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Wartime Fish Cookery



*Conservation
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SERVICE



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Conservation Bulletin 27

WARTIME FISH COOKERY

BY

ELIZABETH FULLER WHITEMAN

Technologist, Division of Fishery Industries
Fish and Wildlife Service



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Many housewives are apparently unaware of the wide variety of fishery products on the market, and the relative ease with which they may be prepared in economical and appetizing dishes. In this bulletin basic rules are included for frying, broiling, baking, planking and "boiling" fish. Specific directions for cooking show how the various retail cuts of fish and shellfish may be used; and it should be emphasized that the many local and less known kinds of fishery products usually make dishes as appetizing as the standard varieties.

WARTIME FISH COOKERY

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INTRODUCTION

In each section of the country, certain species of fish and certain recipes seem to have found special favor. Many housewives are apparently unaware of the wide variety of fishery products available on the market and of the many delightful ways in which they may be cooked and served.

Basic rules for fish cookery, however, are few and easy to follow. For that reason, certain general principles may be applied to all classes of fishery products. For example, haddock, red snapper, halibut, and many other different kinds can be prepared according to the same recipe, and become an equally appetizing dish.

FISH IN THE DIET

Fish are an excellent source of animal protein, a basic food element. For the balanced diet, it has been recommended that one-third of the protein should come from animal sources; and one average helping of fish will supply from one-fourth to one-half of this protein that an adult needs in the course of a day.

Some fishery products are excellent sources of vitamins, too, particularly vitamin A and the vitamins of the B complex; and certain fish body-oils are a good source of both vitamins A and D. Minerals, important in nutrition and obtainable from fish, include calcium, magnesium, phosphorus, iron, copper, and iodine. The bones of canned fish which have been rendered soft by cooking should be eaten; they are a good source of much-needed calcium.

RETAIL CUTS OF FISH

Like most other food products, sea foods are both seasonal and perishable. Modern methods of refrigeration and storage enable producers, to a certain extent, to provide fishery products out of season. Distribution systems also have been developed and expanded; sea foods formerly restricted to relatively local areas now are obtainable frequently throughout the country. These improved commercial practices, however, cannot always handle local surpluses quickly; thus, many varieties of fish can oftentimes be purchased at some distance from the source of supply at very reasonable prices. These temporary surpluses should be utilized to the full extent. Fresh or frozen fishery products may be purchased in a variety of cuts and forms, the more important of which are:

FISH

- | | |
|--------------------|------------|
| 1.—Whole, or round | 5.—Fillets |
| 2.—Drawn | Single |
| 3.—Pan-dressed | Butterfly |
| 4.—Steaks | 6.—Sticks |

SHELLFISH INCLUDING CRUSTACEANS

- | | |
|-------------------|----------------|
| 1.—Alive | 4.—Shucked |
| Crabs | Oysters |
| Lobsters | Clams |
| 2.—Alive in shell | 5.—Cooked meat |
| Clams | Crab |
| Oysters | Lobster |
| 3.—Headless | Shrimp |
| Shrimp | 6.—Scallops |

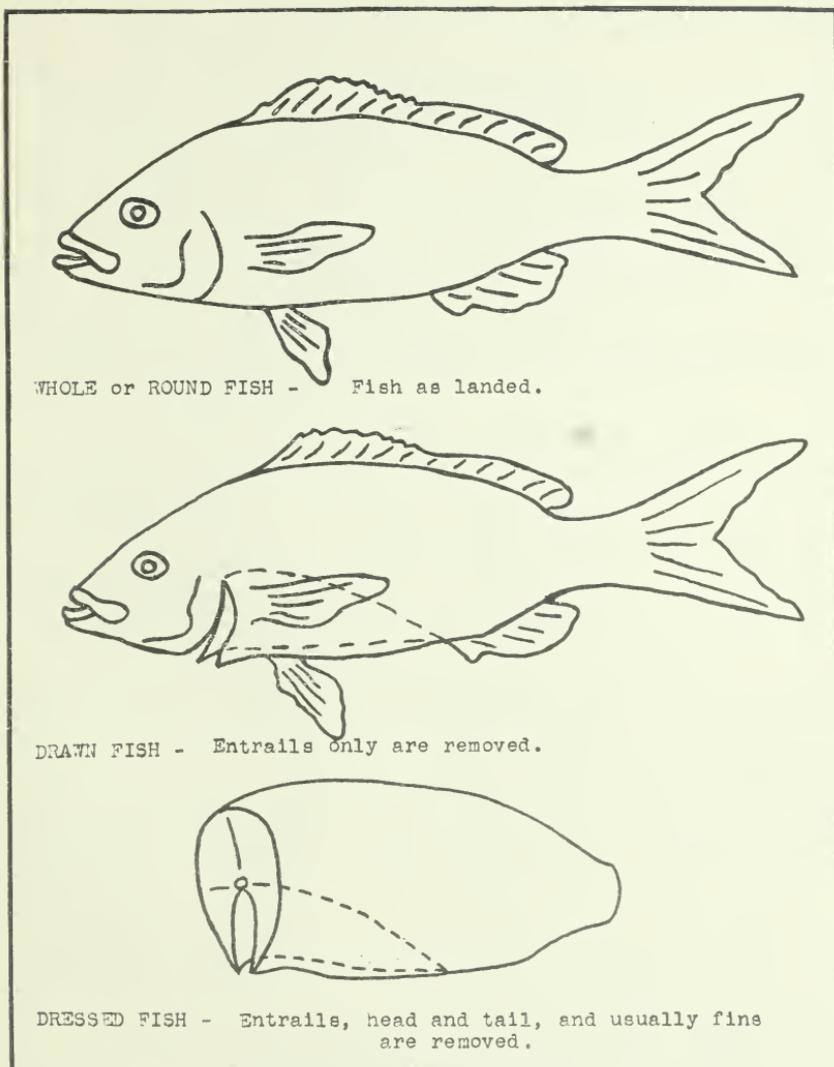


FIGURE 1—Details of dressing fish.

PURCHASING FISHERY PRODUCTS

Use fresh or frozen fish interchangeably to provide variety at reasonable prices.

Provide adequate servings. Servings of fresh or frozen fishery products are generally based on portions of one-third to one-half pound of the edible part per person. All recipes in this bulletin are for six servings.

Purchase local varieties when the supply is ample and try inexpensive, abundant, and less well-known varieties.

