

Barbecue time... but with a difference

It's barbecue time again, but this year it's barbecue time with a difference.

And the difference is that just as the greater awareness of fish is reflected in the opening of new specialty seafood restaurants across the country and the appearance of seafood dishes on restaurant menus — so, too, is there a growing interest in barbecuing fish.

Barbecued fish is ideal for outdoor summer entertaining and provides an exciting change from the conventional barbecued steaks, hamburgers and ribs.

Certain types of seafood such as fish steaks, fillets and whole fish are particularly suitable for barbecuing. Getting the fish poses no problem. Just go to your favorite food store and look for frozen fish from the North Atlantic. Frozen fish, in many instances, is even fresher than so-called fresh fish for it is frozen within hours of being caught.

But look for fish produced by members of the North Atlantic Seafood Association — the products of Canada, Norway, Denmark and Iceland — for the flesh is firmer, the flavor is better and the quality is protected.

HINTS ON BARBECUING FISH

Before you start remember that fish takes very little cooking, so all types and cuts of frozen fish should be thawed to refrigerator temperature before barbecuing. That way the fish will cook evenly and remain tender.

You should also keep in mind that fish flesh has a tendency to break easily when cooked, and becomes difficult to pick up. You can avoid this problem by using a medium or fine hinged wire grill, or by making a chicken-wire envelope and placing the fish inside. The wire will remain cool unless directly over the coals, and turning the fish is a simple matter.

Whatever method you do use, be sure to oil the grill and the fish thoroughly. Then place the fish on a hot grill. This gives the fish a slightly seared appearance and helps prevent sticking while cooking.

Keep a pastry brush handy for brushing vegetable oil or butter over the grill and fish.

Very often, a commercial barbecue basting sauce is too strong and destroys the delicate and delicious flavor of fish. Try basting with plain butter. Or garlic butter. Or even fresh lemon juice in butter. Use your own taste and discretion about using sauces, either to baste or serve with barbecued fish.

PREVENT FLOPPING

There are too many variables to allow us to give exact timings on the barbecue. Time will depend on:

- 1) Temperature of fish when you start to cook.
- 2) Temperature of coals.
- 3) Distance of fish from coals. (It should be three to four inches above).
- 4) Outside winds and temperature.

However, you can tell quite easily when your fish is ready by using a fork to part the flesh. If it's opaque and milky all the way through, your fish is done. If the flesh flakes too easily, it is overdone and dry.

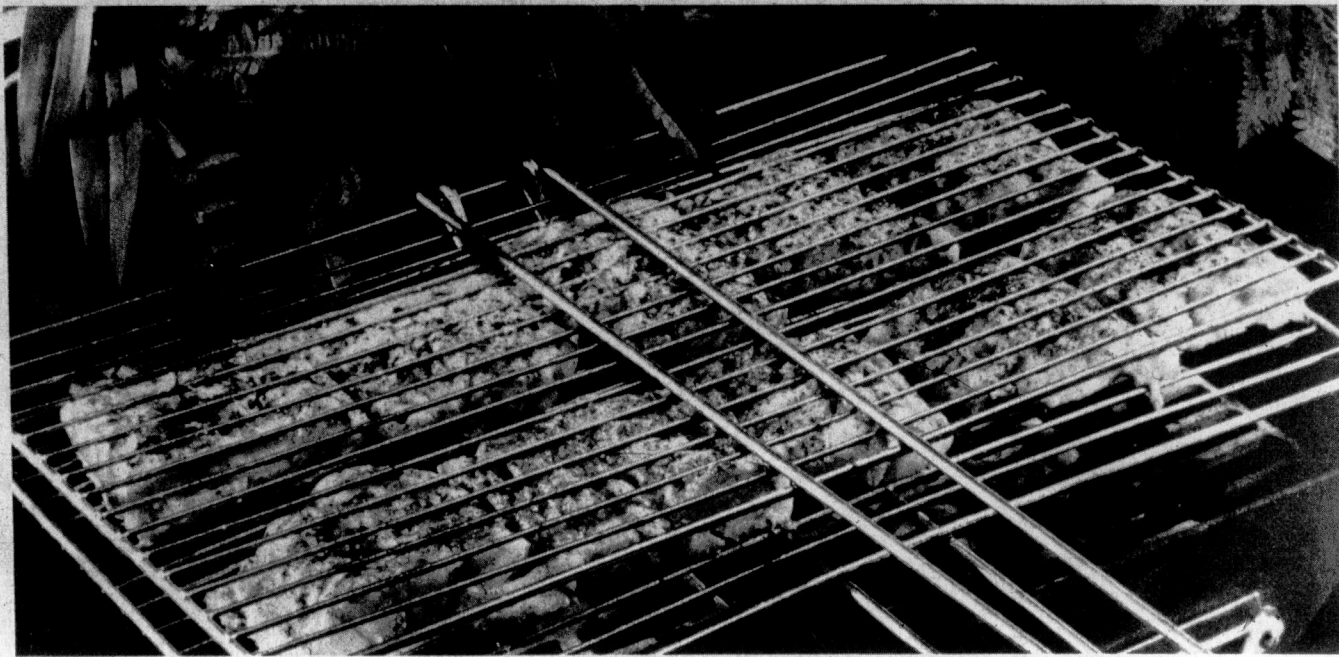
Keep the following guide handy for determining cooking times when you barbecue fish. Fish steaks: one inch thick, six to nine minutes, 1-1/2 inches, eight to 12 minutes, two inches, 10-18 minutes.

