

KIDS COOKING

From THE **KRAFT** KITCHENS

Italian Fish Fillets

Versatile fish fillets are great menu starters for boys and girls who are learning to cook. Fillets, which are lengthwise slices from the meaty sides of fish, require little preparation before cooking. They cook quickly and they are practically boneless.

Fish, regardless of the cut, is highly nutritious. It's an excellent source of protein and also contains a netful of important minerals, including phosphorus, potassium, iodine, fluorine, magnesium, and copper. Most fish contribute B vitamins, as well, including niacin, thiamine, and riboflavin. Fish is low in fat and calories in comparison to meat. Many types have fewer than 100 calories per 4-ounce portion. Best of all, fish is one of the most flavorful foods.

When teaching children to cook fish, remember that fish is tender and is cooked to develop flavor, not to tenderize. The main rule of fish cookery, according to the Kraft Kitchens, is to avoid overcooking. Fish is done when translucent flesh becomes opaque. It should flake or separate easily when tested with a fork. If fish is cooked too long it's apt to become dry and toughen — so easy does it!

Timing the cooking of a fish recipe can be tricky, so children will need an adult "cooking coach" close by to make sure the fish is not overcooked. For best results when baking, broiling, or poaching fish, measure fresh or thawed fish at its thickest part, then bake 10 to 12 minutes per inch

thickness. If the fish is frozen, measure, then cook 20 to 24 minutes per inch thickness.

Broiling is a method of cooking fish that children can learn easily. Whether your broiler is gas or electric, beginners will need close supervision while learning its use. For easy clean-up, plan ahead. Show children how to line the bottom — never the top — of the broiler pan with foil. Then, follow these guidelines to help insure your child's safety and recipe success:

•Adjust the distance from the broiler pan to the flame or electric coil before turning on the broiler.

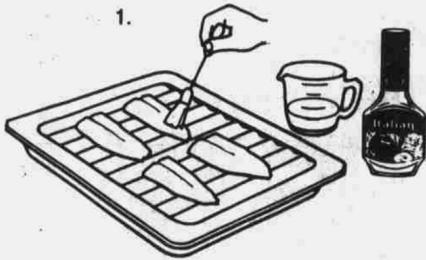
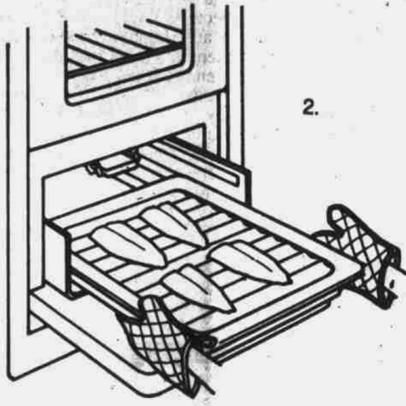
•Adjust the broiler pan so the top of the pan is 3 to 6 inches from the source of heat when broiling fish, unless the recipe says to do other-

wise. •Use hot pads or, preferably, oven mitts when inserting and removing the broiler pan from the oven (small children will need adult assistance with this job).

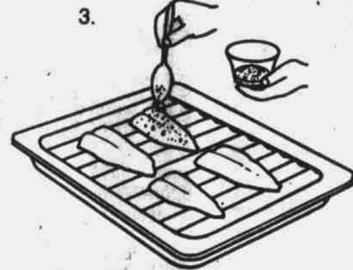
•Keep the door of an electric oven broiler ajar while the unit is on; keep the door of a gas oven broiler closed.

Prepared in the broiler, Italian Fish Fillets is a good first fish

recipe for novice cooks. It's a breeze to make with just four ingredients and a very short cooking time. The flavor secret is versatile, zesty Kraft Italian dressing which is brushed on before broiling. It adds the combined flavors of red bell peppers, garlic, chips of tangey onion, and more. A sprinkle of grated Parmesan cheese and bread crumbs adds a finishing flavor and color when broiled.



- 4 servings
- You will need:
 - 1 pound fish fillets (thawed, if frozen)
 - ¼ cup Kraft Italian dressing
 - 1 tablespoon Kraft grated Parmesan cheese
 - 1 tablespoon dry bread crumbs



- Take out: broiler pan, glass measuring cup, measuring spoons, pastry brush, custard cup or small bowl, teaspoon

- Turn on broiler.
 - Arrange fish fillets on broiler pan.
 - Using pastry brush, brush fish with half of the dressing.

- Broil 5 minutes.

- Remove broiler pan from oven.
 - Brush fish with remaining dressing.
 - Combine cheese and bread crumbs in custard cup.
 - Sprinkle evenly over fish.
 - Continue broiling until lightly browned.

