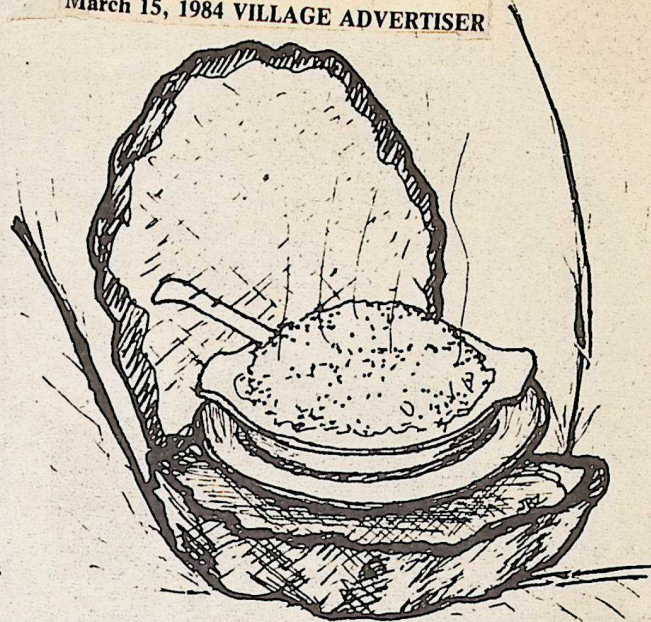


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Not everyone, not even everyone who was brought up in the strong Christian tradition, observes the Lenten season and avoids eating meat during the weeks preceding Easter, but those who wish to make that sacrifice always welcome recipes for meatless main dishes to supplement the fish dinners traditionally served on fast days and new recipes for delicious ways to prepare fish.

Your family's diet need not suffer from lack of high-quality protein as long as markets offer fish and shellfish, of course; but should you grow weary of these, there are options worth a bit of extra effort to prepare.

Aunt Olivia's recipe files include a special section which must have been compiled during World War II when meat was rationed and American housewives of necessity substituted other proteins at least two days each week. Under the heading "Meatless Tuesday Dishes," Aunt Olivia filed **Nutburgers with Mushrooms.**

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| 2 C. whole pecans | 2 1/2 C. milk (divided) |
| 1 C. packed bread crumbs | 1 8-oz. can of mushroom pieces |
| 1 beaten egg | 3 T. butter or margarine |
| 1 t. minced onion | 3 T. flour |
| 1 T. dried parsley flakes | 1 T. dry sherry |
| 1 t. salt | |

Put pecans through coarse blade of grinder and mix thoroughly with one cup of firmly-packed soft bread crumbs. Add beaten egg, onion, parsley, salt and one cup of the milk. Refrigerate for at least two hours or overnight.

Drain and chop the canned mushrooms; in a saucepan saute mushrooms in butter, blend in flour, and add balance of milk. Cook, stirring, until smooth and thickened; add sherry. Set aside in a warm spot while cooking nutburgers.

Melt a teaspoon of margarine in a skillet; drop into the hot pan four large spoonfuls of burger mixture. Brown five minutes on each side; watch them closely because nuts burn easily. Spoon mushroom sauce over burgers and serve with mashed or baked potatoes, fresh green string beans, and sliced tomatoes.

After a meatless meal, plan a rich, chewy, and rib-sticking dessert such as **Date Bars.**

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| 1/4 C. shortening, melted | 1/2 C. flour sifted with |
| 2 eggs, well-beaten | 1/4 t. baking powder |
| 1 lb. cut-up dates | 1/2 t. salt |

Melt and cool shortening; add to beaten eggs. Sift dry ingredients together and add cut-up dates to flour mixture. Stir thoroughly to coat dates; then combine with egg mixture. Pour into a greased 8"x8"x2" pan and bake at 350° for 25 to 30 minutes or until center springs back when touched lightly with forefinger. When cool, cut into eight bars, each about 2 1/2 inches wide and 4 inches long.

Meatless Pot Pie may sound like pretty thin fare, but four

people can make a good and satisfying meal of this casserole dish.

