsley and serve. Makes six servings.

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