

BAKED TROUT AND SALMON

BAKED SALMON SUPPER SERVES 8

3 pounds salmon fillets (6 oz each)

- 1 teaspoon salt
- 1 cucumber, unpeeled, sliced thin
- 1 & 1/2 cups mayonnaise
- 1/4 teaspoon dill weed, finely chopped

Rinse the salmon fillets and pat dry with paper towels. Place fillets on a raised rack in a 9" x 12" greased baking dish. Sprinkle with salt. Layer thinly sliced cucumber over each fillet. Stir dill weed into mayonnaise and spread over salmon and cucumber. Bake in 375 oven for 30 minutes, or until salmon flakes when tested with a fork.

Serve with a fresh Winter Orange salad, steaming baked potatoes topped with a pat of butter and french bread from your local bakery.

(Adapted from a recipe in the "National Fisherman" magazine, July 1985

GRAMMA BAHRT'S SALMON PIROGHI Serves 6

2 cups cooked salmon, coarsely flaked

Pastry for a 2-crust, 9" pie

- 1 tablespoon melted butter
- 2 cups rice that has been cooked in chicken stock
- 1 tablespoon lemon juice flavored with an easy dash of nutmeg
- 4 hard-cooked eggs, sliced
- 1/4 cup melted butter
- 2 tablespoons chopped chives
- salt, fresh-cracked pepper and onion salt to taste

Egg Glaze: Blend 1 beaten egg yolk with 1 tablespoon milk

Line a 9" pie pan with pastry dough and brush it with 1 tablespoon melted butter. Bake at 425 just until dough begins to color (5-8 minutes). Pat half the rice on bottom and sides of crust. Add salmon in an even layer and sprinkle it with the nutmeg-flavored lemon juice. Add egg slices and season to taste with salt and pepper. Top this with remaining rice and pour over all the 1/4 cup butter-chive mixture.

Adjust top crust; flute edges, vent crust and paint it with Egg Glaze. Bake at 400 about 35 minutes. If crust browns too quickly, cover top loosely with foil. Add a light sprinkling of onion salt just before serving and garnish with sprigs of parsley lightly dipped in paprika.

Cut in wedge size servings and serve with a fresh spinach salad and croissants.

(Adapted from a recipe in "National Fisherman" magazine, July, 1985)

HERBED TROUT WITH SOUR CREAM Serves 4

4 fresh trout fillets (4-6 oz each)

1 tablespoon chopped parsley	1/4 cup dry white wine
2 tablespoons butter	1/3 cup sour cream
1 tablespoon chopped onion	pinch of chervil
1/4 cup soft buttered bread crumbs	pinch of tarragon
salt, pepper	

Rinse fillets, pat dry with paper towels and sprinkle lightly with salt and pepper. Grease four pieces of heavy aluminum foil. Place a trout fillet on each.

Melt butter and saute onion 2 minutes. Add wine, parsley, chervil and tarragon. Divide mixture evenly over each trout. Wrap tightly and place packages on a raised rack in a greased baking pan. Bake at 450 for 15 minutes or until fish flakes easily when tested with a fork.

Carefully open packages and gently remove the fillets and topping, allowing the liquid to drain away. Remove the racks, discard any liquid remaining in the baking pan and return the fillets to the pan. Spread 1/4 of sour cream over each trout fillet and sprinkle with bread crumbs. Broil until lightly browned.

Serve with baked potatoes, broccoli laced with sugar and lemon and your favorite dinner rolls.

(Adapted from a recipe in "Canadian Fish... a Good Catch!", Fisheries and Oceans Canada, 1980)

PARMESAN FILLETS Serves 6

6 trout or salmon fillets (4-6 oz. each)

1 cup mayonnaise	1 egg white, stiffly beaten
1/4 cup snipped chives	1 tablespoon minced parsley
2-3 tablespoons grated Parmesan cheese	

Combine the mayonnaise with the chives. Fold 1/2 to 3/4 of the beaten egg whites into the mixture to lighten the mayonnaise being careful not to put in too much or the mixture will become loose.

Rinse the fillets in salted water and pat dry. Place them on an elevated rack in a large greased baking dish. Cover the fillets evenly with the mayonnaise mixture; then sprinkle with Parmesan and parsley. Bake in a preheated oven (425) for about 5 minutes or until the topping is puffy. Finish the fillets by broiling until the topping becomes a golden brown.

Garnish with lemon slices and serve with noodles accompanied by crisp fresh leaf spinach cooked in butter and seasoned with a dusting of

nutmeg.

