

STUFFED FISH

2 lge. Whiting H & G	2 tsp. salt
1 lge. onion, chopped (1 cup)	6 slices whole wheat bread, cubed
$\frac{1}{2}$ tsp. leaf sage, crumbled	1 egg
1 stick butter	2 tbsp. lemon juice
$\frac{1}{4}$ tsp. pepper	

Wash fish well in cold water; pat dry with paper toweling. Place in a greased large shallow baking pan. Sauté onion in 4 tbsp. of the butter until soft in a large frying pan; stir in sage and 1 tsp. of the salt. Add bread cubes; toss to coat evenly; remove from heat. Stir in egg until well-blended. Spoon into cavity in fish. Melt remaining 4 tbsp. butter in a small saucepan; stir in remaining 1 tsp. salt, lemon juice, and pepper. Brush part over fish. Bake in moderate oven (350°), brushing several times with remaining butter-lemon mixture, 1 hour, or until fish flakes easily.

Egg Sauce:

Hard-cook 3 eggs; shell and chop; set aside. Melt 4 tbsp. butter in a medium-size saucepan; stir in 4 tbsp. flour, $\frac{1}{2}$ tsp. salt, and $\frac{1}{4}$ tsp. pepper; cook, stirring constantly, just until bubbly. Stir in 2 cups milk continue cooking and stirring until mixture thickens and boils 1 minute; remove from heat. Stir in 1 tbsp. lemon juice; fold in chopped eggs. Makes about 2 $\frac{1}{2}$ cups.

Lift fish with wide spatulas onto a heated serving platter; spoon some of the egg sauce over the fish; garnish platter with lemon wedges and parsley, if you wish. Serve remaining sauce separately.

WHITING CHILLED PIE

4 oz. Swiss Cheese	1 cup light cream
2 cups cooked Whiting H & G	1 tsp. salt
2 med. onions, chopped	$\frac{1}{2}$ tsp. grated lemon peel
1 med. green pepper	$\frac{1}{4}$ tsp. dry mustard
2 beaten egg yolks	Dash ground mace
	Dash basil
	Dash black pepper

Sprinkle cheese evenly over bottom of dish. Add seasonings to Whiting, green pepper and onion mixture. Place into dish. Combine egg yolks cream, lemon peel and mace. Pour over Whiting. Bake at 325°, till set (about 45 minutes). Beat egg whites till stiff top pie. Bake until golden brown. Remove from oven and let stand 10 minutes before serving.

CABBAGE (SWEET AND SOUR)

- 1 large head cabbage
- 1 tbsp. vegetable oil
- 6 whole cloves
- 1/3 cup honey or 1/2 cup sugar
- 2 cups vinegar
- 1/2 tsp. cinnamon
- 1 tbsp. salt
- 1/2 tsp. pepper
- 2 apples, shredded
- 2 onions

Chop the cabbage, or shred in blender. Place in large pot together with the remaining ingredients. Simmer for approximately 5 hours.

FRESH CORN CUT FROM THE COB

- fresh corn
- butter
- salt and white pepper
- milk or cream
- 1 tbsp. worcestershire sauce
- minced garlic

Cut or grate corn from the cob. Simmer it, covered, for several minutes, until it is tender, in its own juice and a little butter. Season with salt and pepper. Moisten it with a little milk or cream. You may make it zesty by adding 1 tbsp. worcestershire sauce and minced garlic.

SAUTEED EGGPLANT SLICES

- An eggplant
- Milk
- seasoned flour or crumbs
- butter or oil
- chopped parsley
- slice lemon

Peel and cut eggplant into 1/2 inch slices, cubes or sticks. Dip pieces into milk. Dredge them in the flour or crumbs. For easy handling, place slices on a rack to dry for 15 minutes before cooking. Melt butter or oil in a skillet. Saute the pieces until tender. Serve while very hot. Serve with chopped parsley and a sliced lemon.

BAKED POTATOE STUFFED WITH VEGETABLES

- 4 baked potatoes
- 1 cup cream sauce
- 1/2 cup cooked peas
- 1/2 cup diced green peppers
- 1/2 tsp. salt
- 1/2 cup grated cheese
- 1/2 cup cooked chopped carrots
- 2 tbsp. diced pimientos

Preheat oven to 400°. Prepare baked potatoes. Mix into cream sauce all other ingredients as they appear above. Cut the potatoes lengthwise into halves. Remove the pulp without breaking the skin. Mash the pulp and fold in the sauce and vegetables. Fill the potatoes shell with the mixtures. Cover with bread crumbs. Place the potato shells in the oven until the tops are brown.

