How to better fish.

Sunkist® Lemons make a good catch even better
Seven terrific ways to cook fish with fresh Sunkist Lemons

Fish cooking is easy and quick. Once you've learned the basic techniques, you only have to remember one thing: don't overcook.

1. Bake with fresh lemon
   1. Place steaks, fillets or whole fish in a greased baking dish.
   2. Brush with Seasoned Lemon Butter and bake according to guidelines or recipe directions. For baking breaded frozen fish, follow package directions for time and oven temperature.
   3. A squeeze of fresh lemon over top of fish adds zestful flavor.

2. Lemon pan fry
   Use for small whole fish such as trout, or fish steaks and fillets.
   1. Bread the fish by dipping in fresh lemon juice, then into bread or cracker crumbs, cornmeal, flour or crushed cornflakes.
   2. Cover bottom of pan 1/4 inch deep with vegetable oil, butter or shortening.
   3. Fry until lightly browned; turn and brown other side.
   4. Cook just until fish flakes easily with fork.
   5. For superior flavor, sprinkle fresh grated lemon peel over top of fish when you add the salt and pepper.

3. Lemon deep fat fry
   1. Dip fish into fresh squeezed lemon juice before breading.
   2. Deep-fat fry in oil or shortening at 375°F. To keep oil from smoking, add 1 to 2 tablespoons of water to pan.
   3. Fry until golden brown; drain well on paper towels.
   4. Cook just until fish flakes easily with fork.

4. Oven steaming
   Usualy refers to fish baked in foil.
   1. Salt and pepper fish, dot with butter and, of course, season with fresh squeezed lemon juice.
   2. Wrap securely in foil. Bake at 450°F for 10 to 12 minutes per 1-inch thickness of fish.

5. Lemon broil
   1. Place fish steaks, fillets or whole fish on a well-greased broiler or barbecue rack.
   2. Brush with Seasoned Lemon Butter or Lemon Fresh Barbecue Sauce.
   3. For steaks and fillets, place rack 2 to 4 inches from heat; for whole or split fish, place rack 4 to 6 inches from heat.
   4. Broil, turning once, for 10 to 12 minutes per 1-inch thickness, or until fish flakes easily with fork.

6. Lemon poach
   1. Place fish on flat greased tray of a fish poacher or in a pan of boiling water.
   2. Seasoned liquid can be used in fish sauces or soups.
   3. Poach gently just until fish flakes; remove from liquid.
   4. Serve with tartar sauce or seasoning, or until fish flakes easily with fork.
   5. For super flavor, sprinkle fresh grated lemon peel over top of fish when you add the salt and pepper.

7. To steam
   Steaming is much like poaching, except that the fish is cooked over the liquid.
   1. Place fish on a perforated rack or tray that holds fish above liquid level; cover pan.
   2. Cook over boiling water just until fish flakes.

Guidelines to avoid overcooking

1. Measure the fish at the thickest part (stuffed or not).
2. Allow 10 to 12 minutes cooking time per 1-inch thickness for fresh or defrosted frozen fish.
3. Allow 20 to 24 minutes cooking time per 1-inch thickness for frozen fish.
4. Bake at 450°F.
5. Fish is cooked when the flesh becomes opaque and flakes easily when tested with a fork.

Fresh lemon equivalents:
1 medium lemon = 2 to 3 tbsp. juice
1 medium lemon = 3 tbsp. grated peel
5 to 6 lemons = 1 cup (8 oz.) juice

Put an exciting spin on the way you serve baked fish

Garnish it with cartwheels. Make cartwheels by cutting thin slices crosswise off a lemon. Arrange atop the length of the fish. Surround fish with parsley and lemon wedges.

Give a boadload of intrigue to tartar sauce

Lemon boats. A unique and colorful approach to serving tartar sauce. To make a lemon boat, cut a lemon in half lengthwise. Squeeze the juice and place the shells “clean” with a spoon. You may notch the edges with kitchen shears, or just leave them plain. Cut a thin slice off the bottom of the shells to prevent tipping, and fill with tartar sauce. Serve one boat per person.

Give fish the star treatment

Add glamour to fish with the way master chefs do it, with lemon stars. Use a sharp-pointed knife. Hold the lemon at the stem and slice off the top with your thumb and finger. Make a “jaws” or sawtooth cut around the middle, cutting to inside center of the fruit. Using both hands, gently pull fruit apart. Serve one star per person for garnish or juicing.

For more information write to:
Consumer Affairs
Sunkist Growers, Inc.
Box 7888
Van Nuys, CA 91409

A delightful fruit, any way you slice it

A festive and convenient way to serve lemon juice with fish

Lemon wedges. They're easy to make: just cut a whole lemon lengthwise into six sections. Allow two wedges for each serving. And for extra pizzazz, dip the cut edge of the wedge into paprika or finely chopped parsley.

For every way you can cut up a lemon, there's a way to enhance a fish meal.

Lemon sauces for fish

These lemony sauces, using fresh lemon peel and juice, will enhance but never disguise fish and seafood.

