

FISH & SHELLFISH BUYING GUIDE and QUANTITY RECIPES for TYPE A SCHOOL LUNCHES

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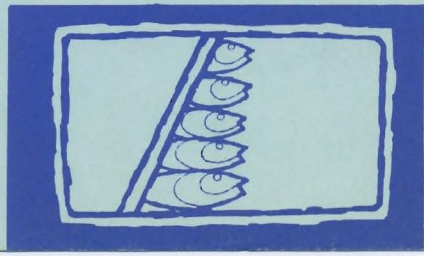
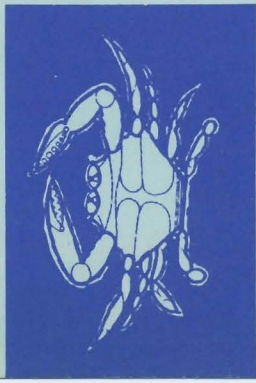
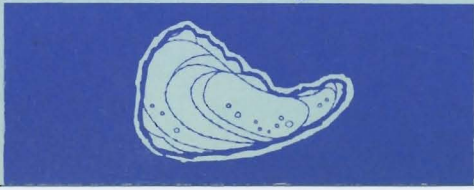
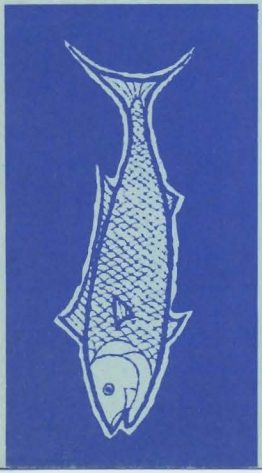
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FISHERY MARKET DEVELOPMENT SERIES No. 5

United States Department of the Interior
Fish and Wildlife Service

U.S. Bureau of Commercial Fisheries
Washington, D.C. 20240



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**Home Economists of the Bureau of Commercial Fisheries
Fish and Wildlife Service
UNITED STATES DEPARTMENT OF THE INTERIOR**

in cooperation with

**School Lunch Division
Consumer and Marketing Service**

and

**Human Nutrition Research Division
Agriculture Research Service
UNITED STATES DEPARTMENT OF AGRICULTURE**

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A—GENERAL INFORMATION

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**Introduction to
FISH AND SHELLFISH BUYING GUIDE
and QUANTITY RECIPES FOR TYPE A SCHOOL LUNCHESES**

General Information A-1

This publication provides information for planning and calculating the quantities of fish and shellfish to be purchased, quantity fish and shellfish recipes, and other information needed to prepare Type A lunches in schools participating in the National School Lunch Program. (See the Type A Pattern on the back of this card.)

Use of the information in this publication by school lunch personnel will help assure:

- Economical menu planning and food purchasing.
- Adequate amounts of various foods to prepare Type A lunches for the number of children to be served.
- Appetizing, nutritious Type A lunches.
- Adequate portions for all children.
- Moderate food costs.

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THE TYPE A PATTERN

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The Type A Lunch Pattern is a guide to well-balanced lunches. It is designed to help in planning lunches that supply the kind and amount of foods children need. To meet the requirements of the National School Lunch Program, *the Type A lunch must contain as a minimum:*

WHOLE MILK—1/2 pint fluid whole milk served as a beverage.

PROTEIN-RICH FOODS—2 ounces (edible portion as served) of lean meat, poultry, or fish; or 2 ounces of cheese; or 1 egg; or 1/2 cup of cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement, these foods must be served in a main dish or in a main dish and one other menu item.

VEGETABLES AND FRUITS—A 3/4 cup serving consisting of 2 or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full-strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD—1 slice of whole-grain or enriched bread;

or a serving of other bread such as cornbread, biscuits, rolls, muffins, made of whole-grain or enriched meal or flour.

BUTTER OR FORTIFIED MARGARINE—2 teaspoons of butter or fortified margarine. This may be used as a spread on bread, as a seasoning, or in the preparation of other foods in the lunch.

The five food groups of the pattern listed above form the foundation of the lunch. When these foods are used in the amounts specified and in combination with **OTHER FOODS** needed to satisfy the appetite, the lunches served will generally meet one-third of the daily dietary allowances recommended by the National Research Council for 9- to 12-year-old boys and girls. To meet the nutritional *needs of teenagers* (particularly boys) it is important to serve larger portions or seconds of protein-rich main dish items and other foods in the lunch. Since *younger children* in the elementary grades are not always able to eat the full Type A lunch, the regulations permit serving lesser amounts of three components in the lunch—Protein-Rich Food, Vegetables and Fruits, and Butter or Margarine—provided that such allowances are based on the lesser food needs of these children.

