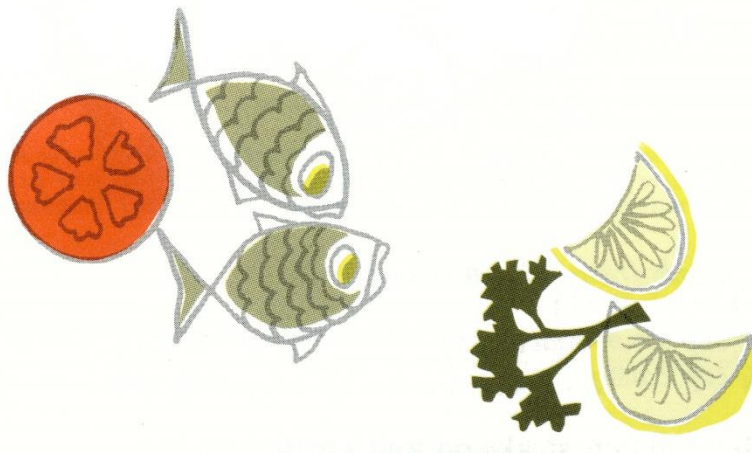


WHAT'S COOKING IN OUR ARCHIVES!

A taste of the past



baked stuffed lake trout

Lake trout are caught in deep, cold lakes across Canada, but most of the commercial catch now comes from the lakes of northern Saskatchewan and Great Slave Lake.

*1 lake trout (2 to 3 pounds)
1/2 cup diced celery
1/4 cup chopped onion
2 tablespoons butter
2 teaspoons grated lemon rind*

*1/2 teaspoon salt
1/2 teaspoon paprika
1/4 cup dairy sour cream
2 1/2 cups soft bread crumbs
2 tablespoons melted butter*

Wash and dry fish and sprinkle inside with salt.

To make stuffing: Sauté celery and onion in butter until tender. Combine lemon rind, salt, paprika and sour cream and mix with bread crumbs. Add celery and onion and toss lightly until well blended. Stuff fish loosely and sew up opening, or close it with skewers or toothpicks crisscrossed with string. Place on greased baking pan and brush with melted butter. Measure stuffed fish at thickest part. Bake at 450°F, allowing 10 minutes per inch of thickness. *3 to 4 servings.*