

Delicious

PLANKED FLOUNDER FILLETS

2 packages (12 ounces each) frozen flounder fillets
 2 tablespoons butter, melted
 Salt, pepper, and paprika
 1 package (3½ ounces) whipped potatoes
 1 cup water
 ½ cup milk
 ½ teaspoon salt
 2 tablespoons butter
 2 ripe tomatoes, halved
 Grated Parmesan cheese
 1 package (9 ounces) frozen Italian green beans
 4 lemon wedges

Place fish on foil on broiler rack, brush with melted butter, sprinkle with salt, pepper, and paprika, and broil about 4 inches from heat, turning once and basting with butter. Remove fish from broiler when just slightly underdone, about 10 minutes.

Meanwhile, prepare the potatoes with the water, milk, salt, and butter according to package direc-

tions or prepare your own mashed potatoes.

Place the fillets on a well-oiled plank. Also, place tomato halves on plank and sprinkle with Parmesan cheese. With a pastry tube or spoon, make the potatoes into a decorative border on the edge of the plank. Pipe potato nests to border both sides of fish.

Sprinkle the potatoes with paprika. Place plank under broiler, close to heat, until potatoes are browned, and the fish may be flaked easily with a fork, about 5 minutes. Meanwhile, cook the Italian beans, as the package directs. To serve, place the hot buttered Italian green beans attractively on the plank in potato nests. Garnish the plank with the lemon wedges. Makes 4 servings.



SEAFOOD SUPREME

¾ cup ripe olives
 1 (6½ or 7-ounce) can tuna
 3 tablespoons butter or margarine
 ½ cup sifted flour
 2 cups milk
 1 teaspoon prepared mustard
 ½ teaspoon Worcestershire sauce
 Dash Tabasco sauce
 1 (5-ounce) can deveined shrimp
 Pastry shells or rice

Cut olives into large pieces. Drain oil from tuna into saucepan; add butter. Heat until butter melts, blend in flour. Add milk and cook and stir until thickened. Stir in seasonings, olives, undrained shrimp and tuna. Serve hot in pastry shells, on rice or over toast or waffles. Makes 4 servings.

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