COMMON CAN AND JAR SIZES General Information A-2

The labels of cans or jars of identical size may show a net weight for one product that differs slightly from the net weight on the label of another product, due to the density of the food. An example would be salmon (1 lb.), and mackerel (15 oz.), in the same size can.

| Container | | | | Principal products |
|--------------------------------|---|--|-----------------------------------|--|
| Can size (industry term) | Consumer description | | | |
| | (1) | Average net weight or fluid measure per can (check label) (2) | Average cups per can (3) | Cans per case (4) |
| No. 10 | 6 lb. 8 oz. (104 oz.) to 7 lb. 5 oz. (117 oz.) | Number 12-13 | Number 6 | Institution size—fruits, vegetables, and some other foods. |
| No. 3 cyl. or 46 fl. oz. | 3 lb. 3 oz. (51 oz.) or 1 qt. 14 fl. oz. (46 fl. oz.) | 5-3/4 | 12 | Economy family size—fruit and vegetable juices. Institution size—condensed soups, some vegetables, and meat and poultry products. |
| No. 2-1/2 | 1 lb. 13 oz. (29 oz.) | 3-1/2 | 24 | Family size—fruits and some vegetables. |
| No. 2 | 1 lb. 4 oz. (20 oz.) or 1 pt. 2 fl. oz. (18 fl. oz.) | 2-1/2 | 24 | Family size—juices, ready-to-serve soups, and some fruits. |
| No. 303 | 16 to 17 oz. | 2 | 24 | Small cans—fruits, vegetables, some fish, meat, and poultry products, and ready-to-serve soups. |
| No. 300 | 14 to 16 oz. | 1-3/4 | 24 | |
| No. 1 Picnic... | 10-1/2 to 12 oz. | 1-1/4 | 48 | Small cans—condensed soups, some fruits, vegetables, meat, and fish. |
| 8 oz. | 8 oz. | 1 | 48 or 72 | Small cans—ready-to-serve soups, fruits, and vegetables. |

Meats, fish, and shellfish are known and sold by weight of contents of can.

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ABBREVIATIONS

EQUIVALENT COMMON FOOD MEASURES

| | |
|----------|-------------------|
| AP | as purchased |
| EP | edible portion |
| incl | including |
| excl | excluding |
| tsp | teaspoon |
| Tbsp | tablespoon |
| pt. | pint |
| qt. | quart |
| gal | gallon |
| oz. | ounce |
| fl. oz. | fluid ounce |
| lb. or # | pound |
| wt. | weight |
| No. | number |
| cyl. | cylinder |
| pkg. | package |
| ° F | degree Fahrenheit |
| × | multiply |
| ÷ | divide |

| | |
|--------------------|---------------|
| 3 teaspoons | 1 tablespoon |
| 2 tablespoons | 1/8 cup |
| 2 tablespoons | 1 fluid ounce |
| 4 tablespoons | 1/4 cup |
| 5-1/3 tablespoons | 1/3 cup |
| 8 tablespoons | 1/2 cup |
| 10-2/3 tablespoons | 2/3 cup |
| 12 tablespoons | 3/4 cup |
| 16 tablespoons | 1 cup |
| 2 cups | 1 pint |
| 2 pints | 1 quart |
| 4 quarts | 1 gallon |
| 8 quarts | 1 peck |
| 4 pecks | 1 bushel |

FRACTIONAL EQUIVALENTS

General Information A-3

The following chart is designed to help you change fractional parts of pounds, gallons, cups, etc., to accurate weights or measures. For example, reading from left to right, the table shows that $\frac{7}{8}$ of one pound is 14 ounces; $\frac{1}{3}$ of a gallon is 1 quart plus $1\frac{1}{3}$ cups; $\frac{1}{16}$ of a cup is 1 tablespoon.

