

# How About Salmon Poached in Beer?

It's almost uncanny the way two cooks can begin with the same basic ingredients, and end up with such different results. Part of the explanation, of course, can be a difference in skill or experience. But far more often it's a matter of attitude. The successful cook is more adventurous about seasonings, and realizes that small changes can have a startling effect on flavor.

A perfect example is the poaching of fish. Fish has an unusual capacity to pick up flavors from its "surroundings"; whether it does or not depends on the character of the cooking liquid, and that's where imagination comes in. In the hands of a clever cook, poaching can work very nearly a miracle.

One cue any cook can profitably pick up is the use of beer as a poaching liquid for fish. It's a trick that comes well recommended — chefs have been relying on it for years. Take salmon steaks, for example. Poaching salmon in beer gives a subtly different taste which truly flatters this lovely, pink-fleshed delicacy. With this truly springlike meal, no beverage is quite as compatible as cold, sparkling beer.

To further enhance the meal try a Soubise Sauce to cover the salmon steaks.



BEER POACHED SALMON

4 fresh or frozen salmon steaks  
1 tablespoon whole pickling

spice  
1 (12 oz.) can or bottle beer  
1 lemon, sliced  
1 large onion, sliced  
Salt

Defrost salmon if frozen. Arrange salmon steaks in single layer in a large skillet. Add pickling spice and enough beer to half cover the salmon. Place lemon and onion slices on top of salmon. Sprinkle with salt. Cover tightly. Bring to a boil. Lower heat and simmer gently until fish flakes, about 15-20 minutes. Remove steaks with a slotted spatula and place on a warm serving platter. Spoon hot Soubise Sauce over steaks.

### SOUBISE SAUCE

3 tablespoons butter or margarine  
1 pound onions, finely chopped  
3 tablespoons flour  
¾ cup milk  
¾ cup light cream  
Salt and white pepper

Melt butter, add onions and saute over low heat, stirring occasionally, until onions are very tender and mushy. Press butter and onions through a sieve or whirl in a blender. Return puree to pan and stir in flour. Gradually stir in milk and cream. Cook over low heat, stirring constantly, until smooth and thick. Season to taste with salt and white pepper. Yield: About 2 cups.

# Books on Loan

The following books of interest to our readers may be found on the shelves of the Rochester Public Library, or may be obtained through any affiliated library in the diocese.

- racial adoption — a compassionate, personal record by an adoptive father.
- A Great Society?, edited by Bertram Gross (Basic, 1968). Challenging and controversial views on the adequacy of social reform.
- The New Indians, by Stan Steiner (Harper, 1968). Look at the young, college-educated Indians today whose cry is Red Power.
- The Johnstown Flood, by David McCullough (Simon and Schuster, 1968). Vivid narrative of the causes and consequences of the terror and devastation that struck Johnstown, Pa. in 1889.
- Torregeca: Life, Death and Miracles, A. N. Cornelissen (Leticia, Brown, 1969). Perceptive and human account of the character of a small Italian town and its people steeped in unique traditions.
- The Religious Situation, vol. 1, (Beacon, 1968). First of an annual series which has articles by leading theologians, historians, philosophers and scientists, covering such topics as racial equality and contemporary mores.
- Danger in Washington, by Carl F. Haysen (Parker, 1968). Former D.C. school superintendent's story in connection with his being asked to resign.
- The War Prayer, by Samuel Clemens (Mark Twain). A parable whose irony and satiric thrust make it a classic of anti-war literature.
- The General, by Pierre Galante. This latest biography of De Gaulle includes details about his life as a private citizen, given in an attempt to make him a bit better understood.
- Lima — Court FitzSimons. Catholic Daughters of America will meet Monday night, May 26, with Miss Mildred Ryan, 31 Ontario Street, Honeye Falls. Mrs. Mary Killacky is chairman.

## School Papers Win Trophies

Three Rochester high schools won awards last week during St. Bonaventure University's annual Press Day program.

Our Lady of Mercy High School's student newspaper, Quill, won the Times-Union trophy as an outstanding publication of the Greater Rochester area.

The Gabriel, Nazareth Academy's paper, won the Democrat & Chronicle award. Runner-up was The Crest of Cardinal Mooney High School.

Individual awards went to Donna Eber of The Mercedes, Our Lady of Mercy High School, for her illustration of a city cobblestone avenue at night, and Thomas Schoeneman of The Crest, for a feature story.

### CDA MEETING

Lima — Court FitzSimons, Catholic Daughters of America, will meet Monday night, May 26, with Miss Mildred Ryan, 31 Ontario Street, Honeye Falls. Mrs. Mary Killacky is chairman.

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## Catholic Colleges To Graduate: 520

More than 520 students of month. Nazareth and St. John Fisher Colleges will be graduated next

### ST. JAMES GIRLS

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The Marian Medal, highest religious award for Girl Scouts, was given to 22 Cadettes last week at St. James Church.

Thirteen Juniors in parish troops received the Regina Coeli Medal.

The St. Anne Medal for sewing service was presented to Mrs. Howard Missel, 238 Torrington Road, the first recipient of this award in the Hia-watha District. Father Robert Winterkorn, diocesan scout chaplain, made the presentations.

Nazareth will award diplomas to 200 graduates at 11 a.m. Sunday, June 8, in campus ceremonies. G. Wayne Glick, president of Keuka College, will be commencement speaker.

Fisher will graduate 263 students at 3:30 p.m. Sunday, June 8, in the gymnasium. Marshall McLuhan of Toronto, author and professor, will be speaker.

### GREECE HOME-SCHOOL

The Home School Association of St. John's Episcopal will present board of education candidates at an open house in the school hall at 7:30 p.m. Wednesday, May 28. The association will elect officers at a meeting scheduled for 8:15.

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