

SWEET 'N' SOUR 'N' SAUCY SEAFOOD

Company's coming and you're wondering what to serve? Use your imagination. Company meals don't have to be expensive in order to please. Camaraderie, good conversation, and down-to-the-sea good food will make a meal a success. Using fishery products is being smart in a number of ways - they provide excellent nutrition and great taste. They are easily prepared and quickly cooked. Many fishery products are easy on the budget.

You'll please with versatile flounder or sole fillets. These thin, firm, white fillets have long been favorites. Their delicate flavor makes them great eating, simply prepared or combined with other foods. Flounder adapts easily to rolling for attractive serving. It is protein-rich, practically boneless, and almost 100% edible. Flounder and sole fillets are interchangeable and available almost everywhere either frozen or fresh.

Flounder fillets take on a festive air in Sweet 'N Sour Saucy Flounder, a bright new recipe from the National Marine Fisheries Service. Elegant but easy. The fillets are simply rolled, butter-coated, and baked until flaky. The final gourmet touch is serving the succulent fish with a sweet-sour sauce flavored with pineapple and lemon juice. Bits of pineapple, thin tomato wedges, and diced green pepper are added to the sauce for color and texture interest. This subtle but satisfying combination of flavors is sure to win acclaim. Put it in your pridesworthy collection of favorite recipes to be served often.

SWEET 'N' SOUR SAUCY FLOUNDER

2 pounds flounder fillets,
fresh or frozen

$\frac{1}{4}$ cup butter or margarine

1 teaspoon grated lemon rind
1 teaspoon salt

$\frac{2}{3}$ cup sugar

2 tablespoons comstarch
1 cup pineapple juice

$\frac{1}{2}$ cup lemon juice or cider
vinegar

1 can (8 ounce) crushed
pineapple, drained
1 cup thin tomato wedges

$\frac{1}{2}$ cup diced green pepper

Pineapple slices for garnish

Lime slices for garnish



Thaw frozen fish. Place 2 tablespoons butter or margarine in shallow 2-quart baking dish. Place in moderate oven, 350° F, to melt. Arrange fish fillets, flat or rolled, in baking dish; turn to coat sides with melted butter or margarine. Sprinkle with lemon rind and $\frac{1}{2}$ teaspoon salt. Bake 25 to 30 minutes or until fish flakes easily when tested with a fork. While fish is cooking prepare sauce. Combine sugar, cornstarch, and remaining $\frac{1}{2}$ teaspoon salt; mix well. Add pineapple juice and lemon juice or vinegar; stir. Cook stirring constantly until sauce is clear and thickened. Fold in drained pineapple, tomato wedges, green pepper, and remaining 2 tablespoons butter or margarine; heat. Serve over fish. Makes 6 servings.

(Source: National Marine Fisheries Service, National Oceanic & Atmospheric Administration, United States Department of Commerce, 100 East Ohio Street, Room 526, Chicago, Illinois 60611.)