| Fractional unit | Tablespoon | Cup | Pint | Quart | Gallon | Pound |
|-----------------|---------------------------|-------------------|---------------------|---------------------|--------------------------|--------------------|
| 1 | 3 tsp | 16 Tbsp | 2 cups | 2 pt | 4 qt | 16 oz |
| $\frac{7}{8}$ | $2\frac{1}{2}$ tsp | 1 cup less 2 Tbsp | $1\frac{3}{4}$ cups | $3\frac{1}{2}$ cups | 3 qt 1 pt | 14 oz |
| $\frac{3}{4}$ | $2\frac{1}{4}$ tsp | 12 Tbsp | $1\frac{1}{2}$ cups | 3 cups | 3 qt | 12 oz |
| $\frac{2}{3}$ | 2 tsp | 10 Tbsp 2 tsp | $1\frac{1}{3}$ cups | $2\frac{2}{3}$ cups | 2 qt $2\frac{2}{3}$ cups | $10\frac{2}{3}$ oz |
| $\frac{5}{8}$ | 2 tsp (scant) | 10 Tbsp | $1\frac{1}{4}$ cups | $2\frac{1}{2}$ cups | 2 qt 1 pt | 10 oz |
| $\frac{1}{2}$ | $1\frac{1}{2}$ tsp | 8 Tbsp | 1 cup | 2 cups | 2 qt | 8 oz |
| $\frac{3}{8}$ | $1\frac{1}{8}$ tsp | 6 Tbsp | $\frac{3}{4}$ cup | $1\frac{1}{2}$ cups | 1 qt 1 pt | 6 oz |
| $\frac{1}{3}$ | 1 tsp | 5 Tbsp 1 tsp | $\frac{2}{3}$ cup | $1\frac{1}{3}$ cups | 1 qt $1\frac{1}{3}$ cups | $5\frac{1}{3}$ oz |
| $\frac{1}{4}$ | $\frac{3}{4}$ tsp | 4 Tbsp | $\frac{1}{2}$ cup | 1 cup | 1 qt | 4 oz |
| $\frac{1}{8}$ | $\frac{1}{2}$ tsp (scant) | 2 Tbsp | $\frac{1}{4}$ cup | $\frac{1}{2}$ cup | 1 pt | 2 oz |
| $\frac{1}{16}$ | $\frac{1}{4}$ tsp (scant) | 1 Tbsp | 2 Tbsp | $\frac{1}{4}$ cup | 1 cup | 1 oz |

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OUNCE EQUIVALENTS IN DECIMAL PARTS OF 1 POUND

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| Number of ounces (1) | +0 ounce (2) | +1/4 ounce (3) | +1/2 ounce (4) | +3/4 ounce (5) |
|----------------------------|--------------------|----------------------|----------------------|----------------------|
| | <i>Pound</i> | <i>Pound</i> | <i>Pound</i> | <i>Pound</i> |
| 0..... | | 0.016 | 0.031 | 0.047 |
| 1..... | 0.062 | .078 | .094 | .109 |
| 2..... | .125 | .141 | .156 | .172 |
| 3..... | .188 | .203 | .219 | .234 |
| 4..... | .250 | .266 | .281 | .297 |
| 5..... | .312 | .328 | .344 | .359 |
| 6..... | .375 | .391 | .406 | .422 |
| 7..... | .438 | .453 | .469 | .484 |
| 8..... | .500 | .516 | .531 | .547 |
| 9..... | .562 | .578 | .594 | .609 |
| 10..... | .625 | .641 | .656 | .672 |
| 11..... | .688 | .703 | .719 | .734 |
| 12..... | .750 | .766 | .781 | .797 |
| 13..... | .812 | .828 | .844 | .859 |
| 14..... | .875 | .891 | .906 | .922 |
| 15..... | .938 | .953 | .969 | .984 |

To convert $10\frac{1}{2}$ ounces to a decimal part of a pound, find 10 in column 1, then follow this line across to column 4, which shows that .656 pound corresponds to $10\frac{1}{2}$ ounces.

To convert a decimal part of a pound such as .531 to ounces, find .531 in the decimal pound readings—then refer to column 1 on the same line and find 8, the number of whole ounces. At the top of the column in which .531 is located, the $+1\frac{1}{2}$ ounce should be added to the 8 ounces. Thus .531 pound corresponds to $8\frac{1}{2}$ ounces.

CONVERSION CHARTS

General Information A-4

These two conversion charts, the OUNCE CHART below, and the POUND CHART on the back of this card, have been designed to permit easy adjustment of basic recipes for the number of portions actually needed.

