

Lenten Dishes Can Be .

By Jan Palmquist

On Fisherman's Wharf in San Francisco, one of the famous restaurants specializes in its crab casserole. To make this, place a layer of crabmeat in a casserole, cover with a layer of cream sauce and sprinkle with lemon juice; add another layer of cream sauce, top with grated sharp cheese and bake. All of which reminds us that it's time to plan meals geared to the Lenten season.

Probably the one food we draw upon most for Lenten fare is seafood although dairy products and eggs offer endless possibilities also. Then there are vegetable dishes upon which we can lavish our imagination in transforming into main dishes. Give your Lenten meals a lift by varying your basic foods.

If you're looking for interesting ideas seafood always provides a ready answer. Creamed tuna needs only a little "face-lifting" by combining with shrimp to become Seafood Supreme or some other tempting main dish, while frozen fish offers marvelous fare.

Versatile cheese combines well with almost any food for an entree — it proves especially delicious when used with shrimp and mushrooms, possibly in a casserole . . . Make wide use of casseroles — try one made up of cheese and shrimp, or one of creamed salmon and parsley rice . . . Plan tempting dishes using eggs and cheese in souffles or omelets.

You'll want to include vegetables in your meal planning also, combining vegetables with sauces in casserole dishes . . . An easy salad with mixed vegetable juices and canned shrimp plus unflavored gelatin lends attractiveness to a Lenten meal. Served in ring style, the molded salad becomes festive enough for guests.

If we sprinkle our Lenten menus with imagination our families will not tire of our cooking and we'll find ourselves using many of these special dishes over and over throughout the year.

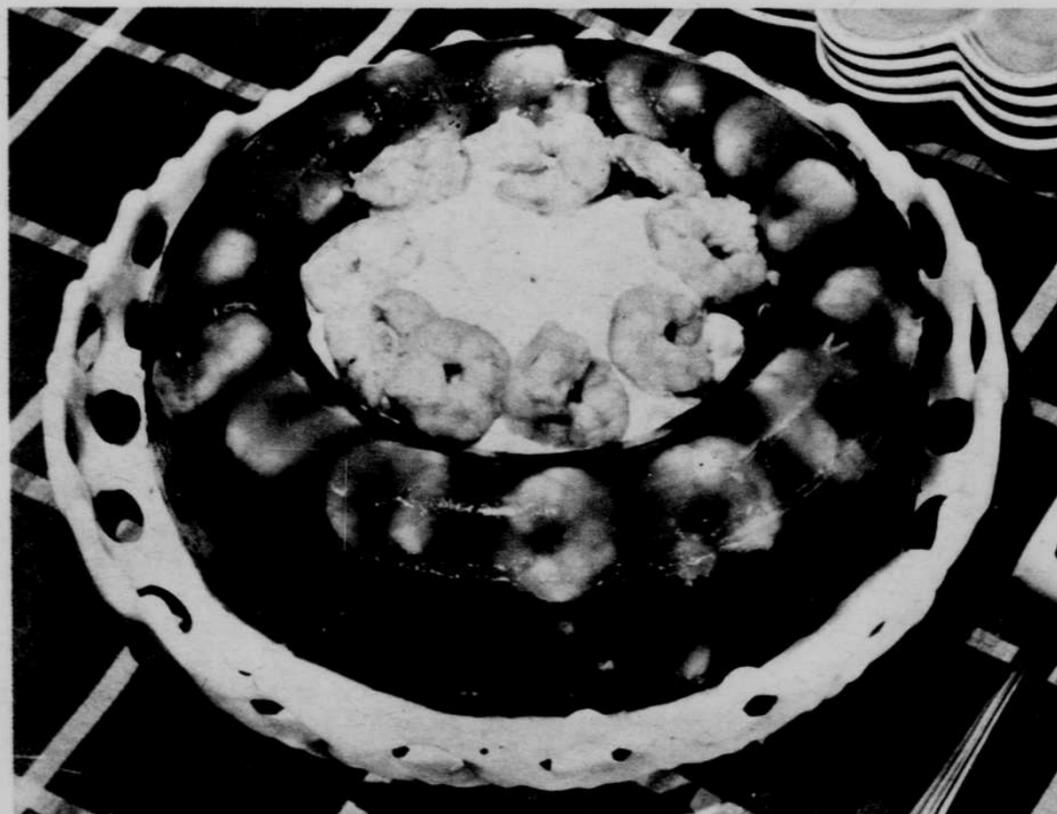


SAVORY BAKED PERCH

1 package (12 ounces) frozen perch fillets, partly thawed	1½ tablespoons chopped onion
Melted butter, salt, and pepper	1½ tablespoons diced green pepper
½ teaspoon basil	2 tomatoes, cut into wedges
	Salt, pepper, and butter

Thaw fish just enough to separate fillets. Arrange in greased shallow baking dish. Brush with melted butter. Season with salt and pepper. Sprinkle basil, onion, and green pepper over the fish.

Bake in hot oven (400°F.) 15 minutes. Then remove from oven, arrange tomato wedges around fish, season with salt and pepper, and dot with butter. Return to hot oven and bake about 15 minutes longer, or until fish is easily flaked with a fork. Makes 3 servings.



JELLIED SHRIMP SALAD

2 envelopes unflavored gelatine	½ teaspoon pepper
1 cup cold canned mixed vegetable juices	2 tablespoons lemon juice
2¾ cups hot canned mixed vegetable juices	2 5-ounce cans shrimp, drained
½ teaspoon salt	¾ cup diced celery
	¼ cup diced green pepper

Soften gelatine in cold vegetable juices. Dissolve thoroughly in very hot vegetable juices, stirring well. Season with salt, pepper and lemon juice. Chill until the mixture is the consistency of unbeaten egg white. Fold in shrimp, celery and green pepper. Turn into large ring mold or 8 individual molds. Chill until firm. Unmold on salad greens. Serve with mayonnaise or salad dressing. Yield: 8 servings.