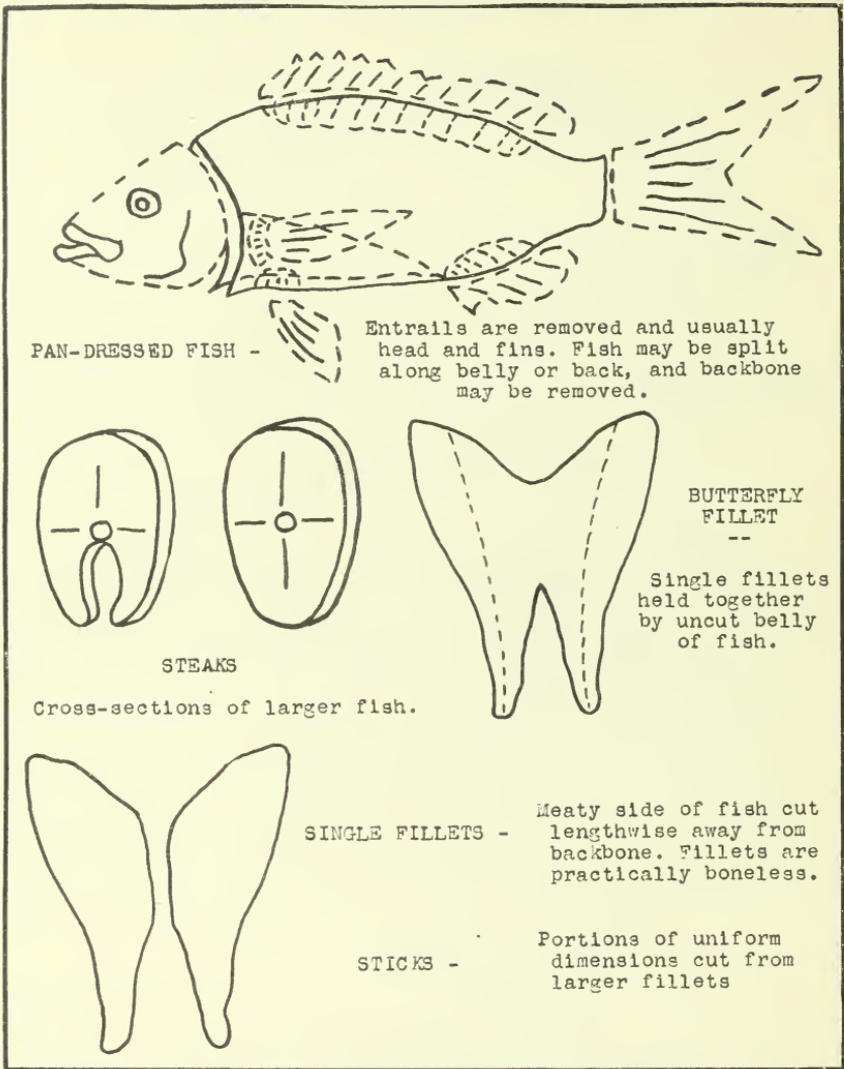


FIGURE 2.—Retail cuts of fish.

Buy the kind best suited to your needs. Dealers will be glad to recommend suitable varieties, and will prepare them in the form desired.

When buying fish in the round, select those that have:

- Bright, full and bulging eyes;
- Flesh that is firm and elastic;
- Scales that cling to the skin;
- Gills that are reddish-pink, and have a fresh odor.

LEAN AND FAT FISH

The fat content of fish varies with the species and, to some extent, with the season. Fish classified as low in fat contain about one-half of 1 percent fat in the edible portion; those classed as fairly low, about 2½ percent; and the fatter varieties may contain up to 20 percent or more. As a rule, fat fish are preferred for baking and broiling; and lean fish for "boiling," steaming, or making chowders. Both fat and lean fish may be fried. All shellfish and crustaceans are low or fairly low in fat content.

In table I are listed the fish most commonly found in the markets classified according to fat content, season when available, and methods recommended for cooking.

TABLE 1.—*Fishes most commonly found in the market, classified according to fat content, cooking method, and season available*

Species	Fat content of edible portion			Suggested methods of cooking					Season
	Very low	Fairly low	High but variable	Broil	Bake	"Boil" or steam	Deep fat or pan fry	Chowder	
Salt-water fish:									
Alewife		x		x		x	x		January-June.
Barracuda			x	x	x	x			February-June.
Bluefish		x		x	x		x		All year.
Blue runner		x		x	x		x		November-April.
Butterfish		x		x	x		x		April-December.
Cod	x				x	x	x	x	All year.
Croaker		x		x	x	x	x	x	Do.
Cusk	x				x	x	x	x	Do.
Drum, red		x			x	x		x	November-June.
Eel, common			x	x			x		All year.
Flounders:									
Blackback (winter)	x			x	x	x	x	x	Do.
Fluke (summer)	x			x	x	x	x	x	Do.
"Sole" (Pacific)		x		x	x	x	x	x	Do.
Southern		x		x	x	x	x	x	Do.
"California halibut."		x		x	x	x	x	x	Do.
Grouper		x		x	x	x		x	November-May.
Haddock	x			x	x	x	x	x	All year.
Hake	x				x	x		x	Do.
Halibut	x	x		x	x	x	x	x	Do.
Herring, sea ¹			x	x	x	x	x		Do.
Horse mackerel ²			x	x		x			March-October.
Kingfish ³		x		x	x		x		January-June.
Kingfish (king mackerel).			x	x	x				November-April.
King whiting (kingfish).		x				x	x	x	All year.
"Lingcod"		x		x	x	x			Do.
Mackerel ¹			x	x	x				Do.
Mullet		x		x	x	x	x	x	Do.
Pollock		x		x	x	x	x	x	Do.
Pompano			x	x	x	x			Do.
Rockfish ²		x		x	x				Do.
Rosefish		x		x	x	x	x	x	Do.
Sablefish			x	x	x	x			Do.
Salmon:									
Atlantic			x	x	x	x			Do.
Chinook (king)			x	x	x	x			Do.
Chum (fall)			x	x	x	x		x	Do.
Pink			x	x	x	x		x	Do.
Silver			x	x	x	x		x	Do.
Scup (porgy)	x			x	x		x		January-November.

See footnote at end of table.

TABLE 1.—*Fishes most commonly found in the market, classified according to fat content, cooking method, and season available—Continued*

Species	Fat content of edible portion			Suggested methods of cooking					Season
	Very low	Fairly low	High but variable	Broil	Bake	"Boil" or steam	Deep fat or pan fry	Chowder	
Salt-water fish—Con.									
Sea bass:									
Black ³		x			x	x	x	x	All year.
White ²			x	x	x		x		Do.
Sea trout:									
Gray		x		x	x	x	x	x	April–November.
Spotted		x		x	x	x	x	x	October–August.
Shad			x	x	x		x		December–July.
Sheepshead ³		x		x	x		x		All year.
Smelt:									
Atlantic		x			x		x		Do.
Pacific			x	x			x		Do.
Snapper, red		x		x	x	x			Do.
Spanish mackerel			x	x	x		x		Do.
Spot		x		x			x		June–November.
Striped bass		x		x	x	x	x	x	All year.
Sturgeon		x		x	x				March–January.
Swordfish		x		x	x				June–October.
Tautog		x		x	x		x		All year.
Tilefish		x		x	x	x			October–April.
Tomcod ³		x		x	x		x		All year.
Tuna (all kinds)			x	x	x	x			Do.
White perch ³		x		x	x	x	x	x	Do.
Whiting		x		x	x	x	x	x	May–December.
Wolfish		x		x	x	x	x	x	October–May.
Yellowtail ²			x	x	x				All year.
Fresh-water fish:									
Blue pike		x			x	x	x	x	March–December.
Buffalofish		x			x		x		September–May.
Carp		x			x	x	x	x	All year.
Catfish			x	x		x	x	x	Do.
Lake herring		x				x	x	x	Do.
Lake trout			x	x	x	x	x		April–November.
Pickereel (jacks)		x		x	x	x	x	x	All year.
Sauger		x			x	x	x	x	November–May.
Sheepshead		x		x	x	x			All year.
Smelt					x		x		Do.
Sucker		x		x	x		x		December–June.
Whitefish			x	x	x		x		April–December.
Yellow perch		x		x	x	x	x	x	All year.
Yellow pike		x		x	x	x	x	x	Do.
Shellfish:									
Clams (hard and soft)	x			x	x	x	x	x	All year.
Crabs ¹	x			x	x	x	x	x	Do.
Lobsters, common	x			x	x	x		x	Do.
Oysters	x				x	x	x	x	September–April.
Scallops	x				x	x	x		All year.
Shrimp	x				x	x	x	x	Do.