EXAMPLE: A basic 100-portion recipe calls for 5 ounces of a particular ingredient. When adjusting to 225 portions, find the column headed "100 Portions" and move down to the space marked "5 oz". Then, move across horizontally to the right to the column

headed "200 Portions". The figure "10 oz" is then the amount needed for 200 portions. Then move across horizontally to the left to the column headed "25 Portions". The figure "1 1/4 oz" is the quantity needed for 25 portions. This amount, 1 1/4 oz plus the 10 oz=11 1/4 oz—the amount of the ingredient needed for 225 portions. Ounce equivalents in decimal parts of 1 pound are given below the number of ounces (see card A-3).

OUNCE CHART

| 25 Portions | 50 Portions | 75 Portions | 100 Portions | 200 Portions | 300 Portions | 400 Portions | 500 Portions | 600 Portions | 700 Portions | 800 Portions |
|----------------|------------------|------------------|----------------|------------------|------------------|---------------|------------------|------------------|-------------------|------------------|
| ----- | ----- | 1/4 oz .016 | 1/4 oz .016 | 1/2 oz .031 | 3/4 oz .047 | 1 oz .062 | 1 1/4 oz .078 | 1 1/2 oz .094 | 1 3/4 oz .109 | 2 oz .125 |
| ----- | 1/4 oz .016 | 3/8 oz .023 | 1/2 oz .031 | 1 oz .062 | 1 1/2 oz .094 | 2 oz .125 | 2 1/2 oz .156 | 3 oz .188 | 3 1/2 oz .219 | 4 oz .250 |
| ----- | 3/8 oz .023 | 5/8 oz .039 | 3/4 oz .047 | 1 1/2 oz .094 | 2 1/4 oz .141 | 3 oz .188 | 3 3/4 oz .234 | 4 1/2 oz .281 | 5 1/4 oz .328 | 6 oz .375 |
| 1/4 oz .016 | 1/2 oz .031 | 3/4 oz .047 | 1 oz .062 | 2 oz .125 | 3 oz .188 | 4 oz .250 | 5 oz .312 | 6 oz .375 | 7 oz .438 | 8 oz .500 |
| 1/2 oz .031 | 1 oz .062 | 1 1/2 oz .094 | 2 oz .125 | 4 oz .250 | 6 oz .375 | 8 oz .500 | 10 oz .625 | 12 oz .750 | 14 oz .875 | 1# 1.000 |
| 3/4 oz .047 | 1 1/2 oz .094 | 2 1/4 oz .141 | 3 oz .188 | 6 oz .375 | 9 oz .562 | 12 oz .750 | 15 oz .938 | 1# 2 oz 1.125 | 1# 5 oz 1.312 | 1# 8 oz 1.500 |
| 1 oz .062 | 2 oz .125 | 3 oz .188 | 4 oz .250 | 8 oz .500 | 12 oz .750 | 1# 1.000 | 1# 4 oz 1.250 | 1# 8 oz 1.500 | 1# 12 oz 1.750 | 2# 2.000 |

