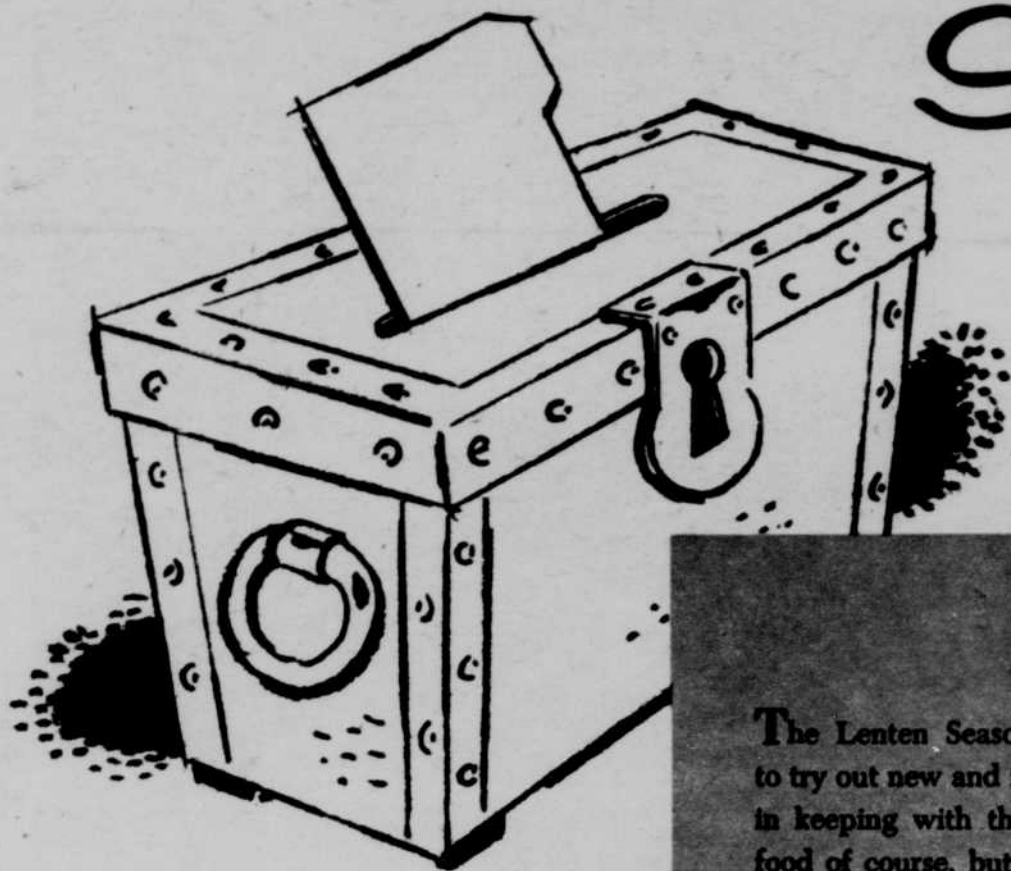


Suggestions for Your Lenten Fare



The Lenten Season offers many opportunities to try out new and fascinating dishes using foods in keeping with the season. We'll feature seafood of course, but along with this we'll co-star cheese and there will even be times when we'll combine seafood and cheese in the same dish.