(Adapted from a recipe in "Too Busy To Cook", Knapp Press, 1981)

SALMON ROLLS WITH CHEESE SAUCE

Serve 6

6 salmon fillets (4-6 oz each)

3 tablespoons butter	3 tablespoons flour
1 cup grated cheddar cheese	1 & 1/2 cup light cream
1 tablespoon sweet sherry	1 & 1/2 teaspoon salt
1/2 cup grated onion	1 tablespoon lemon juice
1/2 teaspoon white pepper	1/2 cup melted butter

Melt 3 tablespoons of butter in a skillet. Mix in flour until smooth. Gradually add the cream, stirring until it reaches the boiling point. Cook over a low heat 5 minutes. Add the cheese, sherry and 1/2 teaspoon of salt; cook until the cheese melts. Remove from the stove.

Roll up salmon fillets, fasten with toothpicks, and arrange them on an elevated rack in a greased baking dish. Sprinkle with onions, lemon juice, pepper and remaining salt. Pour 1/2 cup of melted butter over top of the six fillets.

Bake for 35 minutes in a 400 degree oven. Pour the cheese sauce over the fish and place under the broiler until the cheese is lightly browned.

Serve with home fried potatoes and a tossed salad with fresh cherry tomatoes.

(Adapted from a recipe in "Getting the Most From Your Great Lakes Salmon", Johnson, University of Wisconsin Sea Grant, 1982)

STUFFED SALMON ROLLS

Serves 6

6 fresh salmon or trout fillets (4-6 oz each)

2 cups dry bread cubes	1/3 cup finely chopped onion
1/3 cup yogurt	1/4 cup chopped dill pickle
1/2 teaspoon paprika	1/4 cup salad oil
1/2 teaspoon salt	pepper to taste

Rinse fillets, pat dry with paper towels and sprinkle with salt and pepper. Place on a raised rack in a greased baking pan. Combine bread cubes, onion, yogurt, pickle, paprika, salt, pepper. Place the stuffing loosely on fillets and roll, securing the rolls with toothpicks. Brush each roll with oil. Cover with foil and bake at 350 for 45-60 minutes.

Serve with a Waldorf salad, oven browned potatoes and baked acorn squash topped with butter and brown sugar.

(Adapted from a recipe in "Fish and Seafood - Dividend Foods",

Charlotte Dunn, University of Wisconsin Sea Grant, 1974)

SWEET 'N' SOUR LAKE TROUT Serves 4

4 - lake trout fillets (about 1/2 lb. each)

Sweet 'N' Sour Sauce:

1/2 cup brown sugar	1 cup vinegar
2 tablespoons soy sauce	2 tablespoons water
2 tablespoon corn starch	1 tablespoon salad oil
4 tomato wedges	2 medium onions cut in wedges
2 green peppers, sliced	1 8 oz can, crushed pineapple

To prepare the Sweet 'N' Sour sauce, combine sugar, vinegar, and soy sauce; bring to a boil. Add tomato, onion, pepper and pineapple. Combine the cornstarch and water and then add to the vegetable mixture. Cook until thickened, stirring constantly. Add one tablespoon of salad oil. Makes about 4 cups

Place the fillets on a raised rack in a well-greased baking dish. Spread butter over the trout and cover the pan. Bake at 350 for 20 minutes. Carefully remove fillets. Remove the rack from the pan and discard the drippings. Return the fillets to the pan without the rack. Pour 2 cups of sauce over the fish and return to the oven, uncovered, for an additional 30 minutes.

Serve fillets on a platter of salad greens, covered with the remaining sauce, steaming white rice, broccoli in lemon juice, and fresh Italian bread.

(Adapted from a recipe in "Kitchi Gami Cookery", University of Minnesota Sea Grant, 1979)

TOMATO FILLETS Serves 6

6 trout or salmon fillets (4-6 oz each)

12 oz. can of tomato juice	1 cup tomato sauce
1/8 teaspoon garlic powder	1/2 cup minced onion
1 teaspoon salt	1/4 teaspoon white pepper
1/2 cup water	12 slices bacon, crumbled

Rinse the fillets, pat dry with paper towels, and then rub with a cloth dipped in vinegar. Dry again with the paper towels. Combine the tomato juice, tomato sauce, garlic powder, onion, salt, white pepper and water.

Stack the fillets on an elevated rack in a greased baking pan. Between each layer sprinkle bits of bacon. Put the remaining bacon on top and gently pour the sauce over all. Bake at 400 about 20 minutes or until the fillets flake easily.

To complete the meal try a caesar salad, a pasta main dish, fresh Italian bread and a glass of wine.