| 25 Portions | 50 Portions | 75 Portions | 100 Portions | 200 Portions | 300 Portions | 400 Portions | 500 Portions | 600 Portions | 700 Portions | 800 Portions |
|------------------|------------------|-------------------|---------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|------------------|
| 1 1/4 oz .078 | 2 1/2 oz .156 | 3 3/4 oz .234 | 5 oz .312 | 10 oz .625 | 15 oz .938 | 1# 4 oz 1.250 | 1# 9 oz 1.562 | 1# 14 oz 1.875 | 2# 3 oz 2.188 | 2# 8 oz 2.500 |
| 1 1/2 oz .094 | 3 oz .188 | 4 1/2 oz .281 | 6 oz .375 | 12 oz .750 | 1# 2 oz 1.125 | 1# 8 oz 1.500 | 1# 14 oz 1.875 | 2# 4 oz 2.250 | 2# 10 oz 2.625 | 3# 3.000 |
| 1 3/4 oz .109 | 3 1/2 oz .219 | 5 1/4 oz .328 | 7 oz .438 | 14 oz .875 | 1# 5 oz 1.312 | 1# 12 oz 1.750 | 2# 3 oz 2.188 | 2# 10 oz 2.625 | 3# 1 oz 3.062 | 3# 8 oz 3.500 |
| 2 oz .125 | 4 oz .250 | 6 oz .375 | 8 oz .500 | 1# 1.000 | 1# 8 oz 1.500 | 2# 2.000 | 2# 8 oz 2.500 | 3# 3.000 | 3# 8 oz 3.500 | 4# 4.000 |
| 2 1/4 oz .141 | 4 1/2 oz .281 | 6 3/4 oz .422 | 9 oz .562 | 1# 2 oz 1.125 | 1# 11 oz 1.688 | 2# 4 oz 2.250 | 2# 13 oz 2.812 | 3# 6 oz 3.375 | 3# 15 oz 3.938 | 4# 8 oz 4.500 |
| 2 1/2 oz .156 | 5 oz .312 | 7 1/2 oz .469 | 10 oz .625 | 1# 4 oz 1.250 | 1# 14 oz 1.875 | 2# 8 oz 2.500 | 3# 2 oz 3.125 | 3# 12 oz 3.750 | 4# 6 oz 4.375 | 5# 5.000 |
| 2 3/4 oz .172 | 5 1/2 oz .344 | 8 1/4 oz .516 | 11 oz .688 | 1# 6 oz 1.375 | 2# 1 oz 2.062 | 2# 12 oz 2.750 | 3# 7 oz 3.438 | 4# 2 oz 4.125 | 4# 13 oz 4.812 | 5# 8 oz 5.500 |
| 3 oz .188 | 6 oz .375 | 9 oz .562 | 12 oz .750 | 1# 8 oz 1.500 | 2# 4 oz 2.250 | 3# 3.000 | 3# 12 oz 3.750 | 4# 8 oz 4.500 | 5# 4 oz 5.250 | 6# 6.000 |
| 3 1/4 oz .203 | 6 1/2 oz .406 | 9 3/4 oz .609 | 13 oz .812 | 1# 10 oz 1.625 | 2# 7 oz 2.438 | 3# 4 oz 3.250 | 4# 1 oz 4.062 | 4# 14 oz 4.875 | 5# 11 oz 5.688 | 6# 8 oz 6.500 |
| 3 1/2 oz .219 | 7 oz .438 | 10 1/2 oz .656 | 14 oz .875 | 1# 12 oz 1.750 | 2# 10 oz 2.625 | 3# 8 oz 3.500 | 4# 6 oz 4.375 | 5# 4 oz 5.250 | 6# 2 oz 6.125 | 7# 7.000 |
| 3 3/4 oz .234 | 7 1/2 oz .469 | 11 1/4 oz .703 | 15 oz .938 | 1# 14 oz 1.875 | 2# 13 oz 2.812 | 3# 12 oz 3.750 | 4# 11 oz 4.688 | 5# 10 oz 5.625 | 6# 9 oz 6.562 | 7# 8 oz 7.500 |