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| 2 1/2 T. butter or margarine | 8 small white onions, cooked |
| 2 1/2 T. flour | 4 medium potatoes, peeled, quartered, cooked |
| 1/2 t. salt | 1/2 C. cooked celery, corn, or cabbage |
| 1/2 t. celery salt | 1 C. cooked lima beans or green peas |
| 1/4 t. paprika | 1 C. cooked sliced carrots |
| 1 1/2 C. fat-free beef or poultry stock or bouillon | Biscuit dough |

Melt butter, blend in flour, salt, celery salt, and paprika. Stir in stock, cook and stir until thickened and smooth. Remove from heat. Potatoes, onions and carrots may be cooked together. Use canned peas, beans, or corn. Cook sliced celery or cabbage quickly in a large skillet.

In a deep casserole, layer vegetables in order given. Return sauce to heat and bring just to a boil. Pour sauce over vegetables and top with biscuit dough made from scratch, a mix, or a refrigerated tube. Bake at 425° for 20 minutes until biscuits are done.

The Lovells have been fish-dinner lovers for generations; Lent is as good an excuse as any for serving fish more often. Nothing on earth is better than properly **fried fish**; by the same token, Aunt Olivia knew there was nothing worse than fish poorly prepared.

First of all, fish **MUST** be fresh. That means it must be eaten either the same day it was caught or, ideally, the next day, after having been on ice overnight. Thoroughly chilled, fish is easier to fry because it doesn't curl up in the pan. Fish

should be cleaned and filleted as soon after being caught as possible.

Before cooking, wash fish in several waters or for several minutes under running water. Then soak for 10 or 15 minutes in cold water to which 3 t. of salt have been added. Drain and pat dry with a paper towel. The best kinds of fish for frying are cod, haddock, pollock, flounder, and yellowtails.

Cut the fillets into serving-sized portions; dip each piece first in beaten egg, then in a mixture of equal parts cornmeal and flour. In a large frying pan, melt 2 to 3 T. vegetable shortening. If you prefer your fish with the skin on, place fish flesh side down in hot pan. Fry until well-cooked through and golden brown on bottom. Thick fish need to cook longer and more slowly than thin fillets. When done, fish will be flaky, snow-white, and opaque; underdone fish is translucent.

Fish baked in aluminum foil is delicious. Lightly grease four 12" squares of foil, one for each serving. Place a portion of fish on each square. Place 2 or 3 raw, shelled shrimp on each fish piece (shrimp is optional but makes this dish especially good). Spoon on 3 T. condensed cream of mushroom soup, just as it comes from the can. Divide 1/4 lb. shredded cheese into four equal parts and sprinkle over soup. Top each portion with one t. chopped parsley and a shake or two of paprika. Fold and seal foil. Bake on cookie sheet at 425° for 40 minutes. Serve in foil.

Salmon is a traditional Lenten season fish, and Aunt Olivia's favorite one-dish salmon recipe was **Salmon Roll**. She made it in three steps, as follows:

Filling: Mix together one 16-oz. can salmon, one small grated onion, salt and pepper to taste, and 1 t. dried parsley flakes. Set aside. Grate 1/2 lb. sharp cheddar cheese; set aside.

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| Pastry: | 2 C. sifted flour | 1/3 C. salad oil |
| | 3 t. baking powder | 3/4 C. milk [Do not mix milk and oil.] |
| | 1 t. salt | |

Sift dry ingredients together; add liquids to flour all at once. Blend thoroughly and knead ten times. Roll out to a large rectangle between two sheets of waxed paper.

Spread salmon mixture over dough and sprinkle with grated cheese. Roll up, jellyroll-fashion, and tuck ends under to seal. Place in an arc on a baking sheet. Snip with scissors gashes about 1/4 inch deep at one-inch intervals along top to indicate slices. Bake at 425° for 25 minutes.

Sauce: Prepare a medium white sauce using 2 T. margarine, 2 T. flour, and 2 C. milk. Add to the sauce a can of chopped pimento and one package frozen green peas which have been brought to a boil in 1/4 C. water, then drained. Serve in sauce boat or spoon over salmon roll.

Whether a meatless meal or a fish dinner, you'll hear no complaints from those who gather at your table during the pre-Easter season if your family is anything at all like the Lovells.