

FISH FLIPS WITH CHIPS

Casting about for something tasty and new to serve? If you've been limiting your family with the same old tired menus, and your excuse is that the food money always runs out before the month does--you need a new approach. Would you like to find a food source that has infinite variety and is loaded with valuable protein and other nutrients; something tempting to eat, easy to prepare, and kind to the budget? That is a large order--but it isn't too hard to fill. The National Marine Fisheries Service says that all you need is a little imagination and a supply of fish and shellfish to spark appetites, satisfy hunger, and add variety as well as nourishment to meals. Versatile seafoods are the answer--and there is an abundant supply available at your seafood market or the frozen seafood counter at the supermarket. Fishery products come in a myriad of seafood styles to fit every taste and need ranging from budget to gourmet items. The vast majority of fishery products, however, are moderately priced. Prices are usually determined by the abundance of the species, the quantity caught, and the amount available. Wise homemakers note what is in good supply and buy accordingly.

Fish fillets, those tender pieces cut from the sides of the fish, are among the most economical of all fishery products because there is very little waste. Many varieties of fish fillets are available, and there are so many tasty ways to prepare them that one could serve this seafood style for weeks without repeating the same entree. Fish fillets may be broiled, baked, steamed, fried, poached, or combined with other foods in a satisfying entree such as a Seafood Casserole With Corn Chips. This casserole is unusual because it features succulent fish fillets combined with mushrooms, sauteed onions, peas, and--here's the something new--corn chips for crispness and body. Cream of shrimp soup blends it all together and adds a subtle flavor that will keep your eager eaters guessing and coming back for more. Try this man-pleasing recipe soon; it's so easy to do and just right when appetites are big and food funds are little.



SEAFOOD CASSEROLE WITH CORN CHIPS

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| 2 pounds cod or other thick fish fillets, fresh or frozen | 1 can (10 ounces) frozen condensed shrimp soup, defrosted |
| $\frac{1}{2}$ cup chopped onions | $\frac{1}{2}$ cup half-and-half (half milk, half cream) |
| 3 tablespoons melted margarine or cooking oil | 1 can (4 ounces) sliced mushrooms, undrained |
| 2 tablespoons flour | 1 package (10 ounces) cooked frozen peas, drained |
| 1 teaspoon salt | 3 cups corn chips |

Thaw frozen fish. Cut fish into 1-inch pieces. Cook onions in melted margarine or cooking oil in a 10-inch fry pan until tender but not brown. Add fish and cook, turning carefully until it is firm. Sprinkle with flour and salt. Add soup, half-and-half, and undrained mushrooms. Heat and stir carefully. Fold in peas. Spread 2 cups corn chips in even layers over the bottom of a shallow, 2-quart round casserole or a 12 by 8 by 2 inch rectangular baking dish. Add fish mixture. Sprinkle remaining corn chips around edge of dish. Bake in a moderate oven, 350°F., 25 to 30 minutes or until mixture is hot and bubbles around edge. Makes 6 servings.

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