

RECIPES FOR COOKING AT SEA.....

When the Department took delivery of the prawn trawler "Settler" in November 1966, (later named the R.V. Hamelin), four Departmental Officers went over to Brisbane to sail her home north about. During those delightful and memorable days of the voyage, "some good tucker was had by all", according to the skipper, Mr. C.J. Seabrook.

Here is the recipe used for preparing a Baked Stuffed Fish (mostly tuna) that graced the table more than once during the five weeks voyage.

Clean the fish by removing the viscera, scales and fins. The head and tail may be left on if desired.

Wash and dry the fish.

Sprinkle it on the inside with salt.

Stuff it loosely with the stuffing of your choice, allowing about $\frac{3}{4}$ cup for each pound of dressed fish.

Fasten the opening with small skewers or toothpicks and loop string about them as you would lace shoes; or sew the opening with a large needle and coarse thread.

Place the stuffed fish on a greased baking pan and brush with melted fat or oil.

Measure the stuffed fish at the thickest part.

Bake in a hot oven (450°F).

Allow ten minutes cooking time for each inch of stuffed thickness.

ORIENTAL PRATINCOLE

Whilst travelling towards Roebourne on the road from Wittenoom Mr. R.F. Dear, the Department's Warden stationed at Wittenoom, observed flying in open plain country, a large flock of Oriental Pratincoles (Glareola pratincola). The birds were flying up to a height of twenty feet over the grassland and resting on the edge of pools of water along the road.

Mr. Dear said that positive identification was made from a specimen apparently killed by a motor vehicle.

Flying with these birds were a number of Marsh Terns (Chlidonias hybrida), some being in juvenile plumage.

Serventy and Whittell in their handbook, record that the Oriental Pratincole is a summer migrant from the northern hemisphere, occurring as far south as Point Cloates. The birds visiting Australia belong to the race breeding in Eastern Asia. Its upper parts are coloured olive-brown, with the wings slightly darker. The tail and covert are pure white, with dark brown tips on the tail. A black line passes from the lores below the eye, meeting its fellow across the breast, enclosing the buff throat. The rest of the breast is rufous-buff with the abdomen white. It is nine inches overall in length with short legs and has a tail that is long and deeply forked.