No need to turn thin steaks. Turn thicker ones (midway). Brush well with melted butter.

Fish fillets, six to 18 minutes, depending on thickness.

Split fish (small), eight to 12 minutes; whole fish (small), 12-18 minutes; whole fish (small, foil-wrapped), 18-25 minutes; whole fish (large), 30-60 minutes; split fish (large), 20-40 minutes, or until fish flesh is opaque and milky through thickest part.

For a complete barbecue meal, vegetables such as potatoes, corn on the cob and tomatoes, may be wrapped in foil and cooked on the grill



For a change this summer, try barbecuing fish instead of the usual steaks, hamburgers and ribs. Recipes on this page offer some interesting ideas including the one for Captain's Barbecued Haddock Fillets pictured above.

over the hot coals while the fish is being barbecued. Cooking times will vary with the type of vegetable. Round out the meal with a tossed green salad or garden fresh cooked vegetables.

CAPTAIN'S BARBECUED HADDOCK FILLETS

2 lbs. frozen North Atlantic haddock fillets
1/2 cup vegetable oil
1/4 cup lemon juice
2 tsp. salt
1/2 tsp. Worcestershire sauce
1/4 tsp. pepper

Few drops Tabasco sauce
Paprika

Thaw, then cut fillets into serving-size portions. Combine remaining ingredients, except paprika. Place fish in a greased, hinged wire grill. Baste fish with sauce and sprinkle with paprika. Cook about four inches from hot coals for five to six minutes on each side, or until fish flakes easily when tested with a fork. Baste frequently, and sprinkle with paprika when serving.
Makes six servings.

BARBECUED HALIBUT STEAKS

2 lbs. frozen North Atlantic halibut steaks, 1 inch thick
2 teaspoons lemon juice
Salad oil
1 can (8 ounces) tomato sauce
1 teaspoon horseradish
1/2 teaspoon salt
1/2 teaspoon garlic salt
1 cup sour cream
1 tablespoon chopped chives

Thaw steaks and cut into serving-size portions. Sprinkle lemon juice on halibut steaks and brush with salad oil. Combine tomato sauce, horseradish, salt and garlic salt. Place fish in a greased, hinged wire grill. Brush with sauce mixture. Cook about four inches from hot coals for about eight to 10 minutes on each side, or until fish flakes easily when tested with a fork. Baste frequently. Just before serving, add sour cream and chives to remaining barbecue sauce. Heat gently on grill and serve over fish steaks.
Makes four to six servings.

Marinades flavor meat, add moisture

Marinades—those flavorful mixtures in which you allow meats or poultry to stand before cooking—have two main purposes: They flavor the meat and add to its moistness.