¹ Atlantic and Pacific coasts.² Pacific coast.³ Atlantic coast.

GENERAL INFORMATION

Keep fresh fishery products well iced, or in the coldest part of the refrigerator. Fish and shellfish are very perishable: they must be kept cold when raw, and quickly chilled after cooking if not to be eaten at once.

Do not thaw frozen fish until ready to prepare for cooking. Frozen fillets, sticks, and steaks can often be prepared and cooking begun without preliminary thawing. Never permit frozen fish to thaw and refreeze.

Packaged fillets and steaks usually are lightly salted. Information concerning this point usually will be found on the moisture-proof wrapper in which they are purchased. When so salted, additional salt is not required.

To remove any fish odor, wash hands or dishes in strong salt water, and rinse them well before using soap.

Many people believe that eating sea foods in combination with milk or milk products will result in illness. This is a fallacy, of course, since for many generations now, fish chowder, oyster stew, creamed fish, and a variety of other fish dishes using milk have remained popular. If illness should result from such combination, it is only reasonable to suspect that at least one of the ingredients was either spoiled or contaminated, and not fit for food.

CLEANING AND DRESSING FISHERY PRODUCTS

Although the Fish and Wildlife Service advocates that fishery products be dressed or otherwise prepared for cooking by the dealer at the time of purchase, some consumers will find it advantageous to do this for themselves.

TO FIN A FISH

Cut into the flesh at each side of the base of the larger fins. Grasp the rear part of the fin and give a sudden pull forward towards the head of the fish. Both fin bones and fins will come away. By removing the fins in this way, most of the "nuisance" bones are removed from pan-dressed fish. Never trim off the fins with shears or a knife.

TO FILLET OR BONE A FISH

With a sharp knife, cut down through the flesh just behind the head. When the knife reaches the backbone, turn it flat and cut the flesh along the backbone to the tail. Lift off the entire side of the fish in one piece. Turn the fish over and loosen the flesh from the other side in the same manner. The rib bones and fins may have to be trimmed after the fillets have been separated from the skeleton. The skin may be removed, if desired, by loosening it from the flesh at the tail end, and pushing forward a knife held flat against the skin. The fillet should be placed with the skin side downward.

TO REMOVE THE MEAT FROM A COOKED HARD-SHELLED CRAB

Remove the legs and claws by breaking them backward. Save the claws of all crabs and the legs of certain species. On the under-

side of the crab will be found what might be termed a "flap." In the male crab, this flap is long and slender, tapering to a point. In the female, however, it is broad at the rear and in contour resembles the dome of a building. Insert the point of a knife under the forward end of the flap and, with reference to the crab, swing the flap downward and backward, thus separating the upper and lower halves of the shell at the rear of the crab.

Lay aside the knife, insert both thumbs in the opening between the shell halves, and pull the upper shell away from the lower shell.

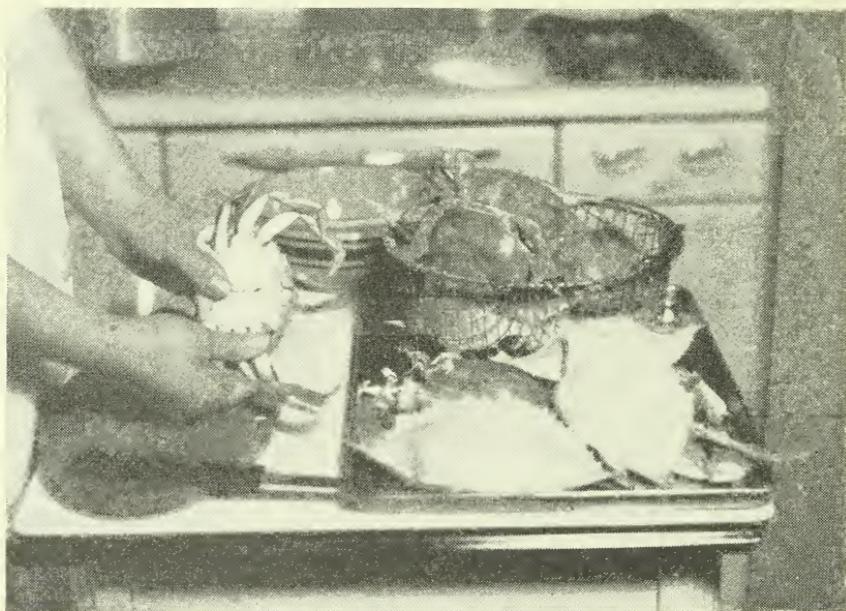


FIGURE 3.—Removal of legs from cooked crabs.

If desired, the upper half of the shell of some species can be saved for use as a dish in which to bake deviled crab meat. Remove the gills, sometimes called "devil fingers." Hold the lower half, which contains all the body meat, under the water faucet and wash out the body cavity. Hold the body edgewise on a board and, with a very sharp knife, slice it flatwise through the middle as though slicing a bun.

Tap each half firmly against the inside of the dish in which the meat is being collected. It will be found that most of the meat will fall out of the shell in solid pieces; that which doesn't can be readily picked out with a fork. With a nut cracker or mallet, crush the claws and legs sufficiently so they may be opened and the meat removed.

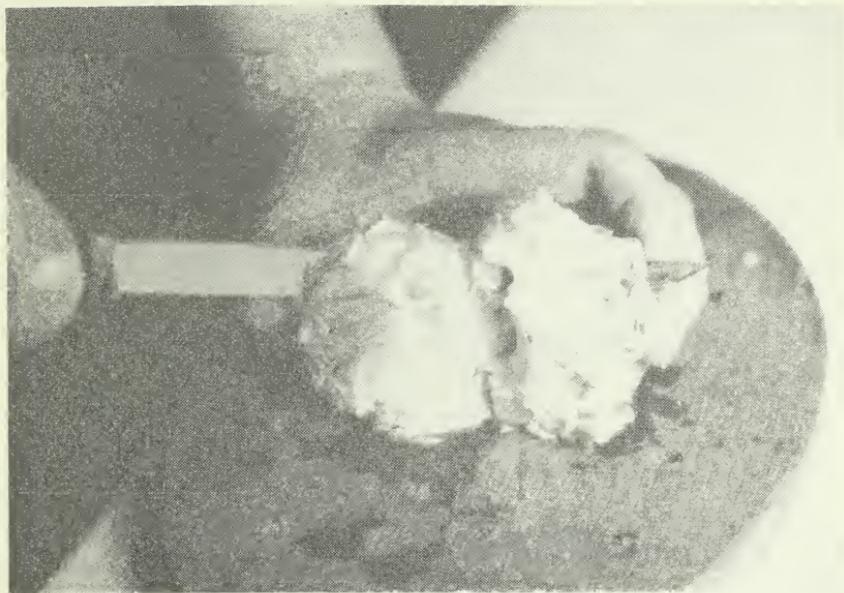


FIGURE 4—Slicing the body of the crab to make easy the removal of the meat.

