

SOLE FOOD--SPECIALTY FOR SLIMMERS

Diet time can be pleasure time with fish and shellfish on the menu. All fishery products offer high nutritive values and most of them are low in fat and calories. Fish fillets are especially appropriate for dieters because they can be easily portioned to conform with diet plans. And they are readily available either fresh or frozen.

Sole fillets are fine eating with firm, white, delicately flavored flesh. They cook quickly because they are rather thin and adapt well to rolling or stuffing. Sole fillets vary in weight from 2 to 4 ounces, occasionally up to 8 ounces. One might say that sole fillets are filler-slimmers because their high protein content fills you up while you are slimming down.

Sole are members of an amusing family of fish called flatfish, whose characteristics make them distinctive from other species. These funny fish, shortly after beginning life, change from the average fish shape to a flat shape that, strangely enough, resembles a flying saucer. Their bizarre shape, however, does not alter their wonderful taste or exceptional food values.

Saucy Sole, a National Marine Fisheries Service recipe, presents the fillets broiled with a tasty sauce to keep them moist. The sauce, believe it or not, uses mayonnaise (diet) and chili sauce blended together with celery salt, dry mustard, and wine vinegar for added zest. About 8 to 10 minutes cooking is all that is needed, and this feast of Saucy Sole is ready to enjoy. So good--you'll forget that it's diet recipe until you remember the calorie content which is only an approximate 175 calories per serving.

SAUCY SOLE

2 pounds sole fillets or other thin fish fillets, fresh or frozen	$\frac{1}{2}$ teaspoon celery salt
2 tablespoons butter or margarine, melted	$\frac{1}{2}$ teaspoon dry mustard
$\frac{1}{2}$ cup low calorie mayonnaise	$\frac{1}{2}$ teaspoon paprika
2 tablespoons chili sauce	$\frac{1}{2}$ teaspoon wine vinegar

Thaw frozen fillets. Skin fillets and cut into 6 portions. Place fish in a single layer on a well-greased bake and serve platter, 16 by 10 inches. Pour butter over fish. Combine mayonnaise and seasonings. Broil fish about 4 inches from source of heat for 5 minutes. Spread mayonnaise mixture over fish. Broil 3 to 5 minutes longer or until fish flake easily when tested with a fork. Makes 6 servings.

Live it up while slimming down--it's easy with seafoods! For 22 slimming moods with seafoods, send for "Seafood Slimmers," a NMFS full-color booklet designed especially for you, the dieter. For your copy, send 25¢ to the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402 and ask for "Seafood Slimmers," Fishery Market Development Series No. 7 (I 49.49/2:7).

Also available, and this time it's free, is a colorful little brochure containing four slimming recipes from the well-known Weight Watchers International, Inc., as well as five Bureau seafood recipes. For your copy, write to Stay Slim, Texas Parks and Wildlife Department, John H. Reagan Bldg., Austin, Texas 78701. (National Marketing Services Office, NMFS, U.S. Dept. of Commerce, 100 East Ohio St., Rm. 526, Chicago, Ill. 60611.)



START CRABBING--THIS IS THE YEAR!

Mother Nature is in a bountiful mood--she has gone all out this year in providing a good supply of blue crabs for our eating enjoyment. Excitement is running high all along the Atlantic and Gulf coasts where fishermen are pulling the tasty crabs out of the waters of bays and sounds. Gourmets have their favorite recipes out, and crab kettles are steaming in readiness for these treasures. It isn't necessary to be a crabcatcher, however, in order to be a crabeater. Seafood markets will soon reflect this abundance and the succulent blue crabmeat will be readily available.

Blue crabs, named for the bright blue on the claws of the male crabs, are delicious eating and are an excellent source of high-quality protein, while being low in calories. Blue crabmeat is marketed already cooked, refrigerated, and ready to use in 12 or 16 ounce cans as lump meat, flake meat, a combination of lump and flake, and as claw meat. Blue crabmeat is also pasteurized, a method that gives longer shelf life without altering taste or texture of the meat. Pasteurized crabmeat must be refrigerated, however, until used. Hard-shell crabs are sold alive in some areas. Soft-shell crabs, relished by gourmets, are blue crabs in the molting stage when the hard shell is discarded in order for the crab to grow.

Crab Melon Ring Salad, a NMFS recipe is a summertime taste sensation. For this recipe and How To Cook Crabs (I 49.39:10) which describes the different kinds of edible crabs in the U.S. and gives information and recipes for preparing crabmeat, send 20¢ to the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.



CRAB MELON RING SALAD

1 pound blue crabmeat, fresh, frozen, or
pasteurized, or other crabmeat
 $\frac{1}{2}$ cup Lime Mayonnaise
6 cantaloupe or other melon rings

Salad greens
1 pint strawberries or other fresh berries
Frozen Lime Mayonnaise Flowers

Thaw frozen crabmeat. Drain crabmeat. Remove any remaining shell or cartilage. Combine Lime Mayonnaise and crabmeat. Chill. Place melon rings on salad greens. Place approximately $\frac{1}{2}$ cup crab mixture in the center of each ring. Cut large strawberries in half and arrange on melon. Place Frozen Lime Mayonnaise Flowers on top of crabmeat. Makes 6 servings.

Lime Mayonnaise

$\frac{1}{4}$ cup mayonnaise or salad dressing
3 tablespoons heavy cream, whipped

2 tablespoons lime juice
 $1\frac{1}{2}$ teaspoons grated lime peel

Combine all ingredients. Chill. Makes approximately $\frac{3}{4}$ cup dressing.

Frozen Lime Mayonnaise Flowers

$\frac{1}{4}$ cup Lime Mayonnaise

Green food coloring

Combine Lime Mayonnaise and a few drops green food coloring. Spread $\frac{1}{4}$ inch thick in a small shallow pan. Freeze until firm. Cut into flowers. Makes 6 flowers.

(National Marketing Services Office, NMFS, U.S. Dept. of Commerce, 100 East Ohio Street, Room 526, Chicago, Ill. 60611.)