

nes quite often, but until recently, it was prohibited to collect them commercially during almost 15 years, because the Fishing Department feared that the ostiones families might die out.

Of course, not everything will be on the market every day. Some fish are only in season when they come near the surface or near the coast. Fishing in the La Serena/Coquimbo area is done mostly by small boats, and when the weather conditions at sea are bad, there will be no fish on the market.

For La Silla we buy only the freshest merchandise.

What They Like to Eat

Here are some menu items and recipes of the favorite dishes we serve on La Silla:

Mariscos surtidos: choice of seafood either raw or cooked and served as salads, cocktails or together with tomatoes or avocados. Langostinos with a hot tomato, onion and pepperoni sauce.

Cordero de lechón (lamb) is very good when served from the grill (charcoal) with herb butter and baked potatoes and the delicious fresh green beans. When the summertime comes and the days are longer we serve a *parillada* outside in the patio. Mixed grill on hot charcoal is the summit of every Sunday night.

Caldillo de mariscos: a thick soup-bowl with all the variety of fish and seafood we can lay our "knives" on. I must admit that fish and seafood served or prepared without the famous Chilean wines are not the same. (A good fish-chowder without a glass of white wine is only half the pleasure, but on La Silla no alcoholic beverages are allowed.)

Pizzas: In winter we often serve a dozen varieties. Most ordered is the pizza "Portenno" with seafood, or pizza "El Padrino" with tomatoes, sausage, ham, sweet pickles, olives and two kinds of cheese. "El Padrino" (The Godfather) is the "undercover" name of a well-known ESO astronomer on La Silla who claims that he has seen Etna only on postcards!

Congrio frito: deep fried conger-eel is one of the favorite dishes served in the dining-room. The fish is seasoned with salt, pepper, lemon juice, a little bit of crushed fresh garlic, turned over in flour, passed through beaten-up eggs and fried in deep oil.

Cazuela de vacuno, ave or cordero: A heavy, hearty meat, chicken or lamb soup-bowl with all kinds of fresh vegetables, noodles/rice or corn flour. A real dish for a cold winter day. On the side you may serve a fresh tomato salad with some chopped onions. (A good *vino tinto* would complete that luncheon.)

Seviche de corvina: a cold, hot-spiced, raw entrée of small diced seabass. You must take very fresh raw seabass, cut in small cubes, seasoned with lots of lemon juice, salt, pepper, hot Chilean peppersauce (called *salsa de ajil*), some drops of good oil and put in the refrigerator for a couple of hours. Shortly before serving, mix with egg-yolk, garnish with chopped parsley and cilantro or chives. Serve cold.

Empanadas, also called stuffed turnovers with either minced meat, fish seafood or with chese. These empanadas are a must every Sunday or holiday in Chile. Minced meat and onions are cooked together with spices such as *orégano*. Once the meat is cooled off the turnovers are stuffed with that mixture. They are baked in the oven, or when you want them small, they are deep-fried.

Desserts

Cakes, pies and small pastry are served very often for dinner as a dessert, especially apple pie, lemon pie and sweet cheese cake.

A special Chilean fruit is the *papaya*. It is small, of yellow colour and must be cooked in syrup. You cannot eat it raw. It comes

Staff Movements

Since the last issue of the "Messenger", the following staff movements have taken place:

ARRIVALS

Munich

Christa Euler, German, administrative assistant (transferred from Chile)

Geneva

Martinus Wensveen, Dutch, optical technician
George Contopoulos, Greek, astronomer (paid associate)
Daniel Kunth, French, astronomer (fellow)
Jean Manfroid, Belgian, astronomer (fellow)
Philippe Veron, French, astronomer (paid associate)
Dan Constantinescu, astronomer (fellow)

Chile

Gerhard Schnur, German, observing spectroscopist

DEPARTURES

Munich

None

Geneva

Leon Lucy, British, astronomer (paid associate)
Bob Sanders, American, astronomer (paid associate)
Gonzales Alcaíno, Chilean, astronomer (paid associate)
Hernan Quintana, Chilean, astronomer (fellow)

Chile

Wolfgang Müller, German, construction engineer
Christa Euler (transferred to Munich)

mostly from the La Serena and Elqui valley area. The *chirimoyas* (sugarfruit) are in season from September to January. White fruit meat with small black stones inside. Very tasty and sweet. Served with orange juice or icecream.

Last but not least, a small variety of good cheese is always at choice in the self-service. In particular, the Chilean Camembert is very tasty.

We have of course many other dishes on the programme but I think that this gives the reader some idea about our menus. We like to serve good and healthy food and are of course always happy to meet special diet requirements, whenever this is possible. Our level may not be compared to that of "Tour d'Argent" neither by the price, nor the selection, but considering our limitations because of our geographical position and our budget, I believe that we do help people to survive the Atacama desert and the visiting astronomers to return to Europe with a pleasant memory of the astronomical life on La Silla.

Bon appétit!!!

(Editor's note: Applications for observing time on La Silla are received by ESO/Munich for period 20 (1.10.1977—31.3.1978) until April 15, 1977. Be sure to make a good case for your proposed programme since exceptionally many requests are expected this time.)
