

# Trout Is A Tasty Entree

By ELLY

Here's a tasty entree that is great eating any time of the year but is especially appropriate in the summertime when fishermen are proudly bringing home their catch.

The recipe for crispy fried rainbow trout may also be used for other pan-sized fish.

If you do your fishing at a seafood counter it is nice to know that pan-dressed rainbow trout are available the year round.

Trout are now raised in great numbers in large ponds of cold clear running water on trout farms in the United States. They are fed carefully balanced diets and are selected for market when they have grown to exactly the right size. They are cleaned, packaged, fresh or frozen, minutes after being caught. Market forms include whole, dressed, filleted, boned and breaded. Frozen trout are usually sold in packages containing two, four-ounce trout.

Fresh trout, packed in ice, are usually from five to 10 ounces in weight.

Trout are highly nutritive and are low in fat.

Crispy fried rainbow trout is an easy-to-do recipe that may be prepared at home, on the patio, or over a campfire. The fish are dipped in milk, then rolled in a cornmeal, flour and paprika mixture. Fry a few minutes on each side until the fish are golden brown and the flesh flakes.

### CRISPY FRIED RAINBOW TROUT

6 pan-dressed rainbow trout or other small fish, fresh or frozen

1/4 c. evaporated milk  
Dash pepper  
1/2 c. flour  
1/2 c. yellow cornmeal  
1 t. paprika  
Lemon slices

Thaw frozen fish. Clean, wash and dry fish. Combine milk, salt, and pepper. Combine flour, cornmeal and paprika. Dip fish in milk mixture and roll in flour mixture. Fry in hot fat at moderate heat for four to five minutes or until brown. Turn carefully and fry four to five minutes longer or until brown and fish flakes easily when tested with a fork. Drain on absorbent paper. Serve with lemon slices, makes six slices.

### FOILED TROUT

2 carrots  
2 small white onions  
2 shallots or green onions  
2 stalks celery  
Butter or margarine  
Salt and pepper  
6 trout  
Cooking oil

Chop the vegetables fine and saute in one quarter cup of butter until soft. Season to taste. Clean the trout and stuff each one with a little of the mixture. Dot with butter and place about three inches from broiler. Broil for four minutes. Seal each in a piece of foil. Oil the foil. Place on a buttered cookie sheet and bake in a preheated 425-degree oven for 15 to 18 minutes.

### TRUITE AU BLEU

This is the classic French and Swiss way of cooking fresh trout. Prepare a mixture of three parts of water to one part vinegar. Add six peppercorns, piece of bay leaf and one teaspoon salt to each quart of liquid. Bring this to a boil. Plunge in the freshly cleaned trout and poach just long enough to cook through, about four minutes for the average fish.

Serve them hot with melted butter and boiled potatoes, or chill them and serve cold with mayonnaise.

The vinegar in the water turns the skin of the trout bright blue, hence the name, "truite au bleu."



### CALIFORNIA FRUIT SALAD

1 medium-sized pineapple  
2 pints fresh strawberries  
2 fresh mint, for garnish  
Dressings

Pare pineapple and cut into spears. Wash whole strawberries and hull, if desired. Chill fruit, then arrange on a serving platter. Garnish with mint and serve with one or several dressings.



## HURRY! LAST CHANCE TO PLAY

ALL KROGER STORES IN DETROIT EXCEPT EASTLAND, SOUTHLAND & WESTLAND WILL BE OPEN JULY 4 9 a.m. to 2 p.m.

# GAMERAMA

## ANTICIPATED ENDING DATE JULY 1, 1972.

DON'T MISS YOUR LAST CHANCE TO WIN UP TO \$1,000. ALL GAME TICKETS TO BE GIVEN AWAY THIS WEEK. ALL WINNING CARDS MUST BE PRESENTED FOR VERIFICATION NO LATER THAN SAT., JULY 8, 1972.

