

Beer Cookery Recipes From Page C2

Heat oil in a large pot and saute onion and pepper until limp but not brown, about 3 minutes. Add the rest of the ingredients, bring to a boil, lower heat, cover and simmer 30 minutes. Let cool to room temperature and serve with beer batter fish. Makes about 1-quart. Keeps 2 weeks or more the refrigerator.

4 servings.

GRILLED BEER BASTED SALMON STEAKS WITH TARRAGON-BEER SAUCE

Salmon:
4 salmon steaks
1 cup beer

Tarragon-beer sauce:
2 tablespoons butter
2 tablespoons flour
1/2 cup rich chicken stock
1/2 cup beer
1/2 teaspoon tarragon leaves, crushed
1/2 cup heavy cream
pinch salt
pinch sugar
freshly ground pepper (to taste)
1 tablespoon butter

Marinate salmon steaks in beer (room temperature) for about an hour, turning once. Grill over charcoal or under broiler, basting frequently with beer. (Grilling time depends on thickness of fish. For a 1" steak, grill approximately 3 minutes on one side, 5 minutes on the other

side). Yield: 4 servings.

To make sauce, melt butter without burning, over a low flame in a non-aluminum pot. Whisk in flour, and when smooth, add stock and beer. Cook 5 minutes over a low flame. Stir in tarragon, heavy cream, seasonings, and whisk well to blend. Cook 3 minutes over a low flame and add 1 tablespoon butter, cut into small pieces. Stir until butter is melted, then serve at once.

Yield: 1 1/2 cups.

SAVORY BEANS

4 tablespoons butter
1 medium onion, coarsely chopped (1/2 cup)
1/4 teaspoon garlic powder
1/4 teaspoon dill weed
1/8 teaspoon hot pepper flakes
1/4 teaspoon salt
1 12 ounce bottle beer
1 pound green beans (fresh or frozen) cut into 2" lengths
1/2 cup parsley, chopped

Melt butter over a low flame in a pan and saute onion until golden, about 5 minutes. Add herbs and spices and beer, bring to a boil and boil briskly, about 3 minutes. Add beans and cook, uncovered, over medium flame about 20 minutes or until liquid has almost evaporated. Sprinkle with chopped parsley and serve at once.

4 Servings.

Poultry — Birds Are Good Bargains

Chicken, turkey and other poultry are often a bargain, but read the label to discover the best way to prepare it. "Young" means tender. The label will have words that show the age of the poultry. Use young poultry for frying, broiling, roasting or barbecuing. Stew older birds," says Rachel Kinlaw, foods and nutrition specialist at North Carolina State University.

Young chickens are labeled "fryer," "broiler," "roaster," "young chicken," "capon" or "Rock Cor-

nish game hen." Young turkeys are labeled "young hen," "young tom," "young turkey" or "fryer-roaster."

Older chickens are called stewing chickens, hen or fowl.

Use refrigerated chicken within one to two days, and cook frozen poultry right after thawing. Refrigerate leftovers promptly, and freeze them if they won't be used within one or two days, says the extension specialist.

Keep 'Just Caught' Taste In Fish

To enjoy the "just caught" freshness of fish at home, carefully pack fish in ice as soon as it is removed from the hook, suggests Dr. Robert Brackett, food safety specialist, North Carolina State University.

"Nearly any fish can be safely transported over a long distance if certain precautions are taken. The most important thing to remember is that fish must be kept cold," Dr. Brackett says.

The fastest and most convenient method for storing fresh fish is a technique known as superchilling. To superchill, you need an insulated ice chest with a lid. Line the bottom with 3 to 4 inches of flaked or crushed ice. Next layer the fish in a mixture of rock or table salt and flaked

ice. Generally, about a half pound of salt should be used for every 5 pounds of ice.

Whole fish should be layered, unwrapped, in the ice. Dressed fish and shucked shellfish should be individually wrapped in heavy, clear plastic before layering.

