

TRY THIS--JUST FOR THE HALIBUT

As a discriminating, thoughtful homemaker, you want the best for your family. When shopping for a particularly pleasing and nourishing entree--why not choose halibut steaks? Make sure that it is the true North Pacific halibut.



North Pacific halibut is an excellent source of high quality protein and minerals. Dieters like its low sodium, low fat, and low calorie content. Its firm, tender flesh is mild in flavor and wonderful for introducing seafoods to young people; it is readily accepted by older people as well.

Crun-Cheese Halibut is an easy answer for the "something different" that is just right for any occasion, because this recipe can add dash to weekday dinners or be a seafood sophisticate that is elegant enough for a party. North Pacific halibut steaks are marinated in a tangy French dressing-lemon juice mixture, then baked to succulent just-right perfection under a blanket of French fried onion crunched with Parmesan cheese. Crun-Cheese Halibut has so much appetite appeal, you'll want to serve it often.

Crun-Cheese Halibut

2 pounds North Pacific halibut steaks, fresh or frozen	1 can (3½ ounces) French fried onions crushed
½ cup French dressing	
2 tablespoons lemon juice	¼ cup grated Parmesan cheese
¼ teaspoon salt	

Thaw frozen steaks. Cut steaks into 6 portions. Place fish in a single layer in a shallow baking dish. Combine dressing, lemon juice, and salt. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish from sauce. Place fish in a single layer in a well-greased baking dish, 12 x 8 x 2 inches. Combine onion and cheese. Sprinkle over fish. Bake in a moderate oven, 350° F., for 20 to 25 minutes or until fish flakes easily when tested with a fork. Makes 6 servings. (Source: Interior Department's BCF.)