METHODS OF COOKING FISH

FRYING

Frying either in shallow or in deep fat has long been a popular method of cooking fish. Cut the fish into serving portions, salt on both sides, and let stand for about 10 minutes to absorb salt. Then dip the pieces in liquid—such as beaten egg, milk, or water—and cover with some dry cereal—cornmeal, for example, flour, cracker or bread crumbs. A recommended method is to dip the pieces of fish in water and roll in a mixture of $\frac{1}{2}$ cup of sifted dry bread crumbs and $\frac{1}{2}$ cup of flour.

For pan-frying have ready a heavy cast-metal frying pan which contains about one-fourth inch of fat, hot but not smoking. Place the fish in the pan, cover, and cook at moderate heat, turning it when brown. Serve on a hot platter garnished with slices or wedges of lemon and parsley.

For deep-fat frying, use a deep kettle provided with a frying basket and enough fat to cover the fish. Heat the fat to 350° F., a temperature at which a piece of fresh bread will brown in 40 seconds. Place only one layer of fish in the basket, and cook to an even golden brown, which usually requires about 5 to 10 minutes. Drain and serve while hot.

BROILING

For broiling, use either fillets or steaks.

Wipe the fish, salt on both sides, and let stand for about 10 minutes to absorb the salt. Grease a shallow pan and lay the fish in it with the skin side down. If the fish is oily, no additional fat is needed:

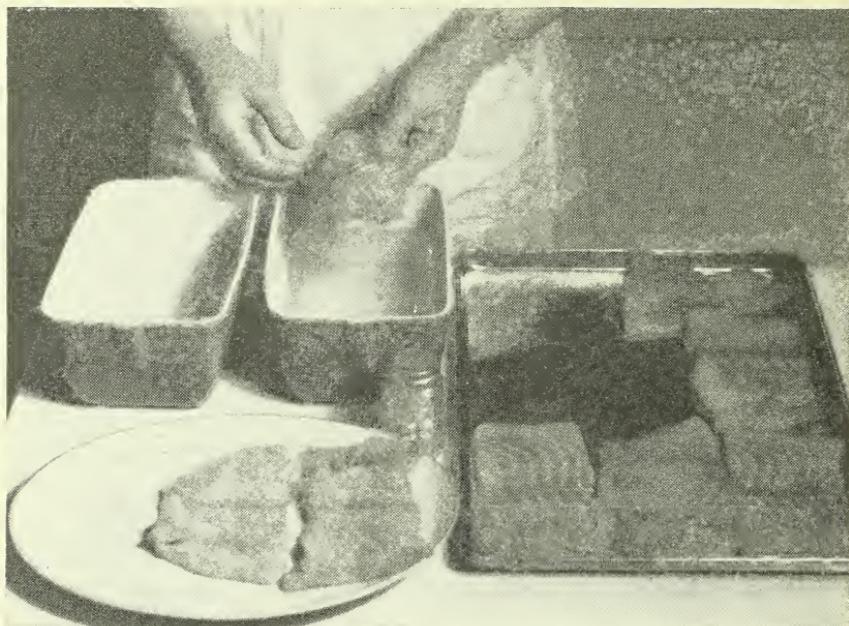


FIGURE 5.—Preparing the fillets for frying.

otherwise, add enough to season well. Place fish under the flame in a preheated broiler at moderate heat (350° to 375° F.), and cook for 20 to 30 minutes. If the fish is large and thick, heat it for 15 to 20 minutes in a moderate oven before placing it under the broiler flame.

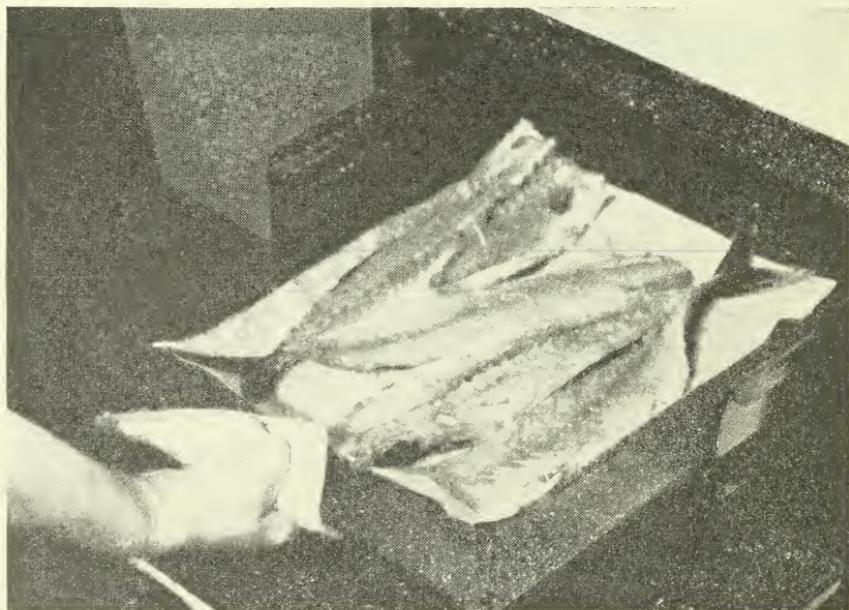


FIGURE 6.—Fish in pan ready for broiling.

Slide the broiled fish carefully onto a hot platter, season with pepper, pour on the drippings, garnish with cress or parsley and sliced lemon, and serve at once.

BAKING

WHOLE FISH

A 4-pound fish.	1 teaspoon thyme or savory season-
Butter or other fat.	ing.
Stuffing:	6 tablespoons melted butter.
1 quart bread crumbs.	$\frac{3}{4}$ teaspoon salt.
3 tablespoons finely-chopped onion.	$\frac{1}{8}$ teaspoon pepper.
$\frac{3}{4}$ cup celery, finely cut.	

Cook the celery and onion for a few minutes in the butter. Mix the other ingredients and add to the butter mixture.

Remove the head and tail of the fish if you choose. Split the fish down the belly, being careful not to cut the roe. Remove the backbone, if desired. Wipe the fish with a damp cloth, salt it inside and out, and let stand about 10 minutes to absorb the salt. Preheat the oven to 500° F. Stuff the fish and sew with string to retain the dressing. Place it on a greased rack in a baking pan and sprinkle the top with melted butter. Bake at the high temperature for 10 minutes; then lower the heat at 400° F. and cook 20 to 30 minutes longer. Serve at once.

STEAKS OR FILLETS

3 pounds fish steaks or fillets.	$\frac{1}{4}$ cup finely chopped parsley.
$\frac{1}{4}$ cup melted fat.	1 teaspoon minced onion.
2 tablespoons lemon juice.	Salt.

Wipe the fish, remove any bones, and cut into pieces of the size desired for serving. Salt each piece on both sides and let stand to absorb the salt. To the melted fat, add the lemon juice and minced onion. Dip each piece of fish into this mixture; place them in a greased, shallow baking dish; and pour the rest of the fat over them. Bake in a moderate oven, 350° to 375° F., about 25 minutes. If not sufficiently browned, place under the flame of the broiling oven. Sprinkle the parsley over the fish and serve from the baking dish.