CAESAR SALAD

2 cloves of garlic	$\frac{1}{2}$ tsp. salt
$\frac{3}{4}$ cup olive oil	2 medium eggs, soft cooked for 1 minute
2 cups bread cubes (4 slices)	3 tbsp. lemon juice
2 large or 3 small heads romaine lettuce	2 steamed Whiting II & G, filleted and chunked
$\frac{1}{2}$ teaspoon freshly ground pepper	$\frac{1}{2}$ cup freshly grated Parmesan Cheese

Cut one of the garlic cloves in half; rub cut surface over inside of large salad bowl. Discard. Brown remaining garlic clove in $\frac{1}{4}$ cup of olive oil in a large skillet. Remove browned garlic clove; add bread cubes; brown on all sides. Drain croutons on paper toweling. Break romaine leaves into bite size pieces into salad bowl. Sprinkle with pepper and salt. Add remaining olive oil. Mix gently until every piece of lettuce is glistening with oil. Break eggs into the middle of the romaine and pour lemon juice directly over the eggs. Toss gently but thoroughly until there is a creamy look to the salad. Add Whiting chunks and cheese; taste, adding more salt, pepper and lemon juice, if desired. Add the croutons and toss again; serve immediately so that the croutons remain crisp.

SPINACH WITH TOMATOES

1 lb. spinach	small can tomatoe paste
1 pressed clove garlic or	3 or 4 tbsp. olive oil
3 tbsp. minced onion	

Cook spinach and drain and blend or chop fine. Add tomato paste. Saute garlic in olive oil. Add this to spinach mixture and correct the seasoning if necessary.

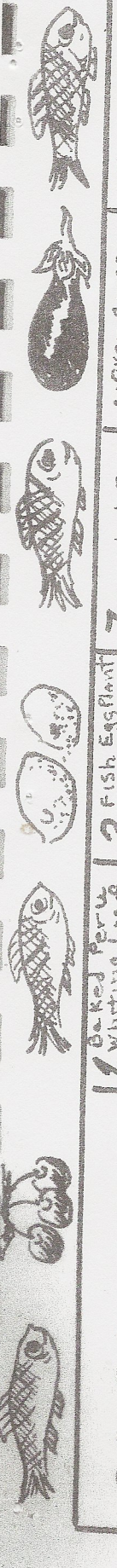
STEWED TOMATOES

6 lge. quartered tomatoes	3 or 4 garlic cloves
1 tsp. minced onion	$\frac{1}{2}$ chopped celery
$\frac{3}{4}$ tsp. salt	$\frac{1}{4}$ tsp. paprika
2 tsp. brown sugar	$\frac{1}{8}$ tsp. curry powder or 1 tsp. basil
1 tbsp. butter	

Wash and skin tomatoes. Place them in a heavy pan over slow heat, about 20 minutes. Add onions, celery and garlic. Stir them occasionally to keep from scorching. Add all other ingredients let simmer. Tomatoes may be thickened with $\frac{1}{2}$ cup bread crumbs.