But don't expect marinating to really tenderize a naturally less tender cut of meat. While vinegar, lemon juice or even wine can have some effect in tenderizing the surface it touches, it can't make a chuck or shoulder steak as easy to cut as sirloin, wing or porterhouse.

You can, however, use marinades in combination with meat tenderizer and get a result similar to the one you expect from marinated tender cuts. First marinate, then use tenderizer according to your usual method. Brush the meat during barbecuing or broiling with leftover marinade. Or use a commercial marinade containing tenderizer.

Remember that sauces containing tomato or sugar should be brushed over meats only during the last 12 to 15 minutes of barbecuing, as they tend to scorch. If you first marinate in such a mixture, drain the meat, pat dry with paper towels and brush only with oil or melted fat until close to end of cooking.

A handy way to marinate is to put meat,

poultry etc. in a plastic bag and pour in the marinade. Secure top of bag firmly to make it leak-proof and let stand at room temperature or in the refrigerator. Turn occasionally.

ORIENTAL MARINADE FOR TURKEY OR CHICKEN

1/4 cup salad oil
3 tablespoons soya sauce
1 tablespoon honey
1 garlic clove, crushed
1 teaspoon ground ginger
1 teaspoon monosodium glutamate (optional) salt as desired

Combine all ingredients and use for marinating chicken or turkey and for brushing the meat during the latter part of barbecuing or broiling.

TEXAS-STYLE STEAK

2 shoulder steaks, about 1 1/2 pounds each non-seasoned meat tenderizer
1 cup tomato ketchup or chili sauce
2 or 3 tablespoons Worcestershire sauce
1 cup water
1 teaspoon chili powder
1 teaspoon salt
1 clove garlic, crushed or minced
Sprinkle all sides of the steaks evenly with meat

tenderizer using about 1/2 teaspoon tenderizer per pound of meat. Do not use added salt.

To insure penetration of the meat with the tenderizer, pierce steaks deeply with a fork at intervals. Let stand up to 20 or 30 minutes.

Meantime, simmer remaining ingredients, stirring as necessary, until smoothly blended and slightly thickened.

Barbecue steaks to desired degree, turning only once. To test doneness, with a sharp knife slit meat close to the bone before turning and judge time required to complete cooking when meat is turned. Baste during latter part of cooking with the chili mixture. Keep sauce hot at edge of grill and use to serve with meat. Makes about five servings.

MARINATED CHICKEN

If you've ever been frustrated by your barbecued chicken not being done through or charred on the outside and dry inside, you might like to try this different way of doing it on the grill. Tomato barbecue sauce may replace the soya one here, if you prefer.
3 pounds chicken pieces or 3 1/2 pound chicken cut up
1/2 cup soya sauce

1/3 cup apple juice or white wine

1/4 teaspoon garlic powder
1 teaspoon powdered ginger
pinch of monosodium glutamate (optional) flour
1/4 cup salad oil
1/2 cup boiling water

Rinse chicken and pat dry. Place in single layer on non-metal pan. Mix soya sauce, apple juice, garlic powder, ginger and monosodium glutamate. Pour over chicken and refrigerate half hour, turning occasionally. Drain well, reserve marinade.

Coat chicken pieces well with flour and brown slowly on all sides in the oil. Arrange as single servings on large squares of foil. Combine reserved marinade and water and divide among chicken servings. Wrap chicken pieces, folding foil to make closures leakproof. Barbecue for about 40 or 50 minutes until chicken is tender, turning occasionally. For the last five or 10 minutes, remove carefully from the foil, pour liquid in foil into a small pan and place chicken directly in greased barbecue grids. Brown, turning as necessary, and basting with the marinade. Serve remaining marinade as sauce.

Fresh fruit for flavorful, nutritious desserts

When it comes to plain good taste and delicious eating, fruit is a mouth-watering snack, a good dessert, or, for that matter, an excellent main course such as fresh fruit salad. Fruits are valuable for the nutrients that they contain and, of course, should be eaten daily to keep up with the good work. But their relatively high moisture content makes them a truly refreshing food and the ideal snack anyway. And, when it comes to flavor alone, what really tastes better than a bright shiny apple, a plump fresh orange, or a thick slice of juicy pineapple?

