Food clips

Want to try a hot sandwich with a difference? Split and butter toasted English muffins, then spread with a mixture of cottage cheese and grated sharp Cheddar cheese. Top each layer of cheese with a thin slice of tomato. Place under broiler 'til cheese melts.

Serve immediately with a garnish of broiled bacon.

A rule of thumb for adding spices — ¼ to ½ teaspoon of most dried spices and herbs is enough for 2 cups of vegetables

Losses of vitamins A and C occur when vegetable tissues are bruised. To prevent bruising — use a sharp blade when trimming, cutting, or shredding fresh vegetables.

Vitamin A needed? Beef and calves' liver is a good choice, according to Home Economist at U.S. Department of Agriculture.

A blade bone or an arm bone in your meat usually means it is less tender and needs to be braised or pot roasted.

Do you know your meat bones? They can help you choose a cooking method. For example, the T-bone, rib bone, pin bone, flat bone, and wedge bone indicate relatively tender beef — good for broiling or roasting.

Fish and your diet

Americans are a calorie-conscious people but still may be missing out on one of the best low-fat foods — fish — according to new data reported by a U.S. Department Agriculture scientist, Dr. Jacob Exler of the Agriculture Research service. Only about 1 per cent of our diets consist of fish.

"The average fat content of fish is about 5 per cent, but some of the most popular fish, such as red salmon and albacore tuna, contain 8 to 9 per cent fat" Dr. Exler said. Studies of the fat content of about 100 species of fish were described in his recent report.

Like other foods, fish vary considerably in their fat content, according to Dr. Exler, "The seasons and the location of catch have a marked effect on lipid content. For example, the amount of fat in Atlantic herring is a minimum in the spring and at a maximum in the fall."

As might be expected, the study documented that the fat content on Pacific salmon decreases the farther upstream the fish travel in their arduous trip from the ocean.

In presenting data on various fish there is a problem as to what to call them because one species might be known as "rockfish" in the Cheapeake Bay area, and as striped bass in California. Various species of flounder are alternately known as dab, sole, or collectively as flatfish.

Crusty Fillets with Cheddar Sauce

2 pounds skinless fish fillets, fresh or frozen
3 tablespoons melted butter or margarine
1 teaspoon salt
¼ teaspoon fines herbs or basil
2 cup prepared biscuit mix
2 tablespoons chopped green onion
¼ teaspoon grated lemon rind
¼ teaspoon seasoned salt
¾ cup milk

Thaw frozen fish. Cut fillets into 6 portions. Place fish in a single layer in a well-greased shallow 2-quart baking dish. Combined butter or margarine, salt, and fines herbes or basil, mix. Brush fish with herb mixture. Bake in a moderate oven, 350 degrees F., 10 minutes. While fish is baking, combine biscuit mix, onion, lemon rind, salt, and milk; stir with fork to make a soft dough.

Those who are watching their waist lines should know that herring hors d'oeuvres are 16.4 per cent fat and cod is 1 per cent fat. (These figures pertain to the fish when raw — sauces and other ingredients used in cooking add to the calorie count.)

The approximate fat content of a 3 oz. serving of beef pot roast is 19 per cent, broiled sirloin steak 32 per cent; lean meat sirloin 7 per cent; hamburger 20 per cent, friend chicken 7 per cent.

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