

MARY WISE

Seafoods Take to the California Barbecue

In deference to summer and the California custom of barbecuing, the Southern California Fisheries Association has chosen fish adaptable to barbecue cookery.

These include, salmon, halibut, barracuda, swordfish, mahi-mahi, tuna, yellowtail, kippered cod and kippered salmon.

Broiling fish on the barbecue grill can provide some of the most delicious barbecue fare but it takes special technique because fish tend to stick to the hot grid even after greasing it.

One way to overcome this is to use a hinged broiler; another is to wrap the fish in foil. Fish steaks, fillets or split small fish may be barbecued over medium heat.

Do not over-cook fish or it becomes dry. When it flakes easily with a fork it is done. Fresh fish one to one-and-a-half inches thick will take from three to six minutes each side over medium heat to cook well done.

When using frozen fish, do not thaw; allow longer cooking time.

In barbecuing fish, part of the enjoyment and flavor can be in the basting sauce used. Suggestions follow.

For salmon, an application of lemon juice for 30 to 45 minutes before cooking adds greatly to the flavor. A dusting of flour, salt and pepper just before grilling will seal in flavor.

For any barbecued fish, a simple combination of melted butter, crushed garlic, salt and pepper will bring out flavor when brushed on while grilling.

Variations may be had by adding one or more of your favorite herbs to the sauce. Thyme is ideal but marjoram, tarragon, bay leaves, dill, chives or other herbs may be used.

Savory lemon butter is

another variation of basting sauce. Heat 1/2 cup butter until lightly browned. Add juice and grated peel of lemon, 1/2 teaspoon of savory and 1/4 teaspoon salt.

An Oriental flavor may be provided by combining 1/4 cup soy sauce, 1/4 cup dry white wine, 1/4 cup cooking oil, 1 teaspoon instant minced onion, 1 teaspoon grated green or preserved ginger.

For those who want all the enjoyment without any work, there's an easy solution. Both barbecued cod and barbecued salmon are available at most food markets, packaged in Cryovac bags.

These are kippered or smoked and are ready to eat cold but are equally delicious heated.

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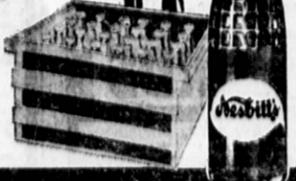
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TV CANDIDS

by Terrence O'Flaherty

"I'm a bad interview, but I'm a very nice guy. You'll find that I don't say much, but when you go back to the paper to write about me be nice, or I'll come over and knock your dang block off!"

The speaker was Jimmy Dean, ABC's new television star who has been in town taping the Ernie Ford Show while the Pea-picker is on vacation in Hawaii. Dean's own show will be seen Thursday nights starting in September.

It's difficult to describe Dean if you haven't seen him. And I'm not sure that it's necessary. He had a hit record, "Big Bad John," several years ago (2.5 million). His stand-by week for Jack Paar last year drew the biggest audience for any guest in that spot, with the exception of Jerry Lewis. Both Dean and Lewis are in the odd position of "auditioning" for their new fall ABC shows—on the NBC network.

Dean is tall, gangling and pleasant. His home state is Texas, but his accent is farther east and south if it's anywhere at all. He sings and smiles and talks a lot. He has big ears.

"I'm purty bland if you want the dang truth about it," he insisted and I agreed. "I really don't know what people like about me. Maybe they like to identify with me."

Actually, Dean's branch on the Hillbilly family Tree is somewhere near Ernie Ford's and not too far from Minnie Pearl, I would say. This fall you can hang him anywhere you wish.

I tried to find out what his fall show would be like, but he wasn't much help. Frankly it sounded as if he didn't know himself.

"I'll go easy on the clothes. No cowboy suits, for example. I'll be Brooks Brothers down to my shoes, which will be Pure Rodeo."

His producer is one of television's best—Bob Banner, formerly of the Dinah Shore Show, Candid Camera, and the Garry Moore Show, who tried years ago to sign up Dean for a variety show and failed. Dean has already found himself a sort of Carol Burnett character. Her name is Karen Morrow, seen recently on the Red Skelton Show. He still has some reservations about getting himself a Durward Kirby character. You really can't blame him there.

"Humor? I don't think you have to be dirty to be funny. For that reason I stay away from sex. I don't even mess around in that vicinity," he says.

(Cut this out along broken lines, sign your name, give your address and mail it to your Congressman—today!)

Rep. _____
U. S. House of Representatives
Washington 25, D. C.

Dear Congressman:

I sincerely believe that every member of Congress must take a stand against the enormously high rate of federal spending that is rapidly reaching runaway proportions.

Therefore, I am appealing to you to bend every effort toward cutting the record-breaking fiscal 1964 budget of \$98.8 billion down to reasonable size. Some very respected organizations have assured the nation that the budget can be cut substantially without harm to national defense or to economic well-being. Moreover they have specified exactly where these reductions can be made. The estimates of the cuts range from nearly \$6 billion to \$9 billion.

I know that all of this information is available to you and I urge you to study it carefully and act accordingly. Remember, the Congress is our last hope in this fight to achieve prudence in federal expenditures. If it fails us we could very well be doomed to never-ending red ink spending.

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