Cheddar-Topped Fillets is an easy baked recipe which boys and girls can prepare with fresh, thawed, or individually frozen fish fillets — even while they are still frozen.

However, when the fish you have purchased is frozen in 1-pound blocks, it's best to thaw it for this recipe. To do this, place wrapped fish in the refrigerator overnight, or thaw under

cold, running water. In Cheddar-Topped Fillets, fish fillets are topped with a kid-pleasing combination of Kraft shredded sharp natural cheddar cheese (a convenient 4-ounce

package is just the right amount), chopped mushrooms, and parsley. Because the mushrooms are chopped, it's thrifter to purchase mushroom stems and pieces, which are less

expensive than whole or sliced mushrooms. Boys and girls will have an easy time "chopping" parsley if they snip it with kitchen shears.

Cheddar-Topped Fillets

6 servings

- You will need:
- 2 pounds fish fillets (fresh, thawed, or individually frozen)

- 2 tablespoons Parkay margarine
- 1 tablespoon lemon juice
- Pepper
- 1 4-ounce package Kraft shredded sharp natural cheddar cheese

- 1 4-ounce can mushrooms, drained and chopped
- 2 tablespoons chopped parsley

Peach Melba Pancake Puff A Great Big Treat!

- Pancake Puff:**
- ½ cup water
 - ¼ cup butter or margarine
 - ½ cup Aunt Jemima Original Pancake & Waffle Mix
 - 2 eggs

- Filling:**
- 4 cups fresh or canned peach slices, drained
 - 1 qt. vanilla ice cream
 - ¼ cup raspberry preserves, slightly melted



Peach Melba Pancake Puff is a sundae-in-a-shell. It's a great big dazzling dessert, which family and friends will love...and love you for making!

Peach Melba Pancake Puff

That classic combination of raspberries and peaches, peach melba, is the topping for this gigantic sundae-in-a-shell called Peach Melba Pancake Puff.

How do you begin to make this dazzling dessert?

You prepare the pancake puff, a task which is made easy when you

count on Aunt Jemima Original Pancake & Waffle Mix (a product which already contains flour, leavening and salt). To make a pancake puff, all you do is boil water and butter in a saucepan, add the mix, and stir until the mixture leaves the sides of the pan. Then you stir in the eggs, one at a time,

beating well after each addition. Spread the mixture over the bottom and sides of a greased glass pie plate, and bake. Remember that the batter used is similar to a cream puff batter. The oven door should not be opened during baking, or the puff may fall.

To serve, mound or scoop vanilla ice cream

into the cooled puff, and top with peach slices and raspberry preserves. (Of course, the puff can also hold banana splits and hot fudge sundaes or an ice cream concoction you can dream up!) In short, Peach Melba Pancake Puff is a great big treat which family and friends will love...and love you for making!



Each of these advertised items is required to be readily available for sale at or below the advertised price in each A&P Store, except as specifically noted in this ad.

PRICES EFFECTIVE THRU SAT., AUG. 21, AT A&P IN DURHAM

ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS

3205 University Dr. 621 Broad St.



USDA INSPECTED FRESH



Box-O-Chicken

lb. 45^c

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF—WHOLE

New York Strips

(16 Lb. To 20 Lb.) Avg. Wt. Cut Free Into Bone In New York Strip Steaks

lb. 1⁹⁹ Bone In

A&P QUALITY

Pork Sausage

Hot • Mild

1 lb. pkg. 99^c

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF

Chuck Roast

Bone In

lb. 1²⁸

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF

Ground Chuck

3-lbs. or more

lb. 1⁷⁸

BLUE RIDGE

Sliced Bacon

1-lb. pkg.

1⁴⁹



CALIFORNIA CRISP SOLID ICEBERG



Head Lettuce

2 1⁰⁰ large heads

CALIFORNIA THOMPSON GREEN

Seedless Grapes

Or • Red Cardinals • Black Exotic

lb. 79^c

RED RIPE—SALAD SIZE

Tomatoes



28 oz. family pack 99^c

Great Grocery Savings

Pepsi-Cola

ctn. of 8

16-oz. ret. bottles

plus deposit 1⁴⁹

ANN PAGE FROZEN

Pizzas



Pepperoni • Sausage • Cheese 10 oz. pkg. 79^c

A&P CHILLED

Orange Juice

½ gallon carton 99^c

ALL NATURAL

Breyer's Ice Cream



½ gal. carton 2²⁹

REGULAR, ELECTRIC PERK, AUTOMATIC DRIP

Maxwell House Coffee

1 lb. bag 1⁹⁵

ANN PAGE

Pure Vegetable Shortening

1 lb. can

3 1¹⁹

WHITE, YELLOW, BLUE

White Cloud Tissue

roll pkg.

4 88^c