SUGGESTED MENU

<p>6 Fish Souffle Browned Rice Buttered Carrots Broccoli Summer Salad* Apple Pie</p>	<p>7 Whiting A La King Stuffed Peppers Corn Pudding Potatoe Salad Milk + Honey Cheese Pie</p>	<p>8 Fish Salad I Cauliflower Saled String bean Salad Toss Salad Cranberry Mist Peach Cobbler</p>	<p>9 Fish Filets with Cucumber Sauce Parsleyed Potatoes Creamed Spinach Tomato, Lettuce Cucumber Salad</p>	<p>10 Fish Balls Browned Rice Sautzed Eggplant Slices Cabbage AuGratin Orange Sherbert</p>	<p>11 Baked Fish with Sour Cream Buttered String Beans Toss Salad Cypress Fling</p>	<p>12 Fish Pizza French Fries Cole Slaw Toss Salad Fruit Cup</p>
<p>13 Stuffed Fish Browned Rice Asparagus Casserole Carrot Fluff* corn Cheese Souffle* Apple Strudel* Milk + Honey</p>	<p>14 Fish in a Sack Caesar Salad Fresh Corn Cut from Cob String Beans (Egyptian Style) Carrot Pie* Milk + Honey</p>	<p>15 Fish w/ Noodles Stewed Tomatoes Buttered String Beans Combination Salad Orangeade Acorn Squash Pudding*</p>	<p>16 Poached Fish in Egg Sauce Browned Rice Candied Carrots Broccoli Lemon w/ Lime Ade</p>	<p>17 Jamaican Fish Spinach with Tomatoes Eggplant in Sour Cream* Fresh Corn Tossed Salad Cranberry Mist</p>	<p>18 Fish Croquets Steamed Cabbage Sliced Tomatoes Green Peas with Sauce Banana Pudding</p>	<p>19 Fish Pot Pie Corn on Cob Tossed Salad Browned Rice with Vegetables Ko-Jell with Cream</p>
<p>20 Whiting Fish Kabob Candied Squash Eggplant Casserole Cauliflower Salad Cherry Cheese Cake Vanilla Milk</p>	<p>21 Fish Cakes with Pineapple Sauce Curried Rice Cabbage (Sweet + Sour) Pickled Beets Ice Cream</p>	<p>22 Eastern Curried Fish Rice Cauliflower AuGratin Buttered Carrots Hearts of Lettuce Bean Pie</p>	<p>23 Fish Burger French Fries String Beans Cole Slaw Sliced Tomatoes Fruit Swizzle</p>	<p>24 Fish + Rice Casserole II Eggplant Casserole Corn Pudding Summer Salad* Bread Pudding</p>	<p>25 Broiled Fish with Mustard Sauce Zucchini Squash Casserole* Scalloped Potato Apple Cobbler</p>	<p>26 Fish Saled II Mixed Vegetable Salad Egg Salad Ice Cream</p>
<p>27 Barbeque Fish Browned Rice Corn on the Cob Green Peas with Onions Tomato, Cucumber, Caulery Salad Carrot Pie</p>	<p>28 Fish Casserole Deluxe Browned Rice Stuffed Cabbage Candied Squash Beet Salad Fruit Swizzle</p>	<p>29 Hawaiian Fruit Filet Peas + Carrots Toss Green Salad Fruit Cup Caramel Milk</p>	<p>30 Fish Chowder with Assorted Crackers Spinach with Tomatoes Cream Corn Hearts of Lettuce Cypress Fling</p>	<p>31 Baked Fish with Cheese Sauce Caesar Salad Baked Potatoe with Sour Cream Sautzed Eggplant stewed Tomatoes Applesauce Cake Cranberry Mist</p>	<p>NOTES: All meals should be served with Bean Soup, whole wheat Bread and Milk * Recipes can be found in "The muslim Cookbook"</p>	



CUCUMBER SAUCE

Cut 1 medium unpeeled cucumber in half lengthwise; scoop out seeds. Shred enough to measure $\frac{1}{2}$ cup; do not drain. Blend shredded cucumber with $\frac{1}{2}$ cup dairy sour cream, $\frac{1}{4}$ cup mayonnaise or salad dressing, 1 tablespoon snipped chives, 2 teaspoons lemon juice, $\frac{1}{4}$ teaspoon salt, and dash white pepper. Chill

MUSTARD SAUCE

2 tbsp. butter or margarine
2 tbsp. all-purpose flour
 $\frac{1}{2}$ tsp. dry mustard

$1\frac{1}{4}$ cups milk
1 tsp. spicy mustard
1tsp. vinegar

In saucepan melt butter. Blend in flour, dry mustard, $\frac{1}{2}$ tsp. salt, and dash white pepper. Add milk. Cook and stir till mixture is thickened and bubbly. Remove sauce from heat; stir in mustard and vinegar. For a more yellow sauce, add one or two drips yellow food coloring, if desired. Serve hot, Makes $1\frac{1}{2}$ cups sauce.

CLARIFIED BUTTER

Melt butter over low heat without stirring; cool. Pour off oily top layer; discard bottom layer. Keep butter warm over candle warmer.

VANILLA MILK

Blend 2 teaspoons sugar and ½ teaspoon vanilla with 1 cup milk.

CARMEL MILK

Heat 1 cup milk with 2 tablespoons light brown sugar until sugar is dissolved. Stir in ¼ teaspoon vanilla. Serve hot or cold.

MILK AND HONEY

Stir 1 to 2 tablespoons honey into 1 cup milk, sprinkle lightly with nutmeg or cinnamon.

