

## HOOKED ON FISH? TRY WHITING IN WINE SAUCE

If you are hooked on fish but lukewarm about fishing--you can bait your hook at the nearest seafood market. Many clever homemakers keep their unlucky, would-be fishermen happy in just this way. From cold ocean waters and shallow estuaries to your table is only a short journey with today's fast, modern transportation. Hundreds of varieties of fish and shellfish make the journey daily for your eating enjoyment. Some of these seafoods are considered gourmet and are scarce and expensive. Many more, however, which are equally good to eat, are plentiful and consequently inexpensive. Whiting, among the more plentiful of ocean fish, are in this category.

Have you tried whiting lately? If not, you have a treat waiting for you. These versatile fish, caught along the continental shelf of eastern North America, have tender, lean, firm-textured flesh that is very tasty. Whiting adapt readily to a variety of preparation methods and are ready to thaw and use as they are already scaled, headed, and cleaned.

Whiting In Wine Sauce was created for cooking on an outdoor grill, and its tantalizing aroma as it cooks over the coals as well as its succulent goodness will establish your reputation as a Master Chef. The recipe is so simple and easy--place each fish on a large square of foil, then pour a buttery-wine sauce, accented with mushrooms, green onions, lemon juice, and a touch of crushed bay leaf and thyme, over the fish. Seal the foil packages and cook until the flavors blend and the fishflake easily. Eat this tasty entrée on the patio or tote the makings along in a refrigerated container and cook the fish at your favorite picnic site. If the weather outside is scorching, however, and beating the heat is on your summer agenda, this entrée is equally good when enjoyed inside. Be flexible--there isn't any rule that says all foods cooked out must be eaten out. How about cooking it out and eating it in? You'll keep the cooking heat out, too, and the flavory fish will taste even better in the cool of your home. (National Marketing Services Office, NMFS, NOAA, U.S. Dept. of Commerce, 100 E. Ohio St., Rm. 526, Chicago, Ill. 60611.)



WHITING IN WINE SAUCE  
(Cooked On Grill)

6 pan-dressed whiting or other small fish, fresh or frozen	2 tablespoons lemon juice
Heavy-duty (18-inch) aluminum foil	2 tablespoons chopped parsley
1 cup dry white wine	2 teaspoons salt
$\frac{1}{2}$ cup melted butter or margarine (or cooking oil)	$\frac{1}{4}$ teaspoon crushed bay leaf
1 can (4 ounces) mushroom stems and pieces, drained	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{4}$ cup thinly sliced green onions	$\frac{1}{4}$ teaspoon leaf thyme

Thaw frozen fish. Clean, wash, and dry fish. Cut six 18-inch squares of heavy-duty foil; grease lightly. Combine remaining ingredients; mix and reserve. Place a fish on  $\frac{1}{2}$  of each square of foil. Lift edges slightly to keep sauce from running off. Pour  $\frac{1}{2}$  cup of reserved sauce over each fish and seal edges by making tight double folds on all cut edges. Arrange packages on barbecue grill about 6 inches from moderately hot coals. Cook 20 to 25 minutes or until fish flakes easily when tested with a fork. To serve, cut a big crisscross in top of each package and fold foil back. Makes 6 servings.