(Adapted from a recipe in "Getting the Most From Your Great Lakes

Salmon", Johnson, University of Wisconsin Sea Grant, 1982)

GRILLED TROUT AND SALMON

BARBECUE BON APPETIT

Serves 6

6 - trout fillets (about a 1/2 lb each)

3 - 1/4 Lemon Wedges

Herbs; such as parsley flakes, basil or minced chives

Marinade:

1/2 cup Soy Sauce

1/4 cup vegetable oil

1/2 cup cooking sherry

1 clove garlic (crushed)

1 tablespoon lemon Juice

Put marinade ingredients into a shaker and shake well. Strain into a small bowl.

Brush trout fillets with juice from lemon wedges and lightly sprinkle with herbs. Place in shallow pan and pour on marinade. Let stand for one hour to absorb the flavors. Turn once.

Coals should be red hot before cooking the fillets. Cook on a well greased grill, basting frequently with the strained marinade. Turn once. Cook 5-8 minutes per side depending on the thickness of the fillet.

Remove from the grill and place on a bed of fresh lettuce leafs. Garnish with parsley. Serve with a creamy cole slaw and baked potatoes with sour cream. Top it off with a raspberry sherbet and ummmmm!

BERMUDA SALMON

Serves 4

4 salmon steaks (approximately 2 lbs.)

1 & 1/2 teaspoons salt

1/4 teaspoon pepper

3 tablespoons lemon juice

3 tablespoons olive oil

1 large Bermuda onion, sliced

Rinse and dry salmon with a paper towel. Season with salt and pepper and sprinkle with lemon juice and olive oil. Spread onion slices over salmon and let stand 1 hour. Discard onion. Arrange in broiling pan. Broil 3" from source of heat, turning once, until browned on both sides.

(Adapted from a recipe in "Your Great Lakes Salmon", C.E. Johnson, D.A. Stuiber, R. C. Lindsay)

BOB'S BARBEQUED SALMON
4 salmon steaks (4-6 oz each)

Serves 4

Sauce:

3 tablespoons melted butter
1 tablespoon lemon juice
1 tablespoon white wine vinegar
1/4 teaspoon grated lemon peel
1/4 teaspoon garlic salt
1/4 teaspoon salt
dash of bottled hot pepper sauce (optional)

Combine the sauce ingredients stirring thoroughly. Generously brush both sides of the salmon steaks with mixture.

Barbeque on a well oiled grill over hot coals. Make a tent of foil or use barbeque cover and place over salmon. Barbeque 6-8 minutes per side depending on the thickness of your steaks. Baste frequently. Turn once, brushing with sauce. Steaks should flake easily when tested with a fork.

Serve with wild rice and tomato slices on lettuce.

(Adapted from a National Fisheries Institute recipe)

CALIFORNIA-STYLE SALMON Serves 4
4 8-10-ounce Salmon Steaks

1 cup chopped CA ripe olives	1/2 cup chopped tomatoes
1/4 cup chopped onion	1 tablespoon vegetable oil
1 tablespoons minced fresh cilantro	1-2 teaspoons minced garlic

Grill salmon being careful to not overcook. Meanwhile, in a medium bowl, combine olives, tomato, onion, cilantro, oil and garlic. Mix well. Serve salmon with salsa. Garnish with cilantro if desired.

(A National Fisheries Institute calendar recipe.)

CAPTAIN'S FILLETS Serves 6
6 trout or salmon fillets (about 1/2 lb each)

1/4 teaspoon pepper	1/2 cup melted fat or oil
2 teaspoons salt	1/4 cup lemon juice
1/2 teaspoon Worcestershire sauce	Tabasco sauce
Paprika	

Combine ingredients, except paprika, in a small bowl. Place the fillets in a greased, hinged wire grill or on skewers. Baste fish with sauce and sprinkle with paprika. Cook about 4 inches from hot coals for 5-6 minutes on each side, or until fish flakes easily when tested with a fork. Baste frequently. Sprinkle with paprika when serving.

(Adapted from a recipe in "Seafood Treats From the Barbeque",
Fisheries and Marine Service, Government of Canada)

2 freshly caught salmon steaks (approximately 1/2 lb. each)

Dill mix:

4 tablespoon butter or margarine
1 teaspoon dill seed
1 tablespoon lemon juice
2 teaspoon fresh chives/parsley
a pinch of pepper

To prepare the dill mix, melt the butter in a shallow pan over a low heat. Add lemon juice and mix well. Remove from the heat and blend in the dill and chives. Allow the mixture to cool.