LEMONADE

1¼ cups sugar	1 cup fresh or bottled lemon juice
1 cup water	4 cups ice water
Peel of 2 lemons, cut in strips and bitter white part removed	

Gently boil sugar, 1 cup water and lemon peel in a small saucepan 8 to 10 minutes until sugar is dissolved and mixture syrupy; remove lemon peel and cool to room temperature.

Pour syrup into a large pitcher, add lemon juice and ice water and stir well. Add plenty of ice cubes and stir well again. Serve in tall glasses.

ORANGEADE

1 cup sugar	¼ cup fresh or bottled lemon juice
1 cup water	2 cups fresh, frozen or canned orange juice
Peel of 1 orange and 1 lemon, cut in strips and bitter white part removed	
	3 cups ice water

Gently boil sugar, 1 cup water, lemon and orange peels in a small saucepan 8 to 10 minutes until sugar dissolves and mixture is syrupy; remove peels and cool syrup to room temperature.

Pour syrup into a large pitcher, add remaining ingredients and mix well. Add plenty of ice cubes and stir to chill. Serve over ice in tall glasses.

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LEMON 'N' LIME ADE

2 cups sugar	½ cup bottled lime juice
4 cups water	2 bottles (12 oz. each) ginger ale
½ cup bottled lemon juice	8 to 10 mint sprigs

Heat and stir sugar and water in a medium-size saucepan just until sugar is dissolved; cool to lukewarm.

Stir in lemon and lime juices and pour into a large pitcher. Mix in ginger ale, pour into tall glasses filled with ice and sprig with mint.

FRUIT SWIZZLE

1 can (6oz.) frozen concentrate for lemonade	16 strawberries
1 can (6 oz.) frozen concentrated orange juice	8 lime wedges
Water	

Mix frozen concentrates in an 8 cup measure; add water to total 4 cups and stir well. Fill with ice cubes, cover and chill.

To serve, place 2 strawberries and 1 lime wedge in each of 8 tall glasses; pour in fruit swizzle.

CYPRESS FLING

1 can (6 oz.) frozen concentrated pineapple-orange juice	1 can (12 oz.) apricot nectar
1½ cups water	1 cottle (28 oz.) lemon-lime-flavor carbonated beverage

Combine all ingredients in large pitcher pour over ice cubes in tall glasses.

CRANBERRY MIST

1 can (about 1 pint 2 oz.) pineapple juice	1 16 oz bottle cranberry juice cocktail
	Lemon slices to garnish

Mix pineapple juice and cranberry juice cocktail in a large pitcher, pour over crushed ice in tall glasses and garnish with lemon slices.

UNITY PUNCHES

APRICOT MIST

1 can (46 oz.) apricot nectar
1 can (46 oz) pineapple juice
3 bottles (28 oz. each) giner ale

3 cans (6 oz. each) frozen concentrate
for limeade

Combine apricot nectar, pineapple juice, and concentrate for limeade in a punch bowl; stir in ginger ale. Add ice cubes; float a few lime slices and whole strawberries on top, if you wish.

CIDER CUP

8 cups apple cider
1 can 9 oz frozen concentrate for
mint sprigs

1 cup light corn syrup
1 bottle (28 oz.) giner ale

One or two days ahead, make Orange Ice Ring* so it will be frozen firm.

Combine cider, imitation orange juice, and corn syrup in a large pitcher. Chill at least 3 hours.

Just before serving, pour mixture into punch bowl. Stir in giner ale. Add ice ring. Garnish with a few sprigs of mint.

*Orange Ice Ring -- Thinly slice 1 small seedless orange; arrange slices in a circle in a 5-cup ring mold. Pour in 1/2 cup water; freeze until firm. Add enough cold water to fill mold; freeze. To remove from mold, dip mold very quickly in and out of hot water; invert onto a plate.

SPICED PEACH PUNCH

1 46 oz can peach nectar
1 20 oz. can orange juice
1/2 cup firmly packed brown sugar

3 three-inch pieces stick cinnamon, broken
1/2 teaspoon whole cloves
2 tablespoons bottled lime juice

Combine peach nectar, orange juice, and brown sugar in a large saucepan. Tie cinnamon and cloves in a small cheesecloth bag; drop in saucepan.

Heat slowly, stirring constantly, until sugar dissolves; simmer 10 minutes. Stir in lime juice.

Ladle into mugs. Garnish each with thin strips of orange rind threaded onto cinnamon sticks, if you wish. Serve warm.

