

CRANBERRIES FIND HAPPINESS WITH FISH

The fall and winter months offer many opportunities for fun get-togethers and informal hospitality. Many homemakers entertain often but in a casual manner, and the invited guests are family members, neighbors, or close friends. A thoughtful hostess has rapport with her guests in many ways. She helps them feel at ease, invites people who are congenial together, and chooses her menu carefully. She is aware of the importance of dietary problems and takes these into consideration for her guests as well as for her family.

Today's homemakers know that good health and good nutrition are a twosome--you really can't have one without the other. She chooses fishery products often because of their high nutritive value and the fact that the fat content is polyunsaturated. Knowing that fish are as good to eat as they are good for the eaters, she prepares them with imagination and serves them with a flair to her guests and family. Fish fillets are often her choice because of their versatility and the wide selection available at a moderate price.

Fish Fillets With Cranberry-Orange Sauce, a tasty new, recipe from the National Marine Fisheries Service, was created especially for the homemaker who likes an entrée that is gourmet without spending gourmet \$\$\$\$ for it or devoting endless hours in preparation. This hearty but elegant entrée has tender fish fillets served over a dressing made interesting with orange juice and rind, textured with celery and onions, and crisped with pecans. Cranberries are usually thought of as an accompaniment of the big bird at Thanksgiving time, but until you've tried a Cranberry-Orange Sauce over succulent fish, you really can't appreciate these tart little berries. Fish and cranberries are a natural--they were meant for each other.

This easy but elegant entrée is just right for family eating or casual entertaining. Serve with a salad or your choice of vegetables and a selection of fresh fall fruits for dessert. Who could ask for anything more?

CRANBERRY-ORANGE SAUCE

$\frac{1}{3}$ cup sugar	$\frac{1}{2}$ cup water
2 teaspoons cornstarch	1 cup raw cranberries
$\frac{1}{2}$ cup orange juice	2 teaspoons grated orange rind



FISH FILLETS WITH CRANBERRY-ORANGE SAUCE

2 pounds thick fish fillets, fresh or frozen
1 cup sliced celery
$\frac{1}{3}$ cup chopped onions
6 tablespoons margarine or cooking oil
4 cups soft bread cubes ($\frac{1}{2}$ -inch)
$\frac{1}{2}$ cup chopped pecans
1- $\frac{1}{4}$ teaspoons salt
1 teaspoon grated orange rind
$\frac{1}{4}$ cup orange juice
Cranberry-Orange Sauce

Thaw frozen fish. Cut fillets into 6 portions. Cook celery and onions in a 10-inch fry pan in 4 tablespoons margarine or cooking oil until tender but not brown. Stir in bread cubes, pecans, $\frac{1}{4}$ teaspoons salt, orange rind, and orange juice. Turn stuffing into well-greased baking dish, 12 by 8 by 2 inches. Arrange fish in a single layer on stuffing. Drizzle remaining two tablespoons melted margarine or cooking oil over fish. Sprinkle with 1 teaspoon salt. Bake in a moderate oven, 350° F., 25 to 30 minutes or until fish flakes easily when tested with a fork. Serve with Cranberry-Orange Sauce. Makes 6 servings.

Combine sugar and cornstarch in a 2-quart saucepan and mix. Add orange juice and water; cook, stirring constantly, until mixture comes to a boil. Add cranberries and cook 5 minutes or until skins on cranberries pop, stirring occasionally. Fold in orange rind. Serve with fish. Makes 1- $\frac{1}{4}$ cups sauce.

(Source: NMFS, NOAA, 100 East Ohio Street, Room 526, Chicago, Illinois 60611.)