Broil the salmon steaks 6-8 minutes on each side turning once. Baste frequently with dill mixture. Remove from the broiler and place on a platter, covering the steaks with the remaining mix. Serve with a zucchini and tomato stew, au gratin potatoes and dill rye bread. Add a glass of wine and candle light for a real dinner for two.

FISH ON A STICK

Serves 4

2 pounds salmon steaks

1 green pepper, cut into 1" squares 10 small onions
1 cup oil 1/2 teaspoon salt
1/2 teaspoon oregano 1/2 teaspoon thyme
1/2 teaspoon garlic powder 1 teaspoon pepper

Cut salmon into 1" pieces. Place the salmon, pepper and onion on skewer, alternating items. Place "sticks" in a shallow dish. Pour oil and seasoning over and let stand for one hour. Drain and put fish over hot coals for 4-6 minutes. Keep stick turning. When done, the fish will flake.

(From "Tsimshean Indian Island Cookbook", compiled by the Ladies Aid of the William Duncan Memorial Church in Metlakatla, Alaska, reprinted in National Fisherman July 1985)

FLAMING FISH

Serves 4

4 Trout fillets (1/2 lb each)

Lemon-onion baste:

1/2 cup lemon juice 1/4 teaspoon salt
1/4 cup salad oil 1/4 teaspoon sugar
1/8 cup green onions dash of pepper

2-3 ounces rum (or cognac)
assorted herbs: rosemary, fennel, dill, parsley, thyme, sage

Combine the ingredients of the lemon-onion baste and mix thoroughly.

Grill fillets over a medium heat basting twice on each side with the lemon-onion baste. Cook 5-8 minutes on each side, turning once.

Cover a hot platter with the herbs and place on it the fillets from grill. Sprinkle herbs on top of the fillets. Pour the rum over it and ignite. (Try this out-of-doors once before you spring it on guests) The herbs will give the fish a subtle irresistible flavor.

Serve with a wild rice mix and a plate of cut raw vegetables.

FRENCH TROUT KABOBS

Serves 6

6 trout fillets (1/2 lb each)

1/3 cup French dressing 1/3 cup salad oil
1 can (19 oz.) whole potatoes drained 2 teaspoons salt
2 large green peppers, cut to 1 & 1/2 inch squares
2 large firm tomatoes, cut into sixths
a few grains pepper

Cut fillets into strips 1 inch wide by 2 inches long. Place in a shallow pan. Pour French dressing over fish and let stand for 30 minutes. Remove fillet strips from dressing. Fold each in half and thread on bamboo skewers, alternating with the vegetables. Brush with a sauce made by combining dressing in which fillets were marinated with salt, pepper and salad oil. Place kabobs on the grill, about 4 inches from hot coals. Cook 4-6 minutes. Turn, brush with sauce, and cook 4-6 minutes longer, or until fish flakes easily when tested with a fork.

Serve with rice, a generous slice of watermelon and iced tea.

(Adapted from a recipe in "Seafood Treats From The Barbeque" - Fisheries and Marine Service, Government of Canada)

MARINATED SALMON STEAKS

Serves 4

4 Salmon steaks, about 1" thick

1/2 cup vegetable oil 1/2 cup white wine vinegar
1 teaspoon sugar 1 teaspoon dried parsley flakes
1/8 teaspoon pepper 1/2 teaspoon dried Italian seasoning
1/8 teaspoon paprika 1/4 teaspoon garlic salt
1/4 teaspoon onion powder

In shallow bowl, blend all the marinade ingredients. Place salmon steaks in plastic bag. Pour marinade over fish. Seal bag. Refrigerate at least 1 & 1/2 hours, turning bag over two or three

Remove the steaks from marinade. Reserve marinade. Arrange fish on the grill and baste with marinade. Broil 4-5 inches from heat for 5 minutes. Turn. Baste with remaining marinade. Broil until fish flakes easily when tested with a fork, about 5 minutes.

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Serves 6

1 tablespoon juniper berries (about 50)
2 teaspoons salt 1/8 teaspoon pepper
lemon or lime wedges mayonnaise

Grill over coals 5-6 minutes on each side. Garnish with lemon wedges and mayonnaise.

Serves 6

2 tablespoons butter
freshly ground pepper
1 pear

2 limes
1 apple

In a large skillet, at a low heat, melt the butter and sprinkle with pepper. Add the lime slices, turning to coat them with butter. Add apple and pear and saute' until butter is absorbed by the fruit, about 5 minutes. Fruit should be tender, but not browned.

