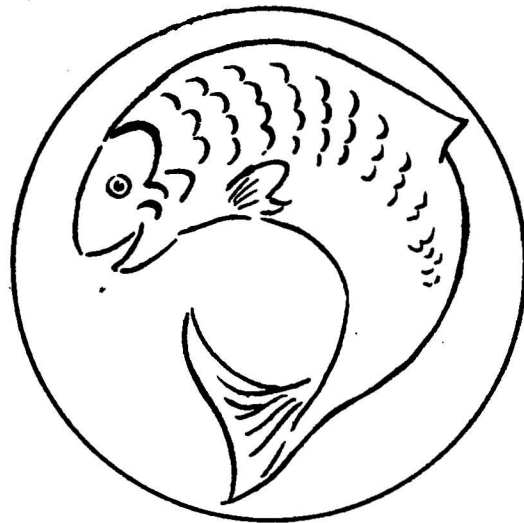


FOOD IS A WEAPON OF WAR!



STRIPED MULLET
and THEIR PREPARATION
for the TABLE



FISHERY LEAFLET 48

**UNITED STATES DEPARTMENT OF THE INTERIOR
FISH AND WILDLIFE SERVICE
WASHINGTON**

United States Department of the Interior
Fish and Wildlife Service

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Prepared in the Division of Fishery Industries

Most abundant in the markets from April through November, the mullet is one of the most important food fishes of the South Atlantic and Gulf states. Although widely distributed in warmer waters throughout the world, its most significant range commercially for this country is off the coasts of Florida, Alabama, and North Carolina in that order. Louisiana and Texas, too, however, are known to have vast, undeveloped fisheries for this species.

Mullet run in schools, frequently swimming at the surface, where their noise and movement betray their presence to fishermen; thus, night- as well as day-fishing for mullet is customary. Certain species--the striped mullet at least--have the habit of leaping from the water--as much as three feet above the surface. This has given rise to their common name, "jumping" mullet. This variety composes almost the entire commercial production.

Mullet are generally marketed whole, fresh or frozen, although they are sometimes sold eviscerated. Other market forms include fresh fillets, salted fish and roe. Purchase sizes range from half-pounders, best broiled, to 5-pound fish suitable for baking. The dusky-colored flesh is firm, and contains a delicately flavored, nutritious, and highly-palatable oil.

Here are seven new laboratory-tested recipes for this old-time favorite fish of the South. Each recipe is standardized to serve six average portions.

RECIPES

Fried Mullet

2 pounds mullet fillets
1/2 cup flour
1 teaspoon salt

1/4 teaspoon pepper
3 tablespoons fat

Roll the fillets in the combined flour, salt, and pepper mixture. Melt the fat in a frying pan, and fry the fillets on each side for 8 minutes or until done.

Spiced Fried Mullet

2 pounds mullet fillets, skinned	1/4 cup onion, finely diced
2 teaspoons salt	1/3 cup vinegar
1/4 teaspoon pepper	1/3 cup vegetable oil
1/4 teaspoon thyme	1/2 cup flour
1/2 teaspoon tarragon	3 tablespoons vegetable shortening
1 bay leaf, crumbled	

Wipe fillets with a damp cloth and cut in serving-sized portions. Mix all the seasonings, onion, vinegar, and oil together, and marinate fish fillets for one hour in this mixture. Drain, dry slightly, and roll in flour. Melt vegetable shortening in a skillet and fry for about 10 minutes, turning when half done. Cook until fillets are a golden brown and are cooked through.

Royal Broiled Mullet

2 pounds mullet fillets	3 tablespoons vegetable shortening
1 teaspoon salt	Paprika
1/4 teaspoon pepper	

Season fillets with salt and pepper, and place skin-side down on the bottom of a greased, broiler pan. Dot the top of the fillets with the shortening and sprinkle with the paprika. Broil in a pre-heated broiler 2 inches from the heat for about 10 minutes or until done.

Baked Stuffed Mullet

3 pounds mullet, dressed for baking	2 slices of bacon
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Stuffing

4 cups dry bread crumbs	4 tablespoons vegetable shortening
3 tablespoons onion finely chopped	3/4 teaspoon salt
3/4 cup celery finely cut or 1/2 teaspoon celery salt	1/8 teaspoon pepper
2 slices bacon	1 teaspoon sage

Chop two slices of the bacon very fine, and saute with the celery and onion for a few minutes in the vegetable shortening until the onion and celery are soft. Add the other ingredients and mix well.