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POUND CHART

| 25 Portions | 50 Portions | 75 Portions | 100 Portions | 200 Portions | 300 Portions | 400 Portions | 500 Portions | 600 Portions | 700 Portions | 800 Portions |
|------------------|-------------------|-------------------|------------------|-----------------|--------------------|--------------|--------------------|-------------------|--------------------|--------------|
| 4 oz .250 | 8 oz .500 | 12 oz .750 | 1# 1.00 | 2# 2.00 | 3# 3.00 | 4# 4.00 | 5# 5.00 | 6# 6.00 | 7# 7.00 | 8# 8.00 |
| 5 oz .312 | 10 oz .625 | 15 oz .938 | 1# 4 oz 1.25 | 2# 8 oz 2.50 | 3# 12 oz 3.75 | 5# 5.00 | 6# 4 oz 6.25 | 7# 8 oz 7.50 | 8# 12 oz 8.75 | 10# 10.00 |
| 6 oz .375 | 12 oz .750 | 1# 2 oz 1.125 | 1# 8 oz 1.50 | 3# 3.00 | 4# 8 oz 4.50 | 6# 6.00 | 7# 8 oz 7.50 | 9# 9.00 | 10# 8 oz 10.50 | 12# 12.00 |
| 7 oz .438 | 14 oz .875 | 1# 5 oz 1.312 | 1# 12 oz 1.75 | 3# 8 oz 3.50 | 5# 4 oz 5.25 | 7# 7.00 | 8# 12 oz 8.75 | 10# 8 oz 10.50 | 12# 4 oz 12.25 | 14# 14.00 |
| 8 oz .500 | 1# 1.000 | 1# 8 oz 1.500 | 2# 2.00 | 4# 4.00 | 6# 6.00 | 8# 8.00 | 10# 10.00 | 12# 12.00 | 14# 14.00 | 16# 16.00 |
| 9 oz .562 | 1# 2 oz 1.125 | 1# 11 oz 1.688 | 2# 4 oz 2.25 | 4# 8 oz 4.50 | 6# 12 oz 6.75 | 9# 9.00 | 11# 4 oz 11.25 | 13# 8 oz 13.50 | 15# 12 oz 15.75 | 18# 18.00 |
| 10 oz .625 | 1# 4 oz 1.250 | 1# 14 oz 1.875 | 2# 8 oz 2.50 | 5# 5.00 | 7# 8 oz 7.50 | 10# 10.00 | 12# 8 oz 12.50 | 15# 15.00 | 17# 8 oz 17.50 | 20# 20.00 |
| 11 oz .688 | 1# 6 oz 1.375 | 2# 1 oz 2.062 | 2# 12 oz 2.75 | 5# 8 oz 5.50 | 8# 4 oz 8.25 | 11# 11.00 | 13# 12 oz 13.75 | 16# 8 oz 16.50 | 19# 4 oz 19.25 | 22# 22.00 |
| 12 oz .750 | 1# 8 oz 1.500 | 2# 4 oz 2.250 | 3# 3.00 | 6# 6.00 | 9# 9.00 | 12# 12.00 | 15# 15.00 | 18# 18.00 | 21# 21.00 | 24# 24.00 |
| 13 oz .812 | 1# 10 oz 1.625 | 2# 7 oz 2.438 | 3# 4 oz 3.25 | 6# 8 oz 6.50 | 9# 12 oz 9.75 | 13# 13.00 | 16# 4 oz 16.25 | 19# 8 oz 19.50 | 22# 12 oz 22.75 | 26# 26.00 |
| 14 oz .875 | 1# 12 oz 1.750 | 2# 10 oz 2.625 | 3# 8 oz 3.50 | 7# 7.00 | 10# 8 oz 10.50 | 14# 14.00 | 17# 8 oz 17.50 | 21# 21.00 | 24# 8 oz 24.50 | 28# 28.00 |
| 15 oz .938 | 1# 14 oz 1.875 | 2# 13 oz 2.812 | 3# 12 oz 3.75 | 7# 8 oz 7.50 | 11# 4 oz 11.25 | 15# 15.00 | 18# 12 oz 18.75 | 22# 8 oz 22.50 | 26# 4 oz 26.25 | 30# 30.00 |
| 1# 1.000 | 2# 2.000 | 3# 3.000 | 4# 4.00 | 8# 8.00 | 12# 12.00 | 16# 16.00 | 20# 20.00 | 24# 24.00 | 28# 28.00 | 32# 32.00 |
| 1# 1 oz 1.062 | 2# 2 oz 2.125 | 3# 3 oz 3.188 | 4# 4 oz 4.25 | 8# 8 oz 8.50 | 12# 12 oz 12.75 | 17# 17.00 | 21# 4 oz 21.25 | 25# 8 oz 25.50 | 29# 12 oz 29.75 | 34# 34.00 |
| 1# 2 oz 1.125 | 2# 4 oz 2.250 | 3# 6 oz 3.375 | 4# 8 oz 4.50 | 9# 9.00 | 13# 8 oz 13.50 | 18# 18.00 | 22# 8 oz 22.50 | 27# 27.00 | 31# 8 oz 31.50 | 36# 36.00 |
| 1# 3 oz 1.188 | 2# 6 oz 2.375 | 3# 9 oz 3.562 | 4# 12 oz 4.75 | 9# 8 oz 9.50 | 14# 4 oz 14.25 | 19# 19.00 | 23# 12 oz 23.75 | 28# 8 oz 28.50 | 33# 4 oz 33.25 | 38# 38.00 |