Place salmon steaks on the grill. Remove the lime ends from the sauteed fruit and rub over salmon, simultaneously squeezing juice. Broil about 5 inches from the heat until brown, about 7 minutes. Turn and repeat on the other side. Carefully remove steaks.

Serve immediately with sauteed fruit complimented with Brown Rice Milanese and green beans with mushroom and sesame seeds.

(Adapted from a recipe in "Too Busy to Cook", The Knapp Press, 1981)

GRILL POACHED SALMON
2 pounds salmon fillets or steaks

Serves 6

2 tablespoons butter	1 teaspoon salt
6 thin slices lemon	1/2 cup white wine
a few grains pepper	

Cut salmon into serving-size pieces. Place each piece on a square of heavy duty aluminum foil. Double thickness of foil may be used. Sprinkle salmon with salt and pepper, top with butter, a slice of lemon and drizzle with wine. Close package securely and cook on the grill for 20-30 minutes or until fish flakes easily when tested with a fork.

(Adapted from a recipe in "Seafood Treats From The Barbeque", Department of Fisheries and Oceans Canada)

NORFOLK STYLE SALMON

Serves 6

6 salmon steaks about 3/4 inch thick

1/4 cup lime juice
2 tablespoons melted butter
1 teaspoon dried marjoram leaves, crushed
1 teaspoon salt
1/8 teaspoon pepper

Combine lime juice and marjoram in shallow dish. Add salmon steaks, turning to moisten both sides with lime juice. Cover and place in refrigerator. Marinate 1 hour, turning once.

Place steaks on grill and brush fish with butter. Sprinkle with salt and pepper. Broil about 4 inches from heat for 10-15 minutes or until fish flakes easily when tested with a fork. Cover grill. Fish need not be turned during broiling.

(Adapted from a recipe in "A Seafood Heritage From the Rappahannock to the Rio Grande", US Department of Commerce)

GOLDEN SALMON STEAKS

Serves 4

4 salmon steaks about 1 & 1/2 inches thick

1 tablespoon grated onion	2 tablespoons lemon juice
4 tablespoons butter, melted	1 teaspoon salt
dash of pepper	1/4 teaspoon thyme
paprika and parsley	wedges from 1 lemon

Place steaks on greased grill. Combine onion, lemon juice, salt and pepper and thyme, with butter. Baste steaks with one-half of the butter mixture. Cook about 6-8 minutes per side or until steaks flake easily with a fork. Garnish with paprika and parsley, add lemon wedges.

(Adapted from a recipes in "Washington Seafood Recipes", Washington Department of Fisheries)

SMOKED SALMON AND TROUT

DELIGHTFUL DIP

Makes 2 cups

3/4 pound smoked trout or salmon

1 package (8 ounces) cream cheese, softened
2 tablespoons half and half cream
2 tablespoons lemon juice
1/4 teaspoon garlic salt
assorted crackers, chips or vegetables

Remove any remaining bones and flake the fish. Combine all ingredients mixing thoroughly. Chill. Serve with assorted crackers, chips or vegetables.

(Adapted from a recipe in "Fish Recipes from the Great Lakes", Bureau of Commercial Fisheries, U.S. Department of Interior, 1965)

HICKORY SMOKED SALMON

Serves 6

6 salmon fillets (4-6 oz each)

2 teaspoons dark brown sugar
seafood seasoning to taste

Spread wet hickory chips over hot coals. Place each fillet on a greased grill or skewer and place on a raised rack. Spread sugar over salmon and sprinkle with seafood seasoning. Cover the grill or make a tent of aluminum foil. Cook for 20 minutes or until fish flakes easily when tested with a fork.

(Adapted from a recipe in "Seafood Treats From The Barbeque", Fisheries and Oceans Canada)

SALMON JERKY

Jerky is an excellent method for preserving salmon, especially late season spawners. The flesh is salted, smoked and dried. The finished product should be firm, dry and tough, yet not dry enough to crumble to the touch. When chewed, there should be some resiliency or rubbery characteristics to the meat.

1. Thoroughly clean the fish, rinse, and pat dry.
2. Cut boneless, skinned fillets into strip 1/2-3/4 inches wide.

3. Place jerky strips in brine solution (1/2 cup of pickling salt per gallon of water) for at least 12 hours. Make sure brine completely covers fish flesh. Hold brine temperature at 40 F.(refrigerator temperatures) or less to prevent bacterial spoilage.
4. After brining, freshen the strips by immersing in fresh, cold running water for 30 minutes to 1 hour to remove excess salt. Then place the strips on wire screens or hooks and allow them to dry on the surface. (If using a screen turning at 1 hour intervals to keep from sticking.) This process can be done in the smokehouse or smoker. If equipped with a fan, drying requires approximately 2-3 hours.
5. Dry and smoke the strips of fish for approximately 12 hours at 150 F. The time in the smoker will depend a great deal upon the amount of moisture in the flesh at the beginning of the process and the temperature of the smoker. Check at regular intervals and remove the fish before too dry.