Wipe the dressed fish with a damp cloth and salt lightly inside and out. Stuff the fish and sew or tie with string to retain stuffing. Cut four slits, about 2 inches long, across the top of the fish. Lay the remaining two slices of bacon across these slits. Place in a pre-heated oven of 375° F. (moderate oven) and bake for one hour.

Mullet Fillets Baked in Mock Hollandaise Sauce

2 pounds mullet fillets

1-1/4 teaspoons salt

Mock Hollandaise Sauce

2 tablespoons butter or
fortified margarine, melted

4-1/2 tablespoons vegetable
shortening, melted

4-1/2 tablespoons flour

1/4 teaspoon salt

1/8 teaspoon pepper

1-1/2 cups milk

3 egg yolks, well beaten

1-1/2 tablespoons lemon juice

Paprika

Wipe the fillets with a damp cloth and place one layer deep in a shallow, greased baking pan. Sprinkle the fish with 1-1/4 teaspoons salt. Mix the melted butter and melted vegetable shortening together, and measure 4-1/2 tablespoons into a skillet. Blend in the flour, salt, and pepper and gradually add the milk. Cook until thick, stirring constantly. Remove from the fire and gradually add the well-beaten egg yolks. Mix well. Add 1 tablespoon of the combined melted butter and vegetable shortening, and stir well. Add 1/2 of the lemon juice and beat well. Add 1 tablespoon of the mixed melted butter and vegetable shortening and stir. Add the rest of the lemon juice and mix. Spread the fish with the sauce and sprinkle with paprika. Bake for 45 minutes at 325° F. (moderately slow oven).

Baked Coated Mullet

2 pounds mullet fillets

1-1/2 teaspoons salt

1/8 teaspoon pepper

3 tablespoons vegetable shortening,
melted

2 teaspoons grated onion

1/2 teaspoon grated lemon rind

1 bay leaf, crumbled

1 tablespoon fine bread crumbs

Wipe fillets with a damp cloth and lay skin-side down, one layer deep, in a shallow, greased baking pan. Sprinkle fish with salt and pepper. Combine the melted shortening, onion, lemon rind, and bay leaf and simmer for two minutes. Pour over fillets and top with bread crumbs. Bake 375° F. (moderate oven) for 30 minutes.

Mullet Head Chowder

3 mullet heads

2-1/2 cups water

2 sprigs parsley

1 stalk celery (leaves and
stalk), cut fine

1-1/3 tablespoons salt

2 slices bacon, diced

1 small onion, sliced

1/2 cup canned mushrooms, drained

2 cups raw potatoes, cubed

2 tablespoons butter or
fortified margarine

2 tablespoons flour

1/8 teaspoon pepper

3 cups milk

Remove gills and wash mullet heads thoroughly. Place mullet heads, water, parsley, celery, and 1 tablespoon of the salt together in a covered pan and simmer for 15 minutes. Strain, saving the stock. Saute the bacon, onions, and mushrooms together until bacon is crisp and onions are lightly brown and soft. In the meantime, boil the potatoes in the stock until they are tender, and add to the bacon, onion, and mushrooms. Melt the butter or fortified margarine, blend in the flour, the pepper, and the rest of the salt, and gradually add the milk. Cook until slightly thick, stirring constantly. Combine the milk mixture with the bacon, onion, mushroom, potato and stock mixture and bring to a boil. Serve hot.

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Corvina Asada con Salsa de Huevo ^{3/}
(Baked weakfish with egg sauce)

Cut a fish weighing about 2 pounds into six serving-size portions and place in a baking dish with a slice of raw onion and carrot on each piece. Squeeze the juice of a lime over the fish and add pepper and salt to taste. Pour 1/2 cup of olive oil over the fish. Bake in a moderate oven (about 375°F). When done, remove the liquid from around the fish, add the yolks of two eggs, and stir slowly over the fire until the sauce thickens.

Lenguado Asado con Salsa Almendras
(Baked flounder with almond sauce)

Arrange 1 sliced onion, 1 bay leaf, a little thyme, and 6 whole black peppers in a greased baking pan. Place 2 pounds of flounder fillets (or any other white-fleshed, lean fish) cut in 6 portions, on the layer of seasoning. Pour almond sauce over the fish. Bake uncovered in a moderate oven (375°F) for 35 to 40 minutes.

Almond sauce.--Chop fine 1/2 cup toasted almonds, and put in sauce pan with 2 tablespoons olive oil, 1 minced onion, 2 tablespoons minced parsley, 1 bouillon cube dissolved in 2 tablespoons boiling water. Cook slowly for 5 minutes. Remove from stove and add 1 tablespoon lemon juice, stirring slowly.