Fillets or pan-dressed fish may also be baked with a small amount of fish or meat stock, or milk in the bottom of the open baking pan. Chopped onion, celery, or green pepper may be added if desired. The seasoning is added to the stock or milk. Bake in a moderate oven, 350° to 375° F., until tender. A modification is to pan-bake the fish in stock or milk in a covered, heavy cast-metal skillet on the top of the stove.

PLANKING

Fish suitable for either baking or broiling may be planked. One advantage of this method of preparation is that the cooked fish may

be placed on the table without being transferred to a platter. The plank, fashioned from a piece of well-seasoned oak, hickory, or ash about $1\frac{1}{2}$ inches thick, should be grooved around the edge and have several other grooves cut into the surface to hold the juices from the fish or the basting liquor. Housefurnishing stores can usually supply suitable planks.

Put the plank into a cold oven and preheat it with the oven. Remove the plank and oil thoroughly; then place the fish on it, and proceed as directed for baking or broiling.

"BOILING" OR STEAMING

Fish, like meats should be simmered, never boiled. Lean fish are preferred for cooking in water or steam because the flesh, compared with that of fat fish, has less tendency to fall apart. The fish can be protected further from breaking by using a wire basket or a perforated pan, or by wrapping in cheesecloth. Simmered fish may be improved in flavor by cooking in any of the following liquids:

Plain salted water—to each quart of water add $1\frac{1}{2}$ tablespoons of salt.

Acid water—to each quart of water add $1\frac{1}{2}$ tablespoons of salt and 3 tablespoons of lemon juice or vinegar.

Court bouillon—cook $\frac{1}{2}$ cup, each, of chopped carrots, onion, and celery with 2 tablespoons of fat for 5 minutes; add 2 sprigs of parsley, 6 whole black peppers, 2 cloves, $\frac{1}{2}$ bay leaf, 1 tablespoon salt, 2 tablespoons vinegar, and 2 quarts of water; bring to the boiling point and cook for a few minutes, and strain.

Fish or meat stock—to each quart of liquid add $1\frac{1}{2}$ tablespoons of salt.

Milk or milk and water—to each quart of liquid add $1\frac{1}{2}$ tablespoons of salt.

"Boiling" and steaming are easy, quick, and economical methods of preparing fish for serving at more than one meal, as cooked fish not eaten immediately may be broken into flakes and used in dishes described above.

PLAIN "BOILED" FISH

$\frac{3}{4}$ pounds fillets or steaks, or 4 pounds whole fish.

3 tablespoons salt in 2 quarts simmering water.

Place one layer of fish cut into suitable pieces for serving in a basket or perforated pan. Lower the basket into the simmering, salted water. Cook about 20 minutes or until tender; remove and drain. Serve hot with a rich, bright-colored sauce.

STEAMED FISH

Use the same quantities as for boiled fish. Cut into serving pieces; salt on both sides and let stand for 10 minutes to absorb the salt. Place the fish, one layer deep, in a well-oiled steamer and cook about 20 minutes or until tender. Serve hot with a seasoned butter dressing or with tomato or egg sauce.

DIRECTIONS FOR COOKING ¹

FLAKED FISH

If more fish is obtained than is needed for a meal of boiled or steamed fish, or chowder, the unused cooked portion may be flaked and stored in a refrigerator until the following day. These fish flakes may be combined in many ways with other ingredients to give a pleasing variety to menus

FISH FLAKE OMELET

2 cups flaked fish.
2 tablespoons lemon juice.
4 eggs.
 $\frac{1}{2}$ cup milk or fish stock.
2 tablespoons minced onion.

1 tablespoon minced parsley.
 $\frac{3}{4}$ teaspoon salt.
 $\frac{1}{2}$ teaspoon pepper.
2 tablespoons fat for cooking.

Add the lemon juice to the fish flakes. Separate the eggs. Beat the yolks thoroughly and stir in the milk or stock, onion, parsley, salt, and pepper. Add the flakes and mix well. Fold the stiffly beaten egg whites into the mixture. Have ready and hot a smooth, heavy frying pan containing the melted fat. Pour the egg mixture into the pan and let cook slowly over moderate heat until it is cooked through, or about 10 minutes. Then place it in a slow oven (300° F.) until dry on top, about another 10 minutes. When dry enough to the touch, remove the omelet from the pan by folding half over with a spatula and rolling it onto a platter. Serve at once.

FISH TIMBALES

2 cups flaked cooked or canned fish.
2 tablespoons butter or other fat.
2 tablespoons flour.
1 cup milk.
2 eggs.

1 tablespoon lemon juice.
1 tablespoon chopped parsley.
1 teaspoon minced onion.
Salt to taste.

Add the lemon juice to the fish. Prepare a sauce of the fat, flour, and milk. Stir in the beaten eggs, fish, onion, parsley, and salt. Pour the mixture into well-greased custard cups and bake in a pan of hot water in a moderate oven (350° F.) for about 30 minutes. Turn the timbales onto a hot platter, garnish with slices of lemon, and serve at once.

FISH LOAF

2 cups flaked fish.
1 tablespoon lemon juice.
 $\frac{1}{4}$ cup butter or other fat.
 $\frac{1}{4}$ cup flour.
1 cup milk.

$\frac{1}{2}$ cup bread crumbs.
 $\frac{1}{2}$ cup finely chopped celery.
1 tablespoon chopped parsley.
 $\frac{1}{4}$ teaspoon salt.

Drain the fish flakes and add the lemon juice. Melt the butter, stir in the flour and then the milk, and cook until the mixture is smooth

¹ All recipes in this bulletin are for six servings.

and thick. Allow to cool and then add the fish flakes, celery, bread crumbs, parsley, and salt, and mix until well blended. Mold into a loaf with the hands and place on oiled paper on a rack in an open roasting pan. Bake for about 45 minutes in a moderate oven (350° F.).

SHEPHERD'S PIE

2 cups fish flakes.		¼ cup flour.
½ cup cooked peas.		2 cups milk.
½ cup diced cooked carrots.		1 teaspoon salt.
¼ cup butter or other fat.		Mashed potatoes.

Make a thick sauce with the fat, flour, and milk. Add the flakes, peas, and carrots. Grease a baking dish and line the sides with a thin layer of seasoned mashed potatoes. Fill the center with the creamed mixture. Cover the top with mashed potatoes and bake in a hot oven (400° F.) until the pie is heated through and lightly browned on top.

FISH SOUFFLE

½ pound fish flakes.		1 tablespoon butter or other fat.
4 eggs.		¾ teaspoon salt.
1½ cups milk.		½ teaspoon paprika.
1 cup fine dry bread crumbs.		3 drops Tabasco sauce.

Heat the milk, bread crumbs, and fat in a double boiler, then add the fish flakes and stir until blended. Add this mixture to the well-beaten egg yolks, and season to taste with paprika and Tabasco sauce. Fold into the mixture the stiffly beaten egg whites to which the salt has been added. Pour into a greased dish and bake in a very moderate oven (300° F.) for 1 hour, or until set in the center. Serve immediately.

JELLIED FISH SALAD

2 cups fish flakes.		¼ cup minced celery.
1 tablespoon gelatin.		1 teaspoon minced onion.
½ cup cold water.		¼ cup vinegar.
2 eggs.		¼ cup water.
¾ teaspoon salt.		