| 25 Portions | 50 Portions | 75 Portions | 100 Portions | 200 Portions | 300 Portions | 400 Portions | 500 Portions | 600 Portions | 700 Portions | 800 Portions |
|------------------|-------------------|-------------------|------------------|-------------------|--------------------|--------------|--------------------|-------------------|--------------------|--------------|
| 1# 4 oz 1.250 | 2# 8 oz 2.500 | 3# 12 oz 3.750 | 5# 5.00 | 10# | 15# | 20# | 25# | 30# | 35# | 40# |
| 1# 5 oz 1.312 | 2# 10 oz 2.625 | 3# 15 oz 3.938 | 5# 4 oz 5.25 | 10# 8 oz 10.50 | 15# 12 oz 15.75 | 21# | 26# 4 oz 26.25 | 31# 8 oz 31.50 | 36# 12 oz 36.75 | 42# |
| 1# 6 oz 1.375 | 2# 12 oz 2.75 | 4# 2 oz 4.125 | 5# 8 oz 5.50 | 11# | 16# 8 oz 16.50 | 22# | 27# 8 oz 27.50 | 33# | 38# 8 oz 38.50 | 44# |
| 1# 7 oz 1.438 | 2# 14 oz 2.875 | 4# 5 oz 4.312 | 5# 12 oz 5.75 | 11# 8 oz 11.50 | 17# 4 oz 17.25 | 23# | 28# 12 oz 28.75 | 34# 8 oz 34.50 | 40# 4 oz 40.25 | 46# |
| 1# 8 oz 1.50 | 3# 3.00 | 4# 8 oz 4.500 | 6# 6.00 | 12# | 18# | 24# | 30# | 36# | 42# | 48# |
| 1# 12 oz 1.75 | 3# 8 oz 3.50 | 5# 4 oz 5.250 | 7# 7.00 | 14# | 21# | 28# | 35# | 42# | 49# | 56# |
| 2# 2.00 | 4# 4.00 | 6# 6.000 | 8# 8.00 | 16# | 24# | 32# | 40# | 48# | 56# | 64# |
| 2# 4 oz 2.25 | 4# 8 oz 4.50 | 6# 12 oz 6.75 | 9# 9.00 | 18# | 27# | 36# | 45# | 54# | 63# | 72# |
| 2# 8 oz 2.50 | 5# 5.00 | 7# 8 oz 7.50 | 10# 10.00 | 20# | 30# | 40# | 50# | 60# | 70# | 80# |
| 3# 3.00 | 6# 6.00 | 9# 9.00 | 12# 12.00 | 24# | 36# | 48# | 60# | 72# | 84# | 96# |
| 3# 12 oz 3.75 | 7# 8 oz 7.50 | 11# 4 oz 11.25 | 15# 15.00 | 30# | 45# | 60# | 75# | 90# | 105# | 120# |
| 5# 5.00 | 10# 10.00 | 15# 15.00 | 20# 20.00 | 40# | 60# | 80# | 100# | 120# | 140# | 160# |

Note: The material in these charts was based on material originally developed by the New York Department of Mental Hygiene and furnished through the courtesy of Mrs. Katherine Flack, Director of Nutrition Service.

| | <i>Card No.</i> |
|--|-----------------|
| Introduction to Fish and Shellfish Buying Guide for Type A School Lunches | B-1 |
| Market Forms of Fish and Shellfish | B-2 |
| Government Inspection and Certification of Fish and Shellfish | B-2 |
| Organization of the Fish and Shellfish Buying Guide | B-3 |
| How to Calculate the Quantity of Fish or Shellfish Needed | B-3 |
| Fish and Shellfish Buying Guide | B-4 |

Introduction to
FISH AND SHELLFISH BUYING GUIDE
for TYPE A SCHOOL LUNCHES

Fish and Shellfish Buying Guide B-1

This Fish and Shellfish Buying Guide provides information for planning and calculating the quantities of fish and shellfish to be purchased and used by schools serving Type A lunches in the National School Lunch Program.

Careful application of the information in this buying guide by school lunch personnel and purchasing agents will insure:

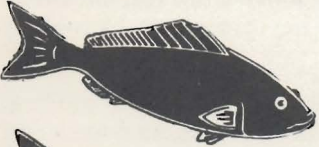
- **Economical menu planning and food purchasing.**
 - **Adequate amounts of fish and shellfish to prepare Type A lunches for the number of children to be served.**
-

MARKET FORMS OF FISH AND SHELLFISH

Fish and Shellfish Buying Guide B-2

Fish and shellfish, in some form—fresh, canned, frozen, or dried, are available in all parts of the country. Fish and shellfish are relatively inexpensive protein-rich foods that may be used to add variety to your school lunch menus.

Market forms of fish: Fish are marketed in various forms or cuts, the most important of which are given below. A more economical product is generally assured if one of the following commercial forms is requested instead of a specialty product.