HOW TO DRESS DRINKS FOR A UNITY*

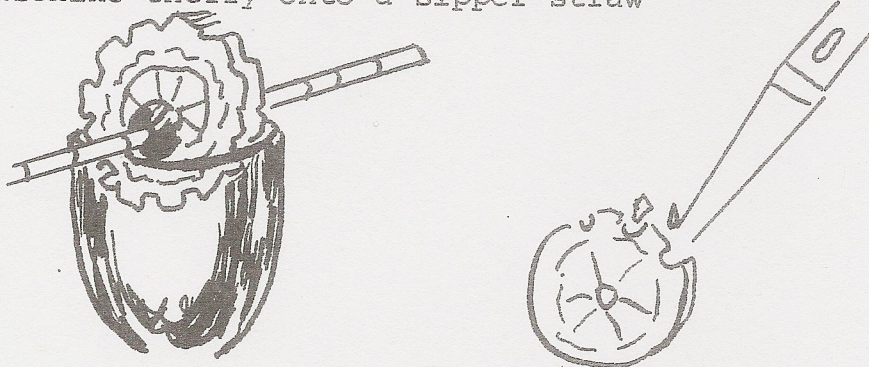
Give grapes a sugary coat.

Break off dainty bunches and dip into an egg white beaten slightly with about a half teaspoon of water, then into granulated sugar, turning to coat well. Set aside on paper toweling until dry. Drape over rim of glass.



Make a catchy cartwheel

Spinning kebabs look summery-gay and are so easy to make: Just notch orange and lemon or lime slices around the edges, and thread with maraschino cherry onto a sipper straw



Let the server double as a trim

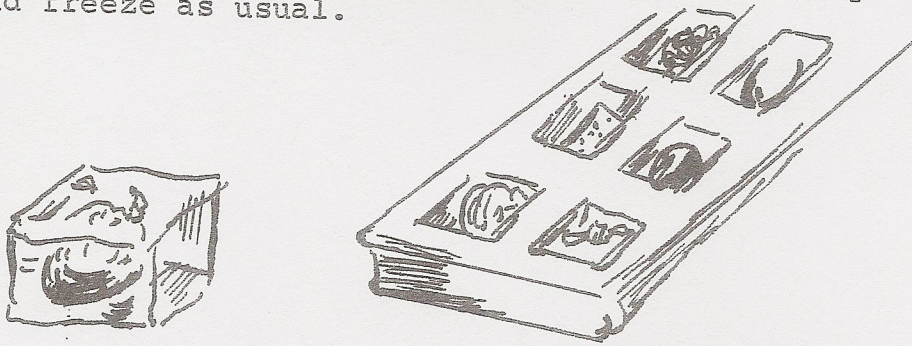
Just plain, or simply decorated with a sprig of mint, a scooped-out orange is a party-dresser and makes a colorful cup. Save the fruit to dice and add to a salad or dessert.



*The Most Honorable Elijah Muhammad teaches us that when we as Muslims come together socially it is for the purpose of being in "Unity".