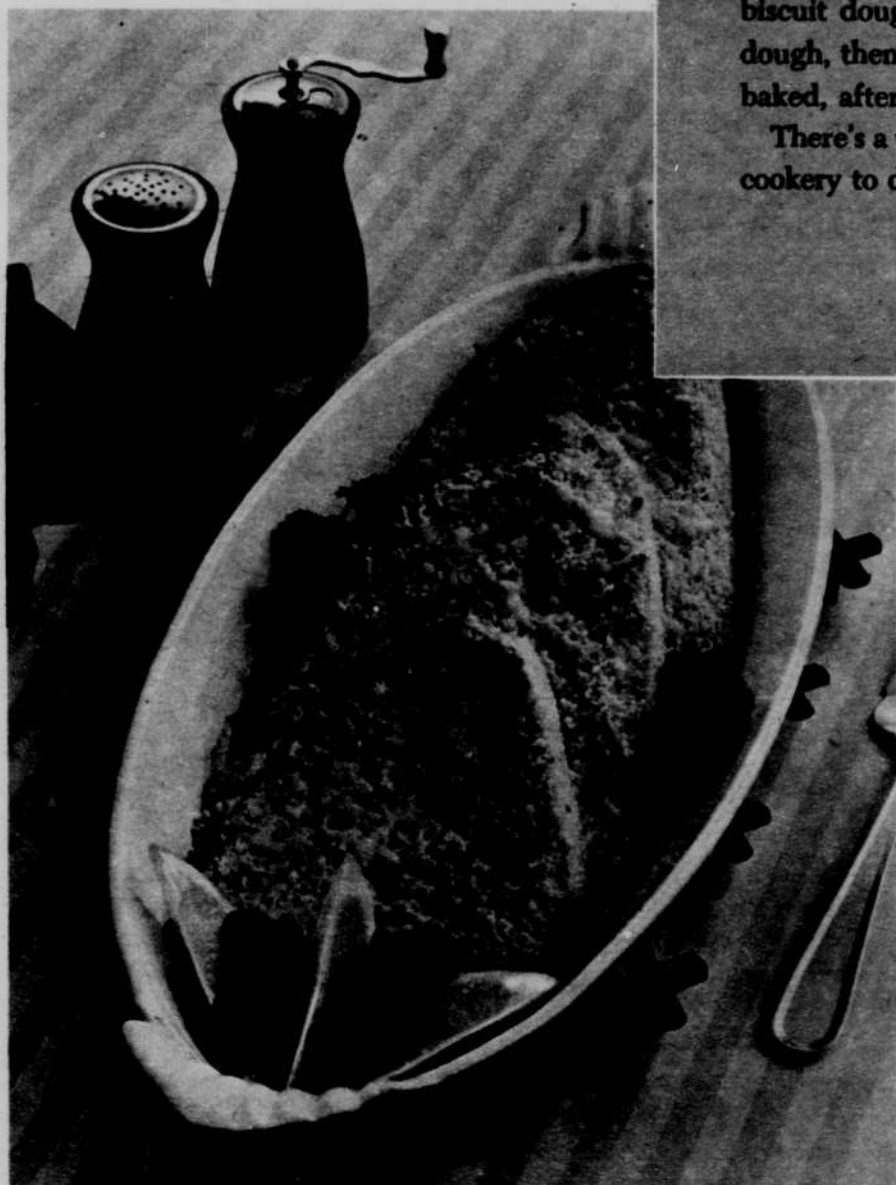
Seafood in itself offers endless different possibilities. One interesting use consists of making fillets (fresh or frozen) into Roli-Polies; we'll use tuna in a Tuna Roll-Up, but it's a dish entirely different than Roli-Polies for here we'll use a biscuit dough, spreading a tuna mixture on the dough, then we'll roll it up like a jelly-roll to be baked, after which it is cut in slices for serving.

There's a wealth of recipes in the field of cheese cookery to draw upon and we find we have only

to study the use made of cheese by Old World cooks — the Swiss, the French, Italians for inspiration. It's time to try our hand again at a high, handsome cheese souffle, then for variety we'll dunk Swiss style in a fondue, a dish that's fun for family or company.

Other interesting dishes result when we combine cheese with fish as in halibut baked in cheese. Or if company is coming you might star Shrimp de Jonghe on the dinner menu — you'll find this a delicious and dramatic way to present shrimp with cheese. But we could go on and on!

Use seafood and fish, use cheese and eggs — separately or together — and you'll find you're on your way to an exciting chapter in the saga of Lenten cookery.



CHEESE-BAKED HALIBUT

2 pounds halibut steaks
(about 3/4 inch thick)
Juice of 1/2 lemon
Salt and pepper
1/4 teaspoon crushed thyme

1/4 cup fine dry bread crumbs
1 cup grated process Swiss
cheese
1/4 cup melted butter

Arrange halibut steaks in a buttered baking dish. Sprinkle steaks with lemon juice, salt, pepper and thyme. Bake at 375°F. (moderate oven) 20 minutes. Remove dish from oven and spread tops of steaks with a mixture of bread crumbs and cheese. Sprinkle with melted butter. Return to oven and continue to bake for 10 minutes, or until fish flakes easily when tested with a fork. Makes 4 servings.



FISH FILLET ROLI-POLIES

1 package frozen or 4 fresh fish fillets
4 squares heavy duty foil
1 cup packaged bread stuffing
1 cup coarse cracker crumbs
4 tablespoons chopped parsley
1/4 cup finely minced onion

1/4 cup finely minced celery
1/4 teaspoon salt
1/2 teaspoon pepper
1 tablespoon lemon juice
4 tablespoons melted butter
Boiling water

Thaw fish, if frozen. Place each fillet in center of a square of foil. Combine crumbs with all other ingredients, adding just enough boiling water to moisten stuffing. Spoon onto center of each fillet and roll up. Tie each roll with soft string. Brush rolled fillets with additional melted butter and sprinkle with lemon juice, salt and pepper. Bring opposite ends of foil up over each roll and overlap 1 inch or more. Turn up open ends. Place on a shallow pan and bake in a hot oven (400°F.) for 35-40 minutes.

To serve, slip foil packages onto serving platter. Open foil and turn back attractively. Serve with this delicious *Mornay sauce*: Melt 2 tablespoons butter and add 1 1/2 tablespoons flour. Stir and cook for 2 minutes; then add 1 cup milk, 1/2 teaspoon salt, dash of freshly ground pepper, paprika and cayenne. Stir and cook until smooth. Add 1/2 cup grated American cheese and 2 tablespoons lemon juice and stir until blended.

See More Lenten Foods On Next Page . . .