Arroz con Pescado
(Fish with rice)

2 lbs. fish	3 cloves garlic
1 cup rice	2 tablespoons butter or olive oil
1-1/2 cups water	2 chili peppers, dried and toasted

Although any kind of fish may be used in the preparation of this dish, the corvina (weakfish) is generally used.

Put the water on to boil. Salt to taste, and add three cloves of garlic well ground. Bring to a boil. Add the rice and, when boiling is resumed, put in the fish. Cover and let simmer. As soon as the water is consumed, add the butter without stirring, and the chili peppers. One-half cup cooked green peas is sometimes added to the rice and fish stew.

^{3/} Striped bass (rockfish) may be substituted.

Arroz con Camarones ^{4/}
(Crayfish with rice)

2 dozen crayfish
(or 1/2 can shrimp)
1 cup rice
1-1/2 cups fish stock

3 cloves garlic
2 tablespoons lard

The unpeeled camarones (crayfish) are washed, then steamed or boiled gently in unsalted water and peeled. Cook rice and crayfish as directed in the recipe for fish with rice; but, instead of boiling water, use the stock from the camarones. Fish stock; chicken, or beef broth, may be used with canned shrimps.

Arroz con Conchas
(Scallops with rice)

1 cup scallop meats
1 cup rice
3 cups fish

3 cloves garlic
2 tablespoons olive oil

Chop scallop meats coarsely and prepare in the same way as for Arroz con Camarones.

Bacalao Guisado
(Salt codfish stew)

1 lb. salt cod
1 No. 2 can tomatoes

1/4 cup olive oil
2 cloves garlic
Pepper and marjoram to taste

Soak the codfish in water overnight to remove the salt flavor. Next day, put half the olive oil in a stew pan together with the garlic, mashed to a paste, pepper, marjoram, and tomatoes. Cook until done. Cut the codfish into small pieces, remove the skin and any large bones. Cover the fish with water and simmer over a low fire until the water is consumed. Fry quickly in the rest of the olive oil so that the fish will be juicy when cooked. The fish will not burn if the pan is shaken constantly while over a hot fire. Cover with the tomato sauce and garnish with boiled potatoes. ^{2/}

^{4/} Shrimp may be used in place of crayfish.

^{5/} The native "yellow" potato is used in Peru, but the white potato may be used as a substitute.

Bacalao en Vinagre
(Codfish in vinegar)

Shred a pound of salt codfish and marinate for one hour in a cup of strong vinegar with a piece of chili pepper and a whole Castille pepper. Pound 3 or 4 cloves of garlic in a mortar and mix with 3 tablespoons olive oil. When the paste is like thick syrup, pour on the codfish. Cover the soup plate with another; wrap and tie both with a table napkin. Shake vigorously for several minutes, and the dish is ready to serve without further preparation.

Bacalao a la Vizcaina
(Salt cod Spanish style)

1 pound salt codfish	4 tablespoons olive oil or
2 cups canned tomatoes	butter
2 large onions	2 cloves garlic
1 red sweet pepper	4 sprigs parsley
2 tablespoons flour	2 bay leaves, thyme
	Salt and pepper to taste

Soak the codfish overnight. Place in a pot with enough cold water to cover and boil for 45 minutes. Remove any bones and set aside to cool until sauce is finished. Arrange on dish with border of croutons and cover with sauce. Bake for 10 minutes in oven.

Sauce

Fry one onion and a clove of garlic in a tablespoon of olive oil (or butter) until soft and yellow. Add tomatoes together with the bay leaves, parsley, and thyme chopped fine, and another tablespoon of oil. Season with salt and pepper to taste. Simmer slowly for 1-1/2 hours. Strain and blend the flour with a tablespoon of oil until there are no more lumps; cook until light brown; and add to sauce, stirring slowly, for five minutes. Chop second onion and garlic fine, and cook until brown. Chop sweet pepper fine. Add to sauce, stirring thoroughly.

Camarones en Picante

50 crayfish	2 tablespoons fresh cheese
3 tablespoons lard	3 chili peppers
2 large onions	1 clove garlic

Boil the crayfish lightly in just enough water to cover, then shell carefully. Fry the meats with lard, onion (chopped fine), garlic (ground), peppers, and crumbled fresh cheese. When done, arrange on a plate.

This stew is served with boiled potatoes and green corn.

Sometimes the dish is garnished with boiled yellow potatoes ^{6/} and sliced, hard-boiled eggs, and covered with a highly seasoned sauce.