### ODDS CHART As of June 17, 1972.

PRIZE VALUE	NO. OF WINNERS	ODDS FOR ONE STORE PLAY	ODDS FOR 3 STORE VISITS
\$1000.00	21	48,065 to 1	34,033 to 1
500.00	180	8,278 to 1	4,139 to 1
100.00	366	4,071 to 1	2,036 to 1
50.00	1,423	1,047 to 1	524 to 1
25.00	8,622	172 to 1	87 to 1
10.00	43,017	24 to 1	12 to 1
TOTAL	72,639	20 to 1	10 to 1

10 TO 16-LB

## HEN TURKEYS

# 29¢

LB

LIMIT 2 PLEASE!

FROZEN, MEDIUM SIZE

## SPARE RIBS

# 65¢

LB

30-LB BOX...\$18.99

**VALUABLE COUPON**  
WITH THIS COUPON **\$1.00 OFF** Only \$6.49 with this coupon  
THE PURCHASE OF ONE  
**8-LB MARHOFFER CANNED HAM** 18¢

**VALUABLE COUPON**  
WITH THIS COUPON AND \$5.00 PURCHASE OR MORE REFRESHING  
**PEPSI COLA** 10-oz 8 **79¢** 18 BTL'S

**VALUABLE COUPON**  
WITH THIS COUPON AND \$5.00 PURCHASE OR MORE KROGER ASS'T. FLAVORS  
**BAR-B-Q SAUCE** 1-oz 19¢ 18 BTL'S

**VALUABLE COUPON**  
WITH THIS COUPON AND \$5.00 PURCHASE OR MORE INSTANT  
**KROGER TEA** 3-oz 66¢ 18 WT CAN

**VALUABLE COUPON**  
WITH THIS COUPON WORTH \$3.00  
SERVING TRAY  
CHOICE OF: \$1.19 30 COMP. WITH COUPON  
OR: \$1.39 30 COMP. WITH COUPON  
COMPANION PIECE - FEATURE OF THE WEEK

**VALUABLE COUPON**  
WITH THIS COUPON WORTH \$1.00  
3 QT. FOOD/SALAD SERVER  
\$4.49 1.00 COMP. WITH COUPON  
OR: \$3.49 1.00 COMP. WITH COUPON  
COMPANION PIECE - FEATURE OF THE WEEK

**OLYMPIAN** THERMO-WARE ONLY  
**16-OZ TUMBLER** 29¢  
WITH EACH \$3.00 PURCHASE

RIPE & SWEET 20-LB SIZE

# WATERMELON 99¢

EACH

**COOKOUT SPECIALS**  
USDA CHOICE RIB EYE OR  
**Delmonico Steaks** 29¢  
LB

USDA CHOICE  
**Cube Steak** 1.19  
LB

1/2 LOIN SLICED INTO  
**Pork Chops** 88¢  
LB

REFRESHING  
**PEPSI COLA** 8 **79¢**  
10-oz N.R. BTL'S  
WITH COUPON AT LEFT

SOLO  
**Kitchen Cup Dispenser** 12¢  
EACH

CLOVER VALLEY  
**Strawberry Preserves** 59¢  
2-LB JAR

FROZEN  
**Realemon Lemonade** 8¢  
6-OZ WT CAN

GREAT LAKES  
**Charcoal Briquettes** 20 **98¢**  
LB BAG

SWEET BING **CHERRIES** 59¢  
LB

STEMMED & SWEETENED SLUSH FROZEN **STRAWBERRIES** 94¢  
30-LB CAN

GREAT FOR JAMS, PRESERVES OR FREEZE IN 2 TO 3-LB CONTAINERS.

