

## SMOKY SEAFOOD SPECIALTY

Chances are ten to one that the man of the house never gets near the cooking operations in your kitchen except to peek and taste--all he's interested in are the tasty results. But at the outdoor-grill he's up and ready. He deserts the ball games on TV, digs out his chef's hat and apron and says, "Let's go!" If he hasn't tried smoke cooking on the grill, however, he's ready for an exciting new cooking method that will hold his interest throughout the season.

Let him show off to his heart's content. Have the instructions for smoke-cooking handy and the necessary ingredients available for him to start this project-- then sit back, relax, and enjoy.

Smoke cooking is different from ordinary grill cooking. It is a slower process, but the results are worth the added effort. Cooking with smoke adds additional flavor and an alluring aroma, and it is especially appropriate for cooking fish and shellfish. Any outdoor barbecue equipment with a hood may be used. With the hood the heat is above as well as below the food; it should be kept moderate to low, depending on the food and the recipe. Wet hardwood chips over the heated ceramic tiles (electric or gas grills) or over the glowing charcoal, lower the temperature and produce the smoke. (Use an oven thermometer with a charcoal grill.) Adjust the temperature according to the recipe used and follow grill directions.

Fish-Vegetable Medley, a new recipe from The National Marine Fisheries Service, is an excellent way to begin the smoke-cooking adventure. A clever foil package is the container for the food, going from grill to serving plate and keeping the food smoky hot while cutting down on clean up chores. Choose your favorite fish fillets and accent their delicate flavor with deviled ham--a new taste combination. Canned whole potatoes, onion, and mixed garden vegetables make this a complete meal-in-one. The sauce that enhances the mixture is condensed tomato soup. Fish-Vegetable Medley will emerge from the smoke oven with a tantalizing taste and an appetizing aroma. It's sure to win praise from family and friends and earn accolades for Dad as a backyard chef with imagination.



### FISH-VEGETABLE MEDLEY

- 2 pounds fish fillets, fresh or frozen
- 2 teaspoons salt
- $\frac{1}{4}$  teaspoon pepper
- 2 cans ( $4\frac{1}{2}$  ounces each) deviled ham
- 1 can (1 pound) whole potatoes, drained
- 1 can (1 pound) whole onions, drained
- 1 box (8 ounces) frozen mixed garden vegetables
- 2 tablespoons lemon juice
- 1 can ( $10\frac{3}{4}$  ounces) condensed tomato soup

Thaw frozen fish. Cut into serving-size portions. Cut six pieces heavy-duty aluminum foil, 12 by 12 inches each. Grease lightly. Place fish on each piece of foil. Season with salt and pepper. Spread deviled ham on top of each piece of fish. Divide remaining ingredients equally among the packages of fish, using the soup last. Bring the foil up over the fish and seal the edges by making double folds in the foil to confine the juices. Place the packages on the grill inside the smoke oven. Cook in a slow oven, 300 degrees F., for 15 minutes; open packages by cutting a crisscross in the top of each package and fold the foil back. Continue cooking for 10 to 15 minutes longer or until the fish flakes easily when tested with a fork, and the ingredients have a smoke flavor. Makes 6 generous servings.

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