Chop the fish finely. Soften the gelatin in the cold water. Beat the eggs, add the salt, celery, onion, vinegar, and water, and cook over boiling water until thickened. Add the softened gelatin and stir until it has dissolved; then add the fish. Pour into dampened molds, let stand in a cold place until firmly set, turn out on crisp lettuce, and serve with mayonnaise.

FRIED FISH CAKES

2 cups flaked cooked fish.
3 cups hot mashed potatoes, seasoned with milk, salt, and butter or other fat.

Mix the flaked fish and hot mashed potatoes, and mold into flat cakes. Fry slowly on both sides until crusty. Serve at once.

CHOWDERS

NEW ENGLAND CLAM CHOWDER

1 quart shucked clams (or 2 dozen clams).	2 cups diced potatoes.
6 tablespoons diced salt pork.	1 pint milk.
1 onion, chopped.	Chopped parsley.
2 tablespoons flour.	$\frac{1}{2}$ teaspoon salt.
2 cups water or fish stock.	$\frac{1}{8}$ teaspoon pepper.

Drain the clams from the liquor, split them, and remove dark parts. Rinse in cold water and chop or grind. Strain the liquor through cheesecloth to remove any small pieces of shell.

Fry the salt pork until crisp and remove from the fat. Cook the onion in the fat for a few minutes, add the flour and stir until well blended. Next add the fish stock or water, the potatoes, and all or part of the clam liquor as desired. Cook this mixture at low heat until the potatoes are done. Add the milk, salt, pepper, and parsley, and cook for a few additional minutes. Simmer, do not boil. Sprinkle finely chopped parsley over the top and serve with crackers.

CONEY ISLAND OR MANHATTAN FISH CHOWDER

$1\frac{1}{2}$ pounds lean fish.	$\frac{1}{2}$ cup chopped green pepper.
$1\frac{1}{2}$ cups diced potatoes.	$1\frac{1}{2}$ cups cooked tomatoes.
1 cup water.	1 onion, chopped.
1 cup fish or meat stock.	2 tablespoons flour.
$\frac{1}{2}$ cup cut celery.	$\frac{1}{4}$ teaspoon salt.
5 tablespoons diced salt pork.	$\frac{1}{8}$ teaspoon pepper.

Cook the potatoes in 1 cup of salted boiling water and 1 cup of stock for 10 minutes. Then add the fish and celery, and simmer until the potatoes are soft. Fry the salt pork until crisp and remove from the fat. Cook the onion and green pepper in the fat for a few minutes; add the flour and stir until well-blended.

Remove any skin or bones from the fish after cooking and break the flesh into coarse flakes. Combine all ingredients and heat thoroughly at moderate temperature.

CONEY ISLAND OR MANHATTAN CLAM CHOWDER

To make clam chowder use 1 quart of shucked clams instead of the fish in the preceding recipe.

OYSTERS

OYSTER COCKTAIL

$1\frac{1}{2}$ pints raw oysters.	$\frac{1}{4}$ cup finely cut celery.
$\frac{1}{2}$ cup tomato catsup.	2 tablespoons grated horseradish.
$2\frac{1}{2}$ tablespoons vinegar or the juice of lemon.	$\frac{1}{2}$ teaspoon salt.
	Tabasco sauce.

Drain the oysters and remove all pieces of shell; chill and place in cocktail glasses. Mix all the other ingredients together and add this sauce to the oysters immediately before serving.

CREAMED OYSTERS

1 quart oysters.		6 tablespoons flour.
3 cups milk and oyster liquor.		1 teaspoon salt.
$\frac{1}{2}$ cup butter.		$\frac{1}{8}$ teaspoon pepper.

Sort the oysters and remove any bits of shell. Simmer them in their own liquor about 5 minutes, until the edges begin to curl. Strain away the liquor and add enough milk to make 3 cups. Mix the flour and melted butter and add the 3 cups of liquid. Beat the mixture and cook until thick and smooth. Add the oysters and seasoning, and serve at once on buttered toast.

SCALLOPED OYSTERS

$1\frac{1}{2}$ quarts oysters.		$\frac{1}{2}$ cup milk and oyster liquor.
2 cups dry bread or cracker crumbs.		1 teaspoon salt.
$\frac{1}{4}$ cup melted butter.		$\frac{1}{4}$ teaspoon pepper.

Drain oysters from their liquor and sort out bits of shell. Add enough milk to the oyster liquor to make $\frac{1}{2}$ cup of liquid. Mix crumbs and melted butter. Place a thin layer of crumbs in the bottom of a shallow, greased baking dish, then a layer of oysters, and season with salt and pepper. Continue to add alternate layers of crumbs and oysters until all the oysters are used. Pour on the liquor and cover top with the buttered crumbs. Bake in a moderate oven (350° F.) for 25 or 30 minutes, and serve at once.

PANNED OYSTERS

$1\frac{1}{2}$ quarts oysters.
$\frac{1}{4}$ cup butter.
Salt and pepper.

Drain off the liquor from the oysters and sort out bits of shell. Brown the butter slightly in a heavy skillet, add the oysters, and cook at moderate heat for about 5 minutes, or until the edges begin to curl. Add salt and pepper as desired. Serve at once on crisp toast.

FRIED OYSTERS

Select large oysters and drain. Dry the surface, salt, and dip in flour. Then dip in a well-beaten egg to which a tablespoon of cold water has been added and roll in finely sifted dry bread crumbs. Have ready a frying pan with about $\frac{1}{4}$ inch of hot fat. Drop the oysters in the frying pan and cook at moderate heat until golden brown, turning them once. Drain on absorbent paper and keep warm until ready to serve. Serve on a hot platter garnished with parsley.

OYSTER STEW

1 quart oysters.		1 teaspoon salt.
1 quart milk.		$\frac{1}{8}$ teaspoon pepper.
4 tablespoons melted butter.		Chopped parsley.
2 tablespoons flour.		

Heat the milk in a double boiler. Strain the liquor from the oysters and remove any small pieces of shell. Heat the oyster liquor slightly and remove the scum that rises to the surface. Blend the butter and flour, and stir into milk until it thickens. Add the oysters and the liquor, and cook for 5 or 10 minutes, or until the edges of the oysters begin to curl. Season to taste with salt and pepper. Serve in hot soup plates with finely chopped parsley sprinkled over the top.

SHRIMP

PLAIN "BOILED" SHRIMP

5 pounds green shrimp.
1 quart water.
3½ tablespoons salt.

Peel the shrimp, wash, and remove "sand vein". Heat the salted water to the boiling point. Add the shrimp, partially cover, and simmer for 20 minutes or until tender. If a more spicy product is desired, black pepper, red pepper, onion, celery seed, or other ingredients may be added to the cooking water. The shrimp may also be cooked in the shell and peeled before eating.

SHRIMP COCKTAIL

1 pint of cooked shrimp.
½ cup tomato catsup.
2½ tablespoons vinegar or
the juice of 1 lemon.

2 tablespoons grated horseradish.
½ teaspoon salt.
Tabasco sauce.

Clean the shrimp by removing the shell and the sand vein running along the back. Chill and place in cocktail glasses. Mix all the other ingredients together, and add this sauce to the shrimp immediately before serving.