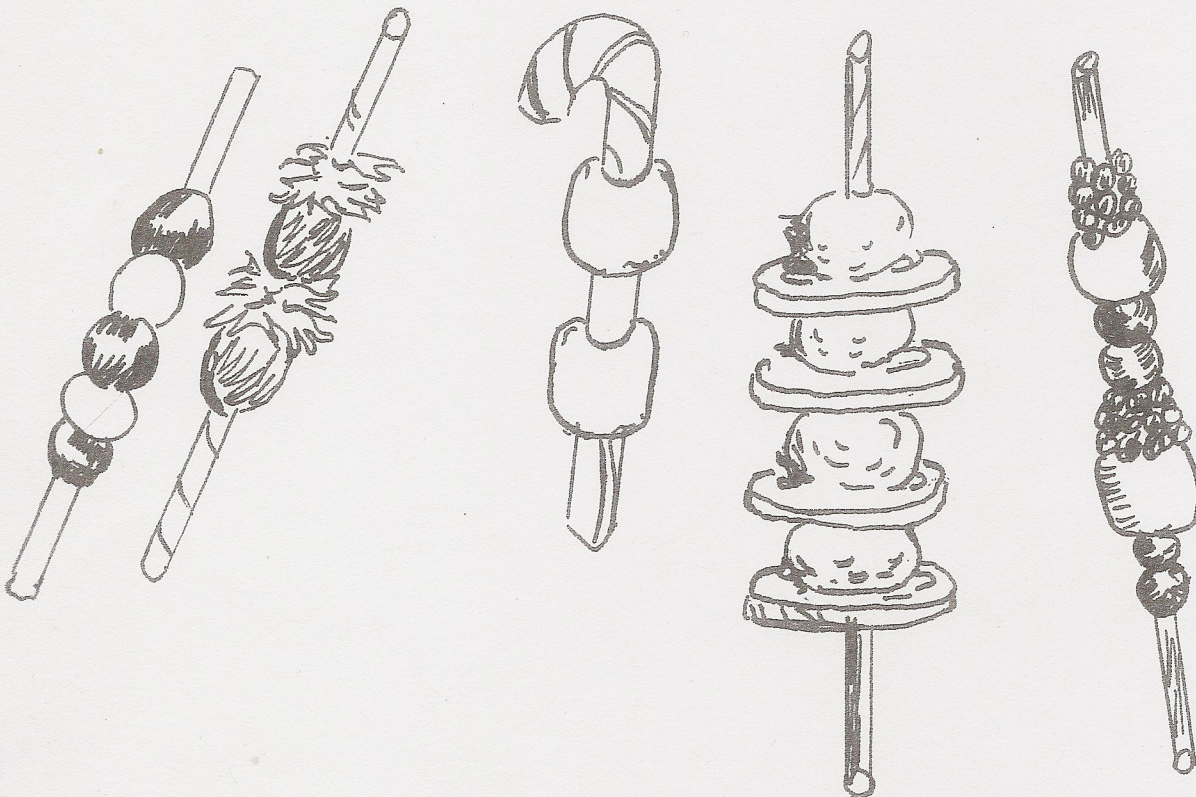
Freeze trims by the trayful

Here's how to make a variety of bright garnishes at one time: Place a berry; cherry; wedge of orange, lemon, or lime; or a thin strip of peel in each compartment of an ice-cube tray. Fill with water and freeze as usual.



Go gay with Kebabs

Let your imagination be your guide, for all kinds, colors, sizes and shapes of fruits--even candy for youngsters--inspire many good-to-eat dress-ups. Thread your choices on drinking straws or stirrer sticks, and make them long or short to fit into a pitcher or glass. Combinations shown here; Watermelon and honeydew balls; cut-up kumquats and chunks of banana rolled in lemon juice marshmallows on a candy stick; orange slices and whole strawberries; and raspberries, pear rounds, and blueberries.



UTENSILS FOR A STARTER KITCHEN

Saucepans:

- 1 quart with lid
- 2 quart with lid
- 3 quart with lid
- 2 to 3 quart double boiler with lid

Skillets:

- 7" with lid
- 10" with lid

Kettle

Kettles:

- 6 quart Dutch oven or heavy Kettle with lid

Measurers

- measuring spoons
- 1 cup, 2 cup and 4 cup liquid measures
- graduated dry measures

Thermometers:

- meat
- deep fat
- oven

Cooking tools:

- two wooden spoons
- two rubber spatulas
- large slotted spoon
- ladle
- long handled cooking fork
- large and small strainers
- flour sifter
- funnel
- rolling pin
- pastry blender
- pastry brush
- pastry cloth and stokinette
- cookie rack
- two cake racks
- pancake turner
- narrow spatula
- potato masher

Baking, Roasting Pans:

- 12" to 15" open roasting pan
- 13" x 9" x 2" loaf pan
- 9" x 5" x 3" bread pan
- two 8" or 9" square cake pans
- two 8" or 9" layer cake pans
- 9" or 10" tube pan
- 2 cookie sheets

Casseroles, Bowls:

- nest of mixing bowls
- 2 or 3 quart casserole with lid

Cutlery:

- two paring knives
- vegetable peeler
- medium-size all-purpose knife
- large slicing knife
- large knife and fork
- large chopping knife³/₄
- four-sided grater
- food grinder
- kitchen shears
- knife sharpener
- large cutting board

Other Essentials

- egg beater
- fruit juicer
- can and bottle opener
- corkscrew

TEMPERATURE TABLE

180° F. simmering (at sea level)
212° F. boiling (at sea level)

Oven:

250°-275 F. Very Slow	400°-425° F. Hot
300°-325° F. Slow	450°-475° F. Very Hot
350°-375° F. Moderate	

HOW TO MEASURE INGREDIENTS

In Dry Measures:

Measuring cups are available in $\frac{1}{4}$, $\frac{1}{3}$, $\frac{1}{2}$ and 1-cup sizes, make it easy to fill the cup and level off ingredients flush with the rim (always use the edge of a spatula for leveling, never the broad side). Be sure to sift flour before measuring and to spoon loosely into the measure. Shortening, butter or margarine should be packed firmly into the measure and so should brown sugar.