STORAGE: The finished jerky should be stored in air tight containers, such as sealed glass jars or foil. Jerky keeps for months in this condition if all the fat was removed from the flesh prior to processing.

(For more information on smoking fish see "Home Smoking of Fish", Stuiber, Mennes, Johnson, Sea Grant Publication WIS-SG-84-144)

SALMON ROLLS

Serves 6-8

6-8 ounces thinly sliced smoked salmon

- 1 loaf of prepared bread dough
- 1 beaten egg
- finely chopped green onion
- freshly ground pepper

After thawing, roll out the prepared dough into a 9-inch circle. Cover the top with strips of the salmon and add seasonings. Cut the circle into wedge-shaped pieces and roll each one tightly, beginning at the outside edge. Brush the roll with the beaten egg and bake at 425 for about 15 minutes. Serve hot as appetizers or with lunch.

(Adapted from a recipe in "James Beard's Fish Cookery", Beard, Warner Books)

SALMON SPREAD SUPREME

1 & 1/2 pounds smoked salmon

- 2 teaspoons minced onion
- 2 teaspoons finely chopped celery
- 2 tablespoons finely chopped sweet pickle
- 2 tablespoon chopped parsley
- 1 clove garlic-minced
- 1 tablespoon mustard
- 1 & 1/4 cup mayonnaise
- dash Worcestershire

Remove skin and bones from fish and flake well.

Mix all ingredients together and chill one hour before serving.

(Adapted from a recipe in "Fish and Seafood - Dividend Foods",
Charlotte M. Dunn, University of Wisconsin, UW Sea Grant report 118)

SWISS SALMON OMELET
1/2 cup flaked smoked salmon

Serves 2

3 eggs
2 tablespoons milk
1/8 teaspoon pepper
1 tablespoon margarine or butter
1/4 cup shredded Swiss Cheese

In small bowl, blend eggs, milk and pepper. In 10-inch skillet, melt margarine over medium heat. Pour eggs into skillet. Cook until eggs are set, about 5 minutes. Sprinkle fish and cheese over one half of the omelet. With spatula, carefully fold other half over filling. Cook until cheese melts, 1-2 minutes.

(From a recipe in Cleaning & Cooking Fish by Sylvia Bashline)

STEAMED SALMON AND TROUT

DAD'S MUSHROOM MASTERPIECE
4 trout or salmon steaks, 6-8 ounces each

Serves 4

Steaming liquid: Salted Water Makes 1-2 cups

1-2 cups of water are needed to steam the fillets, depending on the pan used. For each cup, add 1 tablespoon of salt and stir. Steam the fillets for 9-10 minutes or until they flake easily when tested with a fork.

Sauce: Mushroom Sauce
Makes 1 & 1/2 cups

2 cups chopped fresh mushrooms 1/4 cup chopped onion
1 tablespoon Dijon-style mustard 1/4 cup dairy sour cream
1 tablespoon all-purpose flour 1/4 teaspoon salt
2 tablespoons butter 1/3 cup milk
1 tablespoon white wine 1/8 teaspoon pepper

In a small saucepan, cook and stir mushrooms and onion in butter over medium heat until the onion is tender, about 5 minutes. Stir in flour, salt and pepper. Blend in milk. Cook over medium heat, stirring constantly, until thickened, about 3 minutes. Remove from heat and stir in sour cream, mustard and wine. Pour the sauce over the steamed fillets and serve.

Serve with a spinach salad with a sweet/sour dressing, a mix of wild and long grain rice, fresh french bread, and orange sherbet for dessert.

(Adapted from a recipe in "Cleaning and Cooking Fish", Bashline, Golden Press, 1982)

FISH FILLET FLORENTINE

Serves 6

6 salmon or trout fillets

3 10-ounce packages of fresh spinach, stemmed and washed
2 tablespoons butter
1/2 to 1/3 cup grated Swiss cheese

Sauce: Makes 2.5 cups

4 tablespoons butter 5 tablespoons flour
2 cups hot milk 1/3 cup cream

To prepare the sauce stir the butter and flour over moderate heat in a 2 quart pan until they foam and froth for 2 minutes without coloring. Off heat, beat in hot milk; simmer, stirring for 2 minutes, then beat in the cream. Season to taste; beat in half the cheese.