FRIED SHRIMP

Peel 1½ pounds of green shrimp and remove the sand vein. Wash and cut them almost through, lengthwise. Salt on both sides and allow to stand for 10 minutes to absorb the salt. Heat fat in a heavy kettle to a temperature of 360° F. Dip the shrimp in well-beaten egg and then roll in a mixture of ½ cup of sifted dry bread crumbs and ½ cup of flour. Place a single layer of shrimp in an oiled frying basket and cook about 3 minutes or until golden brown.

SHRIMP CREOLE

1 pound green shrimp.
2 tablespoons melted butter or other
fat.
1 cup chopped onion.
½ cup chopped green pepper.

½ clove garlic, chopped.
⅓ teaspoon paprika.
1 pint stewed tomatoes, drained.
1 teaspoon salt.
⅓ teaspoon pepper.

Peel the shrimp, wash, and remove sand vein. Cook the onion, green pepper, and garlic in the butter until the green pepper is tender.

Add the tomatoes, shrimp, and seasoning, and simmer for 20 minutes or until the shrimp are tender.

CRABS

HARD-SHELLED CRABS

Select only live crabs. Scrub the crabs and steam for 25 minutes, or drop them into boiling salted water. Permit them to boil rapidly for the first 5 minutes and then simmer for 10 minutes. Remove and cool until they can be handled. More seasoning may be obtained by cooking the crabs in a solution made in the following proportions:

¼ cup vinegar.		1 tablespoon celery seed.
2 tablespoons salt.		2 quarts water.
1½ teaspoons red pepper.		

Very sweet meat is found in the claws, legs, and body of the crab. Instructions for removing the meat from cooked hard-shelled crabs are given below.

SOFT-SHELLED CRABS

The commercial soft-shelled crab is usually the blue crab taken immediately after molting and before the shell hardens.

Use only live crabs.

To dress: with a sharp knife cut off the apron that folds under the rear of the body. Turn the crab about and cut off the face at a point just back of the eyes. Lift each point at the sides and remove ALL the gills. Wash and dry.

To cook: salt each crab on both sides and allow to stand 10 minutes to absorb the salt. Dip in well-beaten egg and then in a mixture of ½ cup of sifted dry bread crumbs and ½ cup of flour. Pan fry or fry in deep fat at a temperature of 360° F. Cook to a golden brown or about 5 minutes on each side. Remove, drain fat, and serve with tartar sauce. The entire crab is edible. Two crabs provide an ample serving for one person.

CRAB MEAT

Scalloped Crab

2 cups cooked crab meat.		¾ teaspoon salt.
2 tablespoons melted butter.		2 cups cream or rich milk.
2 tablespoons flour.		1 cup buttered bread crumbs.

Pick over the crab meat, removing all particles of shell and bony pieces from between the sections of meat. Spread the meat in a thin layer in a greased shallow baking dish, and pour over it a sauce made of the fat, flour, salt, and cream. Cover the top with the buttered bread crumbs, and bake in a moderate oven (350° F.) until the crumbs are brown and the sauce bubbles up around the crab meat.

CRAB MEAT SALAD

To 3 cups of cooked crab meat add $\frac{1}{2}$ cup of salad oil and an equal quantity of vinegar seasoned with onion, Tabasco sauce, and salt. Let the crab meat stand in this seasoned dressing for several hours, then drain and combine it with 2 cups of cut celery and with enough thick salad dressing to coat all the pieces. Pile the salad on crisp lettuce and serve. Lobster or fish flakes may be used in these same proportions.

CLAMS

There are two general types of clams, the soft and the hard or quahaug. Hard clams are of three classes: the little-neck, small in size; the cherry-stone, medium-sized; and the large "chowder" clam. Only the hard clam (or quahaug) is considered here, as it is more generally distributed than the soft clam.

When purchasing clams, examine them to insure that the shells are tightly held together; this indicates that they are alive. Scrub the clams and rinse thoroughly. To open a clam, hold it in the palm of one hand with the shell hinge outward. Insert a slender, strong, sharp knife between the shells and cut around the clam and through the muscle, twisting the knife slightly to pry open the shell. Wash the meats if necessary to free them from sand.

When clams are to be opened at home, an optional method is to place them for 10 minutes, or a little longer, in water heated to 105° F. Hold the clam in the left hand with the hinge outward, and insert the knife about $\frac{1}{4}$ inch to the side of the hinge and just keep enough to separate the shells without cutting into the meat. Then twist the knife to force the shells apart, being careful not to break off pieces of shell. The meat, intact, may then be separated from each shell.

CLAM COCKTAIL

36 clams (little-necks or cherry-stones). 6 tablespoons cocktail sauce.

Six clams on the half shell may be arranged on each plate, resting on crushed ice and surrounding the cocktail sauce in a small glass.

CLAM FRITTERS

1 $\frac{1}{2}$ dozen clams.	1 egg, beaten.
1 cup sifted flour.	$\frac{1}{2}$ cup milk.
1 $\frac{1}{2}$ teaspoons baking powder.	1 teaspoon fat, melted.
$\frac{1}{2}$ teaspoon salt.	Fat for frying.

Separate the clams from their liquor. Split them, remove the dark parts, and rinse in cold running water, then mince or grind.

Sift dry ingredients together. Combine the beaten egg, milk, and melted fat. Add this mixture gradually to the dry ingredients, stirring only until the batter is smooth; then add the clams and drop the

batter by spoonfuls into deep fat heated to 365° F. Remove when fritters are light brown on both sides (about 2 minutes) and drain on absorbent paper.

LOBSTERS

There are two distinct types of lobsters in the market. One, the true or American lobster taken on the North Atlantic coast, has large claws; the other, the spiny lobster or sea crayfish from Florida and California, can be distinguished by the absence of large claws and the presence of two large antennae protruding from the head. The meat of the spiny lobster is mostly in the tail and usually only the tail is sold. Cooking methods are the same for both the American and spiny lobsters.

All lobsters should be purchased alive or frozen. Many sea-food markets can supply frozen lobster tails and chilled meat from freshly cooked lobsters. Lobster tails may be cooked in the same way as live lobsters.

BROILED LOBSTER

Select small (chicken) lobsters.

Place the American lobster on its back on a cutting board and kill by inserting the point of a knife between the body shell and tail segment, cutting downward. Then split from head to tail and remove fat, coral (if present), stomach, and the vein that passes through the center of the tail segment. Rinse, brush the flesh with melted butter, season with salt and pepper if desired, and spread out flat on the broiler, flesh side up. Regulate the heat at about 350° F. Cook slowly for 10 minutes, turn, and cook 10 minutes longer. Remove to a hot platter and dress with melted butter to which a little lemon juice has been added. The spiny lobster tail is usually cut lengthwise on the underside, flattened, and then broiled.

BOILED LOBSTER

Most recipes for lobster utilize the meat after the lobster is boiled. If the meat cannot be obtained from the seafood dealer, live lobsters or lobster tails can be boiled by plunging them into a kettle of boiling water to which 1 tablespoon of salt has been added for each quart of water. They should be boiled rapidly for 3 to 4 minutes, then allowed to simmer for about 15 minutes. The shells are to be cracked open and the meat removed.

SCALLOPS

The edible part of this shellfish as prepared for market is the adductor muscle. The meats vary in size from the small bay scallops ($\frac{3}{4}$ -inch cubes) to the sea scallops (cubes of 2 inches or more). If the larger scallops are used, it is well to split them across the grain to a thickness of about $\frac{3}{4}$ inch.