The desserts on this page all use nature's natural vitamins in fruit.

AMBROSIA

1 ripe pineapple
4 large oranges

2 tablespoons white rum or cointreau (optional)
4 large bananas
1 1/2 cups freshly grated coconut
1/4 cup confectioner's sugar

Peel pineapple, remove eyes and hard centre core, cut fruit into one inch wedges. With sharp knife cut away orange peel. Section orange segments by slipping a knife between the fruit sections and the membrane and lifting the segments out. Drain juice from fruit and mix with rum or cointreau; set aside. Peel bananas and cut on the diagonal into 1/4" slices. Mix grated coconut and confectioner's sugar. In an attractive glass serving bowl or individual serving glasses layer one half of the coconut-sugar mixture. Repeat layer of fruits. Pour liqueur flavored juice over fruit. Sprinkle with remaining coconut-sugar mixture. Refrigerate for three to four hours or until well chilled.
Makes six to eight servings.

TROPICAL PEANUT SQUARES

1/2 cup corn syrup
1/2 cup firmly packed brown sugar
1/2 cup peanut butter
3 cups oven toasted rice cereal
1 cup flaked coconut

Measure corn syrup and sugar into large saucepan. Cook over medium heat, stirring constantly, until sugar is dissolved and mixture bubbles. Remove from heat. Stir in peanut butter. Add oven-toasted rice cereal and coconut; stir until well-coated.

With back of spoon, press mixture evenly and firmly into buttered 8 x 8 x 2-inch pan. Let stand until cool. Cut into squares.

AVOCADO CITRUS SALAD

3 grapefruit
2-3 oz. packages orange-pineapple flavored gelatin.

2 cups boiling water
1 6 oz. bottle ginger ale
2 avocados halved, peeled and sliced crosswise.

With a sharp knife, remove peel from grapefruit. Section grapefruit segments by slipping a knife between the fruit sections and the membrane and lifting the segments out. Drain grapefruit reserving juice; add water to make 3/4 cup. Dice grapefruit sections. Dissolve gelatin in boiling water. Add grapefruit-water mixture to the dissolved gelatin; cool. Add ginger ale, stirring gently. Chill until partially set. Fold in diced grapefruit and sliced avocado. Pour into a 6 1/2 cup ring mould. Chill six to eight hours. Unmould onto salad greens.
Makes eight to ten servings.

Canada's Food Guide recommends two servings of satisfactory vitamin C every single day, such as oranges or grapefruit, or the juice from either. A "serving" by the way, is only one-half cup of raw fruit or the juice itself. And beneficial fruits aren't restricted to citrus fruits like oranges, grapefruit, lemon, and limes, which are all excellent sources of vitamin C.

Cooked the right way, fruit can become a zesty part of many dishes. You can try cooking it on its own such as fried bananas or baked apples. You can preserve the best tastes of summer in jams, jellies, and stewed varieties. You can fold fruit into any number of recipes, baked or otherwise, to come up with desserts that are genuine treats.

BANANA GINGER CAKE

1 1/4 cups all purpose flour
2 eggs
1 1/2 tps. baking powder
1/4 tsp. baking soda
1/4 tsp. salt
1 1/2 tsp. each of cinnamon and ginger
1/4 tsp. cloves
1/2 cup butter
1/2 cup brown sugar, packed
1/4 cup molasses
3/4 cup boiling water

Sift dry ingredients together and mix well. Cream butter and sugar together. Beat in eggs. Add molasses and mix well. Add dry ingredients to creamed mixture. Stir in boiling water and mix well (mixture will be soft). Pour batter into two greased and floured 9" round cake pans. Bake in a 350 F oven for 35-40 minutes or until a tooth-pick inserted in centre comes out clean. Cool in cake pans.