Quick Lemony Hollandaise Sauce

\[ \frac{1}{2} \text{ cup butter or margarine} \]
\[ \text{Juice of } \frac{1}{2} \text{ Sunkist® lemon (1 1/2 tbsp.)} \]
\[ \frac{1}{8} \text{ tsp. salt} \]
\[ 3 \text{ egg yolks} \]

In small saucepan, heat butter with lemon juice and salt until bubbly. Add slowly to egg yolks, beating constantly with wire whisk. Excellent over broiled or poached fish. Makes about 3/4 cup.

Variation: To reduce calories, fat and sodium, substitute \( \frac{1}{2} \text{ cup reduced calorie margarine for butter or margarine; omit salt. After beating hot mixture into egg yolks, bring to boil over medium heat and cook until thickened, stirring continually.} \)

Seasoned Lemon Butter Patties

\[ \frac{1}{2} \text{ cup butter or margarine, softened} \]
\[ \text{Grated peel and juice of } \frac{1}{2} \text{ Sunkist lemon} \]
\[ 1 \text{ tbsp. each finely chopped green onion & fresh parsley} \]
\[ \frac{1}{2} \text{ tsp. seasoned salt} \]
\[ \frac{1}{8} \text{ tsp. pepper} \]

In small bowl, combine all ingredients. On waxed paper, shape butter mixture into 1 x 7-inch roll or rectangle; chill. Slice into patties. Makes about \( \frac{1}{4} \text{ cup.} \)

Variation: In small saucepan, melt butter. Add remaining ingredients; heat. Serve over fried or poached fish. OR use as a basting sauce for broiled or grilled fish.

Variation: To reduce calories, fat and sodium, substitute \( \frac{1}{2} \text{ cup reduced calorie margarine for butter or margarine; and } \frac{1}{4} \text{ teaspoon salt-free seasoning blend for seasoned salt. Reduce lemon juice to 1 tablespoon.} \)

Lemon Mustard Sauce

\[ 2 \text{ tbsp. butter or margarine} \]
\[ \frac{1}{8} \text{ tsp. pepper} \]
\[ 2 \text{ tbsp. flour} \]
\[ 1 \text{ cup hot water} \]
\[ \frac{1}{4} \text{ tsp. salt} \]
\[ 1 \text{ tsp. prepared mustard} \]
\[ \text{Grated peel and juice of } \frac{1}{2} \text{ Sunkist lemon} \]
\[ \frac{1}{2} \text{ cup mayonnaise or salad dressing} \]

In saucepan, melt butter. Remove from heat; stir in flour, salt and pepper. Gradually blend in water and mustard. Cook over medium heat, stirring until thickened. Add lemon peel and juice. Remove from heat; blend in mayonnaise. Makes about 1 1/2 cups.

Tips on using lemons

How to buy a lemon
Select lemons with smooth, firm skins. Make sure there are no soft spots. The Sunkist® label assures the highest quality.

How long lemons can stay fresh
Lemons will stay fresh at room temperature for about a week to ten days. When stored in a plastic bag in the refrigerator, lemons will stay fresh for as long as 6 weeks.

How to get the most juice out of a lemon
Juice the lemon when it's at room temperature. And roll it on the counter with the palm of your hand before you start.

Lemon juice is useful for cleaning, too
- Remove fish odor from your hands, or from pots and pans, by rubbing them with a cut lemon just before washing.
- Keep the garbage disposer smelling fragrantly fresh by periodically running reamed-out lemon shells through it.

Tips on fish

What to look for when buying whole fresh fish
- Fresh, mild odor
- Bright, clear convex eyes
- Firm, springy flesh
- Bright and tight scales

How to store fresh fish
- Place dry, dressed fish on a plate; loosely wrap in foil or plastic film.
- Store in upper section of refrigerator or meat-keeper.
- Cook in 1 to 2 days.

Pointers for storing frozen fish
- Keep frozen in original wrapper.
- Best storage temperature is 0°F or lower.
- Thawing fish in refrigerator is preferable to thawing at room temperature.
- Never refreeze thawed or partially thawed fish.
- You may cook fish fillets and steaks while still frozen, but they require extra cooking time.

How to store canned fish
- Don’t buy canned fish in cans that are bigger than the household needs.
- Place cans in cool, dry area.
Squeeze the best out of Sunkist Citrus

Treat yourself to the Sunkist Lemon-Aid Kit, and get five tools that will help you explore all the delights that a lemon has to offer, from the juice to the peel. A toolbox for making ordinary foods an adventure. Only $3.50.

The Sunkist Lemon-Aid Kit includes:

- **Snacker**: Makes it easy to peel a twist off a lemon. Or make fancy cartwheel slices.
- **Juicer**: Squeeze fresh lemon juice the fast and simple way. Comes with squeezer and pouring cup for easy storage.
- **Faucet**: Makes a lemon into its own bottle. Just twist it into the lemon, and out comes the juice. Snap cap to close.
- **Grater**: With this handy device, it's no trouble at all bringing the pleasures of grated lemon peel to your baked goods and desserts.
- **Recipe Book**: Groves of ideas for livening up food with fresh lemons.

Please send me _____ Sunkist Lemon-Aid Kits at $3.50* each.

Total enclosed $__________

Send check or money order payable to Sunkist Lemon-Aid Kit to P.O. Box 4587, Overland Park, Kansas 66204, U.S.A. Allow 4-6 weeks delivery. Prices include tax and postage.

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