To steam the fish, bring 3 inches of slightly salted water to the boil in a roomy pan; for each quart of water add 3 tablespoons of wine vinegar. Steam the fish fillets for 9-10 minutes. Discard broth.

Boil spinach in a large kettle of slightly salted water for 2-3 minutes. Drain, run cold water over the spinach and squeeze dry. Chop with a stainless steel knife. Simmer 3-4 minutes with butter in a covered stainless pot. Season carefully to taste.

To assemble, stir 2/3 cup of sauce into the spinach; spread in a buttered baking dish. Arrange fish on spinach. Spoon remaining sauce over fish; sprinkle on remaining cheese. Bake 1 hour before serving in the upper third of a preheated oven just until bubbling hot and the sauce is lightly brown on top.

Compliment the fillets with a salad of green lettuce, mandarin oranges and slices of red onion, wild rice, french bread and a slice of honey dew melon.

(Adapted from a recipe from "Julia Child's Kitchen")

HERBS AND TROUT

Serves 6

2 trout (8-10 oz.)

4 tablespoons butter, melted 1 lemon, sliced
1 orange sliced salt - to taste

black pepper - to taste basil - to taste
thyme - to taste shallots - to taste
paprika - dash

Brush trout with melted butter. Season with salt, pepper, basil, thyme and shallots. Place lemon and orange slices on top in alternating pattern. Sprinkle with paprika. Steam over clear water for 7-10 minutes.

REMOULADE SALMON Serves 4
4 salmon fillets, 6-8 ounces each

Steam the fillets in 1-2 cups of water depending on the pan used. For each cup, add 1 tablespoon of salt and stir. Steam the fillets for 9-10 minutes or until they flake easily when tested with a fork.

REMOULADE SAUCE Makes 1-1/4 cups

1/4 cup tarragon vinegar
1/4 teaspoon cayenne pepper
1/2 cup salad oil
1/4 cup chopped celery
1 tablespoon catsup
1/4 cup chopped green onion
1/2 teaspoon salt
1.5 teaspoons paprika
1 tablespoon chopped parsley
2 tablespoons prepared brown mustard

In small bowl combine vinegar, mustard, catsup, paprika, salt, and cayenne. Slowly add salad oil, beating constantly. (May also be done in a blender.) Stir in celery, green onion, and parsley. Allow to stand 3-4 hours to blend flavors.

(Adapted from a recipe in "A Seafood Heritage", Department of Commerce, 1976)

MANICOTTI WITH SALMON SAUCE Serves 4
(200 calories per serving)

8 ounces steamed salmon fillets

1/2 cup condensed cream of celery soup
1/3 cup plain skim milk yogurt
2 tablespoons chopped parsley 4 manicotti noodles
2 tablespoons butter 1 garlic clove, crushed
1/2 teaspoon basil 1/2 cup cooked chopped spinach
1/3 cup skim milk cottage cheese salt and pepper to taste

Remove any remaining bones from the salmon and break into chunks. Mix salmon chunks gently with soup, yogurt and parsley. Cook manicotti

noodles according to directions. Saute' onion and garlic in butter and add seasonings. Combine with spinach and cottage cheese. Reheat. Fill each manicotti with about 1/3 cup of the stuffing and place on a greased baking pan. Coat with salmon sauce and bake covered at 350 for 20 minutes.

(Adapted from a recipe in "Fish and Seafood for the Calorie Conscious", Fisheries and Oceans Canada, 1985)

SALMON/TROUT HOLLANDAISE Serves 6 1.5 pound trout fillets

Cut fillets into serving-size portions. Steam over salted water for 9-10 minute or until fish flakes when tested with a fork. Remove from heat. Carefully remove fish to heated platter and keep hot.

Hollandaise sauce:

2 tablespoons water
6 slightly crushed peppercorns
1 tablespoon white wine vinegar
2 egg yolks
3/4 cup butter
salt to taste
1 tablespoon lemon juice

Make the sauce in a double boiler or an oven-proof bowl over a saucepan of hot water. If using the latter method make sure that the bottom of the bowl is not touching the hot water or the sauce will set on the bottom of the bowl before it is cooked.

Place the water, crushed peppercorns and white wine vinegar in a small saucepan and reduce to about 1 tablespoon of liquid. Set aside.

Cut the butter into pieces and soften gently in a small saucepan. Remove from heat.

Whisk the egg yolks, reduced liquid and a little of the butter in the double boiler. When the mixture becomes creamy and slightly thick, pour in the butter in a thin stream, whisking briskly. Add lemon juice and a little salt, and taste for seasoning.