FRIED SCALLOPS

Simmer 1 quart of scallops in their own liquor to which salt has been added, or in a small quantity of salted water. Cook until scallops begin to shrink. Drain, dry, dip in beaten egg, and then in a mixture of $\frac{1}{2}$ cup of sifted dry bread crumbs and $\frac{1}{2}$ cup of flour. The fat should be pre-heated to a temperature of 360° F. Cook the scallops to a golden brown or about 4 minutes. Drain and serve with tartar sauce.

PROCESSED FISHERY PRODUCTS

SALTED OR SMOKED FISH

Only a few of the more popular recipes utilizing salt, corned, and smoked fish will be mentioned.

CODFISH CAKES

$\frac{3}{4}$ pound salt codfish.
3 cups hot, well seasoned, mashed potatoes.
2 eggs.

Place the codfish on a rack and cover with 1 quart of cold water. Let soak for 2 hours. Drain, add another quart of water, and let simmer for 30 minutes. Drain and press out all the liquid, shred the fish, and remove all bones. Mix the shredded fish, hot mashed potatoes, and beaten eggs. Beat until light and add salt if needed. Pan fry or drop by spoonful into kettle of hot fat (375° F.). When brown, drain on absorbent paper and serve at once.

BROILED SALT MACKEREL

Soak the salt mackerel fillets in cold water for 2 hours. Drain, add more water, and let simmer for 30 minutes. Drain, wipe dry, and brush with melted butter. Place skin side down on a well-oiled broiler and cook for 10 to 20 minutes at 350° F. Baste once or twice with butter. Remove to hot platter and serve with lemon, butter, or well-seasoned white sauce.

CORNING FISH FOR TEMPORARY PRESERVATION

Corning is the simplest method of preserving surplus fish for a day or two. Scale, clean, and trim the fish. Small fish may be split through the back, larger ones split into halves or filleted. The sides of flesh should not be more than $\frac{3}{4}$ inch thick. Wash the fish, drain, and cover all surfaces with as much fine salt as will cling with careful handling, using about $\frac{1}{2}$ pound of salt to 5 pounds of fish. Pack the fish in a deep vessel and store in a cool place for 4 to 6 hours. The brine formed and any excess salt should then be rinsed from the fish, which should be wiped dry and again kept cool until used, preferably within 2 days.

"BOILED" CORNED FISH

Boiled corned fish, a breakfast dish popular with many commercial fishermen, is easily prepared by placing the corned fish in cold water and heating to the simmering point. Drain off the water and repeat, cooking the fish until tender; then season with pepper and butter if available. It is eaten generally with unsalted potatoes.

KIPPERED HERRING

Kippered herring and similarly smoked fish, sold almost universally, are partially cooked when sold so that the required home cooking is little more than thorough heating. There is some waste in this fish, which must be considered when buying.

2 pounds kippers.
 Juice of one lemon.
 4 tablespoons melted butter.

Pepper.
 Cooking oil or fat.

Split fish without breaking the back skin. Place skin side down in a single layer on an oiled pan, brush with butter and lemon juice, season with pepper if desired, and bake about 10 minutes in moderate oven (350° F.).

STEAMED FINNAN HADDIE (HADDOCK)

2 pounds finnan haddie fillets.
 4 tablespoons butter.

Place a single layer of fish in a steamer over boiling water and cook until tender, or about 12 minutes. Remove fish to hot platter and dress with butter.

Left-over steamed finnan haddie is excellent flaked and reheated in a plain cream sauce.

SAUCES

WHITE SAUCE

White sauce, which is medium thick, may be used for creaming fish flakes and oysters, and for pouring over simmered and steamed fish.

2 tablespoons butter.
 1 cup milk.
 2 tablespoons white flour.

$\frac{1}{4}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.

Blend the melted fat and flour thoroughly, add the cold milk and salt. Heat and stir constantly until thickened. Cook in boiling water for 10 minutes longer.

LEMON BUTTER

Lemon butter is used especially on broiled, planked, and baked fish.

4 tablespoons melted butter.
 1 teaspoon lemon juice.

$\frac{1}{8}$ teaspoon pepper.

Blend all together and serve hot.

TARTAR SAUCE

Tartar sauce is most popular for serving with deep fried fish, oysters, and scallops.

1 cup mayonnaise.	1 tablespoon minced parsley. 1 tablespoon minced capers.
1 tablespoon minced pickles.	
1 tablespoon minced onion.	

Mix ingredients thoroughly and serve cold.

CREOLE SAUCE

Creole sauce, especially popular in the southern States, is used principally for baked fish.

$\frac{3}{4}$ cup minced onion.	1 garlic clove minced. 1 teaspoon salt. $\frac{3}{8}$ teaspoon pepper. $\frac{1}{8}$ teaspoon paprika.
1 cup minced sweet pepper.	
2 cups stewed or canned tomato.	
4 tablespoons melted butter.	

Place the butter, onion, pepper, and garlic in a saucepan and cook about 10 minutes or until tender. Then add tomato and seasoning; cook for 5 minutes. Serve hot.

The clear meat of various kinds of seafood, cut if necessary into slices about $\frac{3}{4}$ inch thick, may be simmered in this sauce for about 10 minutes and served.

MAITRE d'HOTEL BUTTER

Maitre d'hotel butter is a cold dressing often served with broiled or fried fish.

$\frac{1}{2}$ cup butter (solid).	$\frac{1}{8}$ teaspoon pepper.
$1\frac{1}{2}$ teaspoons lemon juice.	$\frac{1}{8}$ teaspoon salt.
1 teaspoon minced parsley.	

Cream the butter, gradually working in the lemon juice, salt, and pepper. When well blended, work in the parsley, and with butter paddles roll into balls about $\frac{3}{4}$ inch in diameter. Chill and place one butter ball at the side of each serving of fish.

SUGGESTED MENUS

Fish and shellfish may be used interchangeably with other kinds of protein foods in planning menus. They may be served with any other foods according to personal taste. A few typical menus are suggested.

DINNER MENUS

Baked fish steak.	Bread and butter.
Baked sweet potatoes.	Prune pie.
Coleslaw.	Milk (for all).

"Boiled" fish cooked with potatoes and peas.	Hot coffee cake.
Quick-cooked cabbage.	Milk (children).
Bread and butter.	Tea (adults).

Vegetable soup.
Stuffed baked fish.
Pickles.
Green beans.

Whole-wheat muffins.
Fruit gelatin.
Milk (children).

Broiled fish (mackerel).
Buttered broccoli.
Potatoes.
Drop biscuits.

Citrus fruit cup.
Milk (children).
Coffee or tea (adults).

SUNDAY DINNER

Baked fish with savory stuffing.
Baked yams.
Creamed asparagus.

Head lettuce salad.
Ice cream with strawberry preserves.
Milk.

LUNCH OR SUPPER MENUS

Fish or shellfish salad.
Buttered okra.
Whole-wheat toast.

Stewed dried fruit.
Milk.

Fish chowder.
Buttered toast.

Apple salad on lettuce.
Milk.

Clam chowder.
Toasted rolls.

Oatmeal cookies.
Milk.

Pan-fried fish.
Stewed tomatoes.

Toast.
Cocoa.