In Liquid Measures:

Glass measures have space at the top of the cup to allow for full measurement without spillage and lips for easy pouring. When measuring, set cup on a level surface, add needed amount, then check measurement at eye level by bending down, not by raising the cup.

In Measuring Spoons:

Dip spoon into ingredient, then level off with the edge of a small spatula. To measure $\frac{1}{2}$ tablespoon or $\frac{1}{8}$ teaspoon, fill the tablespoon or $\frac{1}{4}$ teaspoon measure, level off, then divide amount in half horizontally.

SOME EQUIVALENT AMOUNTS

$\frac{1}{2}$ stick butter or margarine	$\frac{1}{4}$ cup
1 stick butter or margarine	$\frac{1}{2}$ cup
1 cup cream	2 cups whipped cream
$\frac{4}{5}$ cups grated cheese	1 pound
3 oz. package cream cheese	7 tablespoons
1 small onion, chopped	$\frac{1}{4}$ cup
1 medium-size onion, chopped	$\frac{1}{2}$ cup
1 large onion, chopped	1 cup
1 orange	$\frac{1}{3}$ - $\frac{1}{2}$ cup juice
1 lemon	2 tablespoons juice
1 orange rind, grated	1 tablespoon
1 lemon rind, grated	1 teaspoon
2 cups uncooked rice	1 pound
1 cup uncooked quick-cooking rice	2 cups cooked rice
1 cup uncooked converted rice	$\frac{3}{4}$ cups cooked rice

1 cup uncooked long grain rice
 1 cup uncooked wild rice
 1 tablespoon cornstarch (for thickening)
 1 $\frac{1}{4}$ teaspoons arrowroot (for thickening)
 $\frac{1}{2}$ cup evaporated milk and $\frac{1}{2}$ cup water
 $\frac{1}{4}$ cup powdered whole milk and 1 cup
 water
 7/8 cup vegetable oil or vegetable
 shortening
 $\frac{1}{2}$ teaspoon soda and $\frac{1}{2}$ teaspoon cream of
 tartar
 5 eggs
 8-10 egg whites
 12-15 egg yolks
 2 cups sugar
 4 cups sifted all-purpose flour
 2 cups butter or margarine

4 cups cooked rice
 3/4 cups cooked rice
 2 tablespoons flour
 1 tablespoon flour
 1 cup milk
 1 cup milk
 1 cup butter (for vegetable shortening)
 1 teaspoon baking powder
 1 cup
 1 cup
 1 cup
 1 pound
 1 pound
 1 pound

COOKING TERMS

- a la: In the manner of
- au gratin: Topped with crumbs and/or cheese and browned in the oven or broiler.
- barbecue: To roast meat or other food, basting often with a highly seasoned sauce; also the food so cooked.
- batter: A flour-liquid mixture thin enough to pour
- beat: To stir vigorously with a spoon or to beat with an egg beater or electric mixer.
- blanch: To scald quickly in boiling water.
- Blend: To mix two or more ingredients until smooth
- bone: To remove bones
- bread: To coat with bread crumbs
- chop: To cut in small pieces
- clarify: To make stock, aspic or other liquid crystal clear by adding egg shell or egg white; also to clear melted butter by spooning off the milk solids.
- clove of garlic: One segment of a bulb of garlic.
- combine: To mix together two or more ingredients.
- cube: To cut into cubes.
- dough: Mixture of flour, liquid and other ingredients stiff enough to knead
- entree: The main course of the meal.
- eviscerate: To remove the entrails.