JUMBO 8 SIZE **Honeydews** 99¢  
EACH

RED, BLUE OR **Seedless Grapes** 69¢  
LB

6 X 7 SIZE VINE RIPENED **Tomatoes** 10¢  
EACH

STRINGLESS, FRESH **Green Beans** 29¢  
LB

**Red Plums** 79¢  
DOZ

WINDSOR BRAND  
**Vac Pac Sliced Bacon** 49¢  
LB

GLENDALE OLD FASHIONED WHOLE  
**Boneless Ham** 1.09  
LB

FULLY COOKED **SEMI-BONELESS HAM** 68¢  
WHOLE LB  
HALF HAM...LB 77¢

### Check and Compare! KROGER'S EVERYDAY DISCOUNT PRICES

- |   |  |
|---|--|
| COUNTRY OVEN<br><b>Potato Chips</b> 49¢<br>13-OZ WT BAG           | KROGER DINNER<br><b>Macaroni &amp; Cheese</b> 16¢<br>7 1/2-OZ WT PKG |
| VERMOR'S<br><b>Ginger Ale</b> 79¢<br>6 12-OZ WT CANS              | POLAR PAK<br><b>Twin Pops</b> 44¢<br>12-CT                           |
| PURINA LIVER FLAVOR<br><b>Dog Chow</b> 59¢<br>5 LB BAG            | KROGER<br><b>1000 Island Dressing</b> 25¢<br>8-OZ WT BTL             |
| CANNED POP<br><b>Double Cola</b> 8¢<br>12-OZ WT CAN               | BETTY CROCKER<br><b>Cake Mixes</b> 29¢<br>1-LB 3-OZ PKG              |
| NESTLES<br><b>Chocolate Quik</b> 66¢<br>2-LB PKG                  | KROGER<br><b>Mixed Nuts</b> 69¢<br>7 1/2-OZ WT JAR                   |
| APPIAN WAY<br><b>Pizza Mix</b> 22¢<br>12 1/2-OZ WT PKG            | REALEMON<br><b>Lemon Juice</b> 55¢<br>QT                             |
| HUNTS ASSORTED<br><b>Skillet Dinners</b> 66¢<br>1-LB 2 1/2-OZ PKG | BREAST O CHICKEN<br><b>Chunk Tuna</b> 38¢<br>6 1/2-OZ WT CAN         |

RECEIVE UP TO **725 Top Value Stamps**  
WITH PURCHASE OF ITEMS BELOW PLEASE PRESENT THIS STRIP TO CASHIER TO CHECK OFF ITEMS

<b>T.V. STAMPS</b>	<b>GROCERY</b>	<b>MEAT</b>
50 WITH \$1 OR MORE	50 DIXIE OR SOLO CUP ITEMS	100 HORMEL CANNED HAM
50 WITH TWO JARS	50 KROGER PICKLES	25 SLICED LUNCHEATS
25 WITH ONE 4 1/2-OZ JAR ADOLPH'S	25 MEAT TENDERIZER	25 3 PKGS HIGRADE
25 WITH 22-OZ CAN	25 NIAGRA SPRAY STARCH	25 BALL PARK FRANKS
50 WITH TWO PKGS	50 GOLD CREST SNACK NUTS	25 MIXED FRYER PARTS
25 WITH 16-CT PKG	25 KROGER ICED TEA BAGS	
25 WITH ONE BAG KROGER	25 FROZEN VEGETABLES	
50 WITH ONE QUART	50 KROGER SHERBERT	
50 WITH ONE 8-OZ OR TWO 12-CT PKGS	50 ICE CREAM NOVELTIES	
25 WITH 9-OZ CAN	25 LUCKY WHIP TOPPING	
25 WITH ONE PKG	25 NABISCO SNACK CRACKERS	
		<b>PRODUCE</b>
		50 WITH 10-LB BAG POTATOES
		50 WITH 2 HEADS LETTUCE
		<b>HEALTH &amp; BEAUTY AIDS</b>
		50 WITH 66-CT BTL PLANTSTONE VITAMINS WITH 100 OR 160-CT BTL
		50 FLINTSTONE VITAMINS
		Valid at Kroger in Det., & East, Mich. Mon., June 28 thru Tues., July 4, 1972. TOTAL

DOGS LOVE IT <b>Yots Nuggets</b> 25 LB \$279	RELIEVES STOMACH ACID <b>Roloids</b> 75-CT 99¢	SHAMPOO <b>Breck One</b> 3-OZ WT TUBE 77¢	WILKINSON <b>Banded Blades</b> 5-CT PKG 53¢	SHAMPOO <b>Alberto Balsam</b> 7-OZ WT BTL 99¢	RELIEVES UPSET STOMACH <b>Bromo Seltzer</b> 2 1/2-8-OZ WT BTL 59¢	RELIEVES UPSET STOMACH <b>Bromo Seltzer</b> 4 1/2-OZ WT BTL 89¢
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