Chupe Limeno
(Thick soup of lima)

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| 3 lb. corvina ^{1/} | 2 tablespoons rice |
| 2 tomatoes | 1/4 cup cooked shrimps |
| 2 large onions | 1 quart water or milk |
| 2 potatoes | 3 tablespoons crumbled fresh cheese |
| 2 eggs | |
| 1 chili pepper, marjoram and salt to taste | |

Fry small piece of corvina (sea trout or weakfish) or other fish which does not have many bones. In a separate pan, fry sliced tomatoes and onions and minced garlic, with salt and marjoram to taste.

When done, add the potatoes (peeled and sliced), water or milk, rice and shrimp. If the mixture is too thick when the potatoes are done, add more water. Add one or two beaten eggs and the cheese. Cook a few minutes longer. Lastly, take the pot off the fire and add a dried chili pepper well-toasted. Let stand a few minutes before serving.

Place the pieces of fish in a deep dish and cover with the mixture.

Escabeche
(Pickled fish)

The escabeche is prepared in Lima in a different manner than in Spain where it was originated. In the capitol city, oil is the basis of this stew; while in Spain vinegar is used in greater proportions.

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| 3 lbs. fish | 2 large onions |
| 2 cups olive oil | 2 bay leaves |
| 1/2 cup vinegar | Chili peppers, whole black peppers, garlic, cumin seed, and marjoram, to taste |

^{6/} Yellow potatoes are not sweet, but a special Peruvian variety of the common or "Irish" potato with yellow flesh. They can be grown only in certain parts of South America. White potatoes may be substituted whenever yellow potatoes are called for, though the connoisseur of South America cookery might consider them inferior.

^{7/} Any lean fish without too many bones may be used.

Take sliced onions, chili peppers, garlic, black pepper seeds, cumin seed, and marjoram and cook in 1-1/2 cups oil. Fry the pieces of fish in this mixture. When cool, add the vinegar and allow to marinate for two or three hours. Place in a dish and pour on the rest of the oil. Garnish with olives, sliced hard boiled eggs, and lettuce leaves.

Escabeche has a better flavor on the second day.

Jalea
(Fish jelly)

In general, the word "jelly" is given to certain sweet fruit preserves; but in Lima, Peru, a special preparation of lisa (mullet) is called fish jelly.

Take as many fish as are required; open them along the back to lie open in a single piece. Wash thoroughly, then make many incisions in the flesh. Rub the flesh well with finely ground salt. Then nail on a wall, flesh side out, to dry for 24 hours. Take the fish down, rub ground chili peppers into the flesh and grill them. When taken from the fire, garnish well with chopped raw onions, and pour sour orange juice over them.

Pejerreyes Arrebosados
(Smelt fried in batter)

Place water in a sauce pan on the fire and, when it starts to boil, place a grid-iron or piece of thin linen over the top. The pejerreyes which have been previously opened and scaled are placed on top; thus the insides will be heated and the spine can be taken out easily. Care must be taken so that the fish are not cooked through. Some prefer to avoid cooking at this stage and take out the backbone after rubbing the inside of the fish with lime juice.

Make a batter of beaten eggs to which has been added a little salt and a tablespoon of flour. Dip the pejerreyes into the batter and fry in plenty of hot lard. Before serving, minced parsley and hard-boiled egg may be sprinkled over the top.

Pejerreyes Rellenos
(Stuffed smelt)

2 lbs. smelt	1 piece bread
1 onion, ground	1 clove garlic, ground
1 hard-boiled egg, ground	3 sprigs parsley, minced
2 tablespoons lard	Salt, white pepper, marjoram to taste

Fry the ground garlic, onion, egg, and a piece of soaked bread, in lard. Season with pepper, salt, and marjoram. Mix well. Open the fish

and dip them in hot water, one by one, so as to loosen the bones which are then removed. Fill the fish with the mixture, sewing or tying with thread to keep the stuffing from falling out. Grill in a frying pan or in the oven, with a little lard.

Seviche de Camarones
(Pickled crayfish)

50 camarones (crayfish)
2 onions

1 cup sour orange juice
Salt, ground chili, and pepper
to taste

The camarones (crayfish) are washed and peeled when they are raw. The meats are then placed in a flat dish with the onions sliced fine. Season with salt and ground chili pepper to taste. Cover with the sour orange juice.^{8/} After standing three or four hours in the juice they will be ready to serve.

This is an appetizing dish and is more digestible than when made from stewed camarones.