- fillet: A thin boneless piece of meat or fish.
- flake: To fork up a food.
- fold in: To mix a light fluffy ingredient, such as beaten egg white, into a thicker mixture using a gentle over and over motion.
- garnish: To decorate with colorful and/or fancily cut small pieces of food.
- glace: Candied.
- glaze: To coat the surface of a food with honey, syrup or other liquid so that it glistens.
- knead: Manipulating dough with the hands until it is light and springy.
- line: to cover the bottom, and sometimes sides, of a pan with paper or sometimes thin slices of food.
- marinate: To let food steep in a piquant sauce prior to cooking.
- panbroil: To cook in a skillet with a very small amount of shortening or oil.
- parboil: To boil until about half done; vegetables to be cooked en casserole are usually parboiled.
- parch: To dry out or brown without the addition of any oil.
- par: To remove the skin of a fruit or vegetable.
- poach: To cook in simmering liquid.
- preheat: To bring oven or broiler to recommended temperature before cooking.
- prick: To make holes over the surface of pastry using the tines of a fork
- saute: The French word for panfry.
- scallop: To bake small pieces of food en casserole, usually in a cream sauce.
- shred: To cut in small thin slivers.
- simmer: To cook in liquid just below the boiling point.
- skewers: Long metal or wooden pin on which food is impaled before being grilled; also the pin, itself.
- steam: To cook, covered, over a small amount of boiling water so that the steam circulates freely around the food, making it tender.
- stock: Meat, fowl, fish or vegetable broth.
- stuff: To fill the body cavity of fish or fowl.
- thicken: To make a liquid thicker, usually by adding flour, cornstarch or egg

GARNISHES

Cucumbers, pickles, citrus fruits, vegetable and fruit kababs, and eggs are all popular garnish with fish dishes. Arrange them attractively on the serving platter or place them atop a whole fish or on individual servings.

Cucumber baskets make attractive serving containers for mayonnaise, salad dressings, tartar sauce, or other cold sauces and can accompany a salad or other dish. To make the baskets, slice off a piece from one end of a large cucumber for the base so that the cucumber will sit flat. Then, cut off a small piece from the other end. Using knife, score lengthwise strips through peel, about $\frac{1}{2}$ inch wide, around outside. Cut down every other strip to about two inches from the base, making strips as thin as possible. Curl strips under and secure with wooden toothpicks. Cut off top of cucumber leaving about four-inch piece. Hollow out. Chill to crisp; remove picks. Fill with sauce.

Scored cucumbers are one of the easiest seafood garnishes. Run the tines of a fork lengthwise down an unpeeled cucumber, pressing to break through peel. Repeat around entire cucumber. Then, make slices by cutting straight across or on the bias. Overlay slices along the edge of the platter or place atop cooked fish.

Make pickle fans by slicing whole pickles lengthwise almost to stem end in very thin slices. Spread each fan and press uncut end of pickle so fan will hold its shape. Or cut pickle all the way through; arrange slices in fan shape.

Citrus garnishes--lemons, limes, and oranges--are good partners with seafood dishes. They add a tangy flavor and a colorful touch.

Dress-up everyday lemon wedges by dipping the edge in paprika or snipped parsley. Or make cartwheels by slicing the fruit $\frac{1}{8}$ inch thick. Cut notches in the peel around the outside as desired. For citrus twists, slice fruit $\frac{1}{8}$ inch thick. Make one cut to center of fruit slice and twist ends in opposite directions.

To make citrus curls, cut a $\frac{1}{8}$ -inch citrus slice in half, cutting to, but not through, one edge of the peel. Remove the fruit from one half of the slice. Curl the peel. A simple way to make a zigzag lemon or lime half, is to cut a thin slice off the bottom to make it sit flat. Cut fruit in half. Make a crosswise cut with knife at an angle; make the next cut at reverse angle. Remove V-shaped piece. Repeat across the fruit half.

Fruit and vegetable kabobs add interest to any seafood dinner plate. Use attractive metal skewers or bamboo skewers for threading various-sized pieces of fruit or vegetables. Some vegetable kabobs can be heated briefly under the broiler, while others may be served cold.

One tasty combination for a kabob includes cherry tomatoes, notched cucumber slices, and lemon wedges. Another kabob combination combines a mandarin orange segment, melon ball, unpeeled apple wedge. A chunk of green pepper, a pineapple chunk make a combination that can be broiled.

Small whole pickles, pitted olives, and carrot curls make colorful relish kabobs. To prepare carrot curls, rest a peeled carrot on cutting surface. Shave a thin, wide, lengthwise strip of carrot with vegetable peeler away from you. Roll up long slice; secure with wooden pick or skewer and plunge in ice water to crisp.

Other relish garnishes include radish roses and radish accordions. To make radish roses, cut root tip off radishes, then cut 4 or 5 thin petals around radish.