Remove from the heat immediately when it is thick. Should the sauce look as if it is curdling, add a few drops of cold water and whisk briskly for a few more minutes. This sauce can be made in a blender or food processor, but you may find that less butter will be absorbed. The addition of 1 tablespoon of cold water with the lemon juice will prevent it becoming too thick.

Pour the sauce over the fillets and serve.

(Adapted from a recipe in Myra Street's "Classic Fish Dishes")

SALMON STEAKS ALMONDINE

Serves 4

4 salmon steaks

Steaming liquid: Court Bouillon Makes 4 cups

6.5 cups water
1 large carrot, cut in 1" pieces
1.5 cups white wine
1 medium onion, sliced/chopped
2-3 thin lemon slices
1 tablespoon snipped parsley
1/8 teaspoon peppercorns
1 bay leaf

Combine the ingredients in a sauce pan and bring to a boil. Reduce the heat and simmer until the liquid is reduced by about 1/3. Strain the liquid through cheese cloth. Use 1-2 cups for steaming the steaks, about 9-10 minutes. The rest of the court bouillon may be saved by freezing.

Sauce: Almondine Butter
Makes 1/2 cup

1 tablespoon butter
1/4 cup sliced almonds
5 tablespoons butter
1 tablespoon fresh lemon juice
dash of cayenne

In a small skillet, melt 1 tablespoon butter over medium heat. Add almonds. Cook and stir over medium heat until almonds are light brown, about 4 minutes. Add 5 tablespoons of butter, the lemon juice and a dash of cayenne pepper. Stir until the butter melts and then pour over the steamed salmon steaks.

Serve with a fresh fruit salad, au gratin potatoes, broccoli spears and fresh Italian bread.

(Adapted from a recipe in "Cleaning and Cooking Fish", Bashline, Golden Press, 1982)

TROUT WITH HORSERADISH SAUCE

Serves 2

2 trout fillets, 4-6 oz. each

Dry vermouth or white wine 1 tablespoon minced dill
1/2 cup sour cream 2 small sliced cucumbers
1-2 tablespoons drained white horseradish

Bring enough vermouth or wine to rolling boil. Add trout to the raised rack and continue at a rolling boil allowing trout to steam for

9 to 10 minutes. Remove from rack and cool.

Combine sour cream, horseradish and dill weed for dressing. Trout may be served cool or cold with sour cream dressing. Garnish with cucumbers slices, if desired.

SALMON EN CROUTE

Serves 4

4 salmon fillets

2.5 cups Court Bouillon

1 pound purchased puff pastry (thawed if frozen)

Duxelles Stuffing

1 medium onion, peeled and finely chopped

6 green onions, washed and chopped

2 tablespoons tomato puree (paste)

2 tablespoons fish liquor

4 cups mushrooms, washed and finely chopped

2 tablespoons butter

1 tablespoon fresh parsley, chopped

salt and freshly ground pepper

Melt the butter in a frying pan and cook the onions and green onions over a low heat for about 5 minutes. Add the finely chopped mushrooms and continue cooking for a further 3 minutes. Lastly, add the tomato puree and reduced fish liquid, season well and add parsley. Allow to cool. (The vegetables for the duxelles stuffing may be chopped in the blender or food processor.)

Steam the salmon fillets in the court-bouillon for about 15-20 minutes. Allow to cool in the liquid. Remove the fish. Skin each side and carefully remove the top two fillets, then lift out the bones and the two further fillets will appear underneath.

Divide the pastry in two with one piece bigger than the other and roll out the smaller piece. Cut it into a simple fish shape with a slightly pointed nose coming out to a flat head, a rounded body and fan tail. Make a paper pattern about 12 inches long as a guideline, if necessary.

Arrange two pieces of fish on the pastry with the broad ends meeting in the middle and the narrower parts at either end. Cover with the duxelles stuffing and then place the other two pieces of fish neatly on top.

Roll out the larger half of the pastry about 2 inches bigger than the previous piece. Dampen the edges with cold water and place over the fish, tucking the extra pastry underneath and molding it to secure and improve the fish shape.

Cut the remaining strips of pastry into crescents for decoration and thin strips to decorate the tail with fins. Make several slits down

the back to allow the steam to escape.

Paint with beaten egg, arrange the decorations also glazed with egg, and bake in a hot oven (425) for 20 minutes. If the pastry is browning too quickly, turn down the heat after 15 minutes. Serve with Hollandaise Sauce.

(Adapted from a recipe in Myra Street's "Classic Fish Dishes")