Seviche de Conchas
(Pickled clams)

2 doz. hard clams
1 large onion

1 cup sour orange juice
Salt and ground chili pepper
to taste

Wash clams thoroughly, then remove shells and dark "stomach" mass. Place in a dish mixed with sliced onions. Season with salt and ground chili pepper. Cover with sour orange juice. Let stand for two or three hours when they are ready to serve.

Seviche de Corvina
(Pickled sea trout, or weakfish)

2 lb. corvina
2 large onions
1 clove garlic

1 cup sour orange juice
3 green chili peppers
Salt and ground cayenne pepper
to taste

Scale and clean the fish thoroughly. Fillet, removing the backbone, then cut the flesh into half-inch cubes. Wash and drain the diced fish. Place in a dish, cover with sliced onion in which a clove of ground garlic

^{8/} The sour orange is a special variety of the fruit and not an unripe orange. It is not distributed widely in this country, though found in Florida. The juice of green limes may be substituted, but is considered less desirable.

has been mixed. Season with salt to taste, and pour over the whole, sour orange juice in which a little Cayenne pepper has been dissolved. Lastly, place the sliced green chili peppers around the fish. Let stand for four hours, more or less, to become well saturated with the sauce.

If sour oranges cannot be obtained, they may be replaced by grape verjuice or tartaric acid dissolved in water. Do not use lemon. Of the several kinds of sevicehe, this is the most appetizing, nutritious, and digestible.

Sopa de Camarones
(Crayfish soup)

50 crayfish	2 tablespoons flour
1/2 lb. ham, minced fine	1 tablespoon lard
1 cup canned tomato	1 large onion
1/2 cup canned mushroom	1 clove garlic
2 carrots	1 dozen shelled almonds
2 tablespoons butter	1 dozen all spice, herb bouquet

Wash crayfish, and boil in unsalted water; save water. Shell meats, and save shells. Put heaping tablespoon of lard in pot, small bunch of sweet basil, parsley, and a couple of bay leaves. When melted and hot add carrots, onion, garlic, all minced, and herb bouquet. Add ham when onions are light brown. Add flour and batter, well blended together, mushrooms, chopped fine. Simmer 5 to 10 minutes, add tomatoes and allspice. Pound crayfish shells very fine and add these.

Take crayfish meats and almonds, pound in a mortar, and add the mixture to the soup after about ten minutes longer. Pour in water from boiling crayfish and simmer at least two hours.

Strain and serve with finely chopped hard-boiled egg in the soup.

Torrejas de Camarones
(Crayfish fritters)

2 dozen crayfish	1 tablespoon flour
1 egg	1 teaspoon chopped onion
	Salt and pepper to taste

Simmer the crayfish: shell them, discarding the head and claws but retaining the tail on the body. To make the fritter batter, beat the egg, add the flour, chopped onion, and seasoning to taste. Add the crayfish and, with a large spoon, take them one by one from the batter and fry in hot lard.

Torrejas de Pescado
(Fish fritters)

1 pound fish
1/2 cup water
2 eggs

2 tablespoons flour
2 tablespoons butter
Salt and pepper to taste

Simmer the fish in water, salted according to taste, until done. Remove the skin and bones. Knead the meat, adding pepper and butter. Mix with water to which flour and beaten eggs have been added. Make into small cakes. Fry in hot lard.

Tortilla de Camarones
(Crayfish omelet)

Take one cup of cooked crayfish meats, chopped coarsely. Make an omelet by any standard recipe. Just before folding over, add the crayfish meats and finish cooking. Shrimp may be used in place of crayfish.

Empanodas de Camarones
(Crayfish tarts)

Cook 2 tablespoons chopped onion, 2 tablespoons chopped celery, and 1 tablespoon chopped green pepper until soft, in one heaping tablespoon butter or fortified margarine. Stir in 1 cup chopped, cooked crayfish or shrimp, fresh cooked or canned. Cook 2 or 3 minutes longer. Add 1 cup canned tomatoes and 1 tablespoon chopped parsley. Season to taste with salt and pepper. Simmer for 5 minutes longer. Add 4 or 5 sliced ripe olives and 1 chopped, hard-boiled egg. Mix well.

Make a pie paste using a beaten egg as part of the liquid, and chill 2 hours. Roll out thin, cut rounds of pastry, place on them 1 scant tablespoon of the mixture and fold over, crimping the sides. Arrange on a cookie sheet, brushing the tops with beaten egg and milk. Scatter on them a few grains of paprika. Bake in a hot oven until done (20-25 minutes).

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