To assemble cake:
1/2 tsp. gelatin

2 tsp. cold water
1/2 pint whipping cream
2 tps. confectioner's sugar
lemon juice
5 medium bananas
chopped walnuts

In a small bowl sprinkle gelatin over cold water to soften. Heat 2 tps. cream and stir into gelatin mixture. Stir to dissolve gelatin. Refrigerate until consistency of unbeaten egg white. Whip remaining cream until stiff; whip cream gelatin mixture until smooth, then fold into whipped cream. Fold in sugar and 1/2 tsp. lemon juice. Place one ginger cake on serving dish and spread with a little cream. Peel bananas and dip in lemon juice. Place four bananas on top of cream, parallel to each other and equidistantly apart. Then move every other banana to opposite edge of cake. Cover bananas with half of remaining whipped cream then with second cake layer spread rest of whipped cream over top. Decorate cake with sliced banana brushed with lemon juice to prevent browning and chopped walnuts. Refrigerate for one hour.

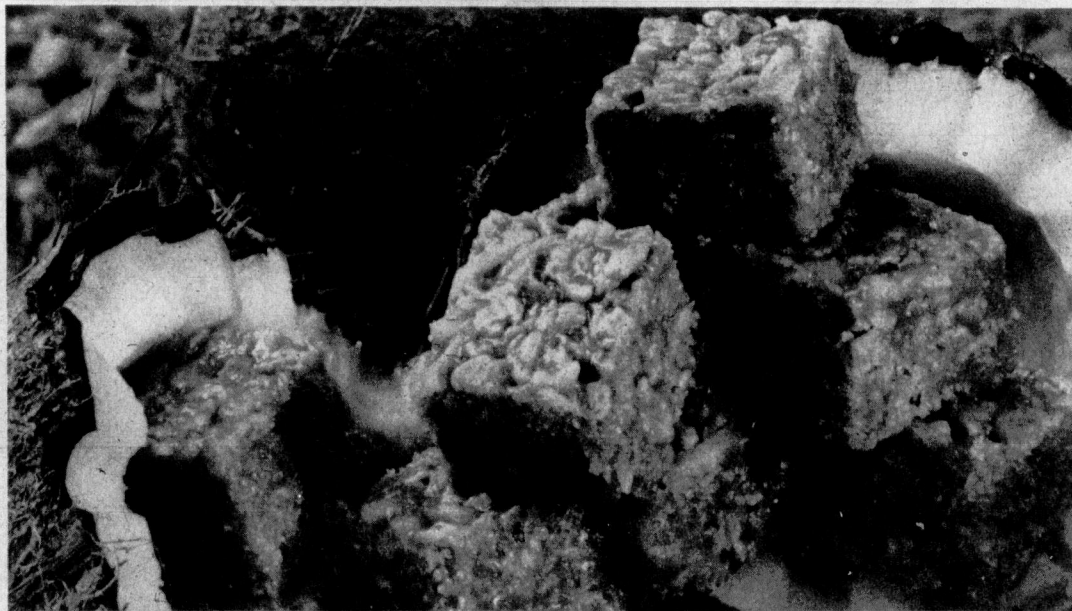
TOASTED FLAKED COCONUT

1 fresh coconut
Crack open coconut. Drain off coconut milk (reserve for other uses if desired). Remove coconut meat from shell. With a potato peeler slice coconut into flakes. Each flake should have a strip of the inner brown shell. Spread flakes onto baking pan. Toast in a 325 F oven for 10 minutes. Turn often to toast evenly. Cool. Serve in bowls as a delicious snack or use to garnish desserts, cakes or fresh fruit.

MANGO-PAPAYA CHUTNEY

2 mangos
2 papayas
1 cup chopped onion
1/2 cup silvered ginger in syrup
2 cups peeled chopped apple
grated rind and juice of 1 orange and 1 lemon
3 cups raisins
2 teaspoons powdered ginger and curry powder.
2 cups apple cider vinegar
2 cups brown sugar packed

Peel and seed mangos and papayas and cut into one inch pieces. Prepare remaining ingredients. In a large pan heat vinegar and sugar stirring to dissolve sugar. Add all ingredients and mix well. Simmer uncovered for about one hour or until mixture thickens. Stir often to prevent scorching on bottom of pan. Pour boiling hot into hot sterilized jars leaving 1" headspace. Seal immediately.
Makes about 4 pint jars.



Fruit is in plentiful supply and should be eaten daily for the nutrients they contain. Today's dessert recipes feature fruits and, like the Tropical Peanut Squares above, provide vitamins naturally.