

Fisherman's Stew Makes Good Meal for Friday Night



Fisherman's stew — hearty and flavorful.

By CECILY BROWNSTONE

Ever tasted a really good fish-and-potato stew? One made with onions and tomatoes? Know what a perfect dish it is for Friday night supper?

You bring the stew, sending off puffs of fragrant steam, to the table and ladle out hearty helpings. You pass a crusty loaf of French or Italian bread, sliced and spread with butter, hot from the oven. Everyone sets to—lapping up the savory liquid and digging into the creamy fish and potatoes, and the onions.

You follow the stew with a tossed green salad. Then you end such simple but satisfactory eating pleasure with a substantial dessert—say deep-dish apple pie with a flaky top crust and squares of sharp cheddar cheese. Or maybe you offer an upsid-down cake with a fine showing of glazed fruit.

The seasonings called for in the following recipe for fish stew are basic ones. But if you like adding your own particular creative touch to a dish, don't hesitate to improvise.

Go Portuguese and add a pinch of ground cumin seed.

Take a hint from the French Bouillabaisse and throw in a leek, some parsley, maybe a pinch of fennel.

Want a Far Eastern touch? Then a little curry powder added will just suit you.

A rib or two of celery, a few carrots in the refrigerator? Slice them and add.

You favor basil in a dish with to-

matos? Go ahead and add it—with discretion.

Fresh chives available? Mince them and sprinkle them over the stew just before serving. Or pass a small bowl of them so chive ad dices can help themselves.

Any firm white-meated fish available at your market is suitable for the stew. I like to make it with a fine fresh sea bass.

Fisherman's Stew
Ingredients: One whole fish (about 2 pounds), 2 cups water, 1 pound potatoes (about 4 medium-size), 2 medium-size onions (peeled and quartered), one No. 2 can (1 pound and 4 ounces) tomatoes, 1½ to 2 teaspoons salt, pepper, ¼ teaspoon sugar, ½ teaspoon paprika, ¼ teaspoon ground thyme, 1 bay leaf, 2 large cloves garlic, dried mixed herbs or ketchup spice, chili powder or cayenne pepper.

Method: Have fish dealer scale fish and cut away fins; then remove head and tail and cut fish in 4 pieces. Bring head home; do not have fish boned. Put head and water in saucepan; bring to a boil; let bubble gently for 20 minutes. Discard head and strain off liquid; there should be about 1½ cups. Put liquid, peeled potatoes, onions, tomatoes (including juice from can), salt, pepper to taste, sugar, paprika, thyme and bay leaf in kettle. Crush garlic and add. Cook gently until potatoes are almost tender—30 to 40 minutes. Taste liquid in kettle and add herbs or ketchup spice and chili powder or cayenne to taste. Add fish and simmer until fish is opaque and cooked through—10 minutes or longer. Serve in soup plates. Makes 4 servings.

'Above Normal' Amounts Of Leaf to be Sold Abroad

Tobacco is among the commodities eligible for sale to friendly foreign countries under the new foreign aid program, it was reported in the July-August report of Tobacco Associates, Inc.

Public Law 480, recently enacted by the Congress, authorizes the use of \$700,000,000 during the next three years to provide for the sale of "above-normal" amounts of U. S. agricultural commodities, including tobacco, to friendly foreign countries.

The new program, the report said, will be operated very much as the foreign aid program was operated last year. Under last year's program, some 50 million pounds of U. S. flue-cured tobacco were exported to the United Kingdom, Germany and Finland.

Supports Not Affected
The Tobacco Associates report also pointed out that support prices for tobacco will not be affected by the new farm bill enacted into law during the closing days of the 83rd Congress.

"Under the new law," the report said, "the support prices for most basic agricultural commodities will range between 82½ and 90 percent of parity, effective for the 1955 crops. The support prices, however, will not be changed greatly in 1955. A greater change in supports will become effective in 1956, but a substantial part of this change will result from the new parity formula which will be-

come effective that year under the law enacted in 1949."

In regard to exports, the report revealed that some 431 million pounds of flue-cured tobacco were exported from the United States during the marketing year which ended June 30, 1954, compared with 416 million pounds exported a year earlier.

The report termed as "favorable" the general outlook for U. S. flue-cured exports for the immediate future. It cited these conditions as a basis for its prediction: "Economic conditions in Western European countries continue to improve and there is an accompanying improvement in the foreign exchange position of most of these countries."

"In fact, foreign exchange convertibility in a somewhat limited way may be relatively near. Laws have been amended in some countries to permit increased purchases of U. S. tobacco imports. All of this means easier trading, less government controls, increased consumption of consumer goods including tobacco and reduction in the cost of procuring foreign exchange."

San Francisco (AP) — A big whale cavorted under the famed Golden Gate bridge for half an hour, spouting and flipping its tail. Spectators on the bridge thought the whale, more than 200 feet below them in the greenish water, was about 40 feet long.



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