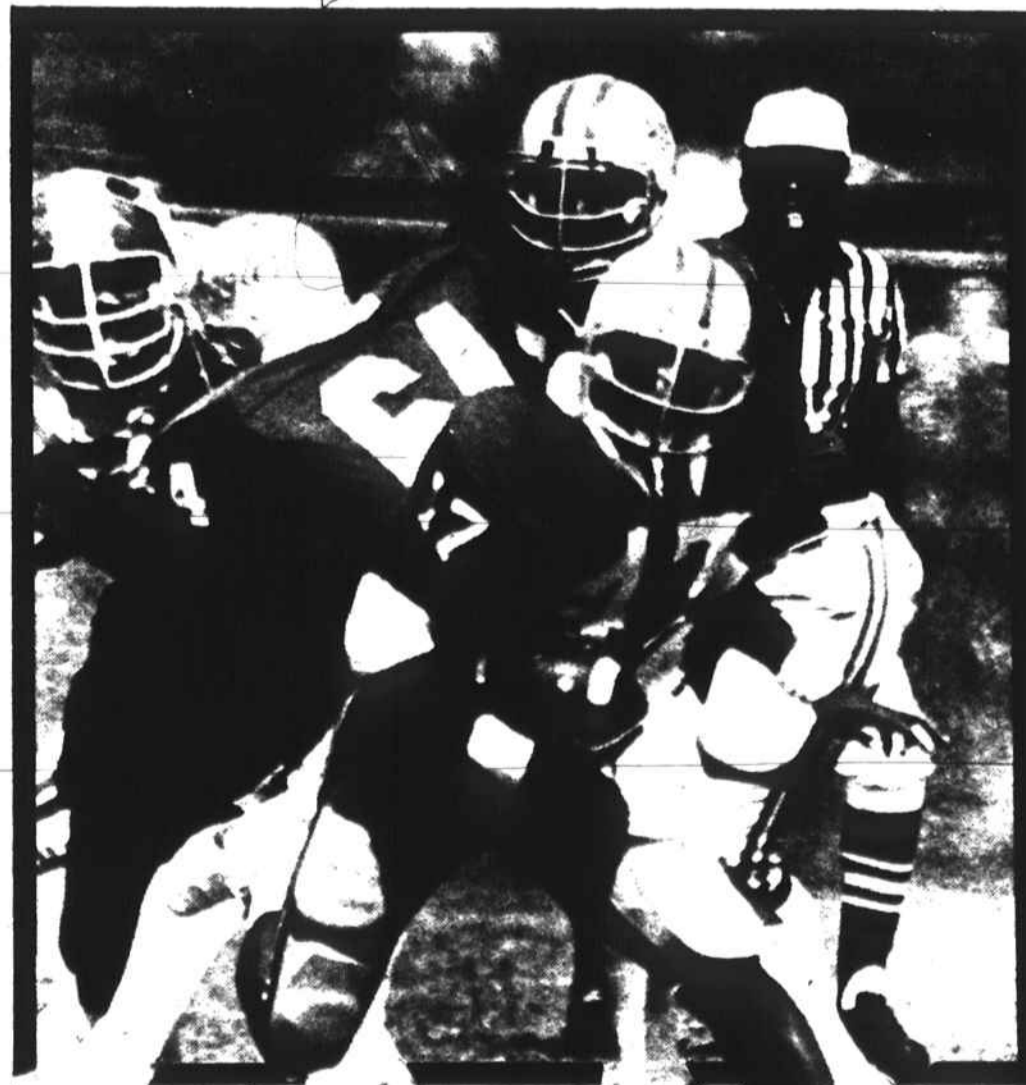
When the cooler is filled, top it with a generous layer of ice and securely close the lid. Don't put the loaded cooler in the car trunk — that is probably the warmest part of the car.

"Occasionally, fish will spoil despite all your efforts to keep them fresh. When this happens there is only one thing to do — throw the fish away. Bad fish will smell fishy," Dr. Brackett says.

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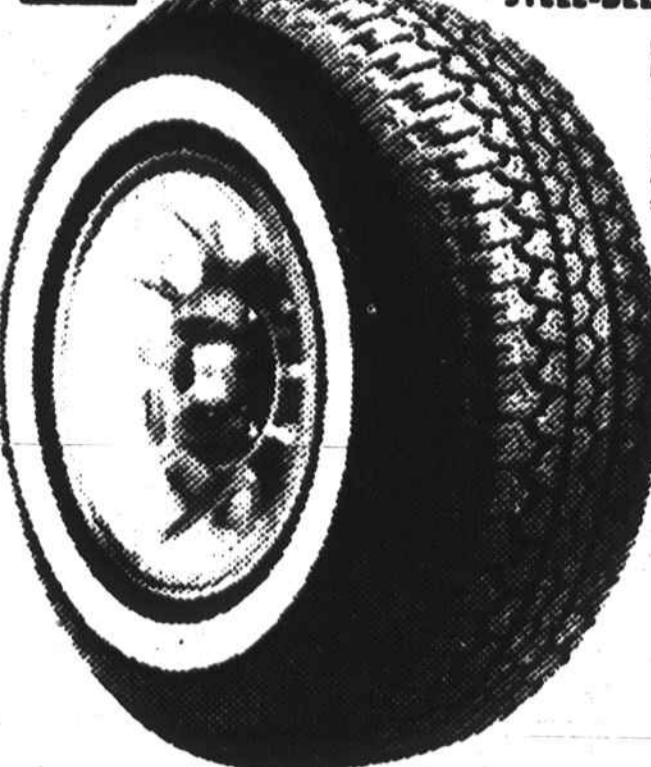
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