Whole or round: Fish marketed just as they are caught. Before cooking they must be scaled, eviscerated, and usually the head, tail, and fins are removed. The fish then may be cooked or may be split, filleted, or cut into steaks or portions. Some small fish, like smelt, are often cooked with only the entrails removed.



Drawn fish: Fish marketed with only the entrails removed. Before cooking they must be scaled, and usually the head, tail, and fins are removed. The fish then may be cooked or may be split, filleted, or cut into steaks or portions. Some small fish, like smelt, are ready to cook as purchased.



Dressed or pan-dressed: Fish marketed with scales and entrails removed, and usually the head, tail, and fins are removed. The smaller size fish are called pan-dressed and ready to cook as purchased. The larger dressed fish may be cooked as purchased, but frequently are split or cut into steaks or portions.

(card 1 of 2)
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MARKET FORMS OF FISH AND SHELLFISH—Continued

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Steaks: Cross section slices from large dressed fish usually about three-quarters of an inch thick. A cross section of the backbone is usually the only bone in a steak. Steaks are ready to cook as purchased.



Fillets: The sides of the fish cut lengthwise away from the backbone. A fillet cut from one side of a fish is called a single fillet. This is the type most generally available on the market. Sometimes the skin is left on the fillets, others are skinned. They are practically boneless. Fillets are ready to cook as purchased.



Butterfly fillets: The two sides of the fish cut lengthwise away from the backbone and held together by the uncut flesh and skin of the belly. They are ready to cook as purchased.



Sticks and portions: Pieces of fish cut from blocks of frozen fillets into uniform sizes ranging in weight from 3/4 to 8 ounces. Available on the market as frozen raw breaded or frozen fried fish sticks or portions. Sticks and portions are ready to cook or heat as purchased.



Canned fish: Canned mackerel, sardines, salmon, and tuna are available on the market. They are ready to serve or use as purchased.

Dried fish: Dried salt cod is available on most markets. Salt cod is ready to cook as purchased.

(continued on next card)

MARKET FORMS OF FISH AND SHELLFISH, Card B-2—Continued

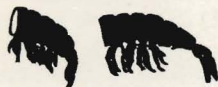
Market forms of shellfish: Some are marketed alive. Other market forms, depending on the variety, include cooked whole in the shell, headless, shucked or fresh meat, cooked meat, breaded and canned:



Live in the shell: Crabs, lobsters, clams, and oysters are available live in their shells on most markets. Shellfish purchased live in the shell must be kept alive until it is served or cooked.



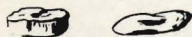
Cooked in the shell: Crabs and lobsters are available in most markets cooked in the shell either chilled or frozen.



Headless: Usually only the tail part of shrimp or spiny-lobster is available on the market. Unless otherwise stated, the term "shrimp" refers to the fresh, frozen, cooked, or canned tail sections of the shrimp.



Shucked or fresh meat: Shucked clams, oysters, and scallops are available on the market either fresh or frozen. Shucked clams, for example, are the clam meats that have been removed from the shells.



Cooked meat: The cooked meat is picked from the shell of cooked shellfish and marketed either fresh, frozen, or canned. Crab, lobster, and shrimp are available on the market as cooked meat.



Breaded: Frozen raw breaded or frozen fried clams, oysters, scallops, and shrimp are available on the market. These shellfish are ready to cook or heat as purchased.



Canned: Canned clams, crabs, lobsters, and shrimp are available on the market. They are ready to serve or use as purchased.

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GOVERNMENT INSPECTION AND CERTIFICATION OF FISH AND SHELLFISH

The U.S. Department of the Interior, Bureau of Commercial Fisheries, administers a voluntary program of fish and shellfish inspection. Through the use of this service you can procure fish and shellfish which have been examined and certified by an experienced Federal inspector. The inspector examines both quality and condition of the fish and shellfish, and determines and certifies the grade level of those products that have been standardized. The results of the inspection are recorded on an official Government certificate which is available to you upon request.

The following benefits are derived from the purchase of federally inspected fish and shellfish:

1. Assurance of product quality.
2. Assurance that packaged products contain the declared net contents.
3. Assurance that the species of fish in the package is the same as the species declared on the label.
4. Assurance that standardized breaded products such as fish portions, fried fish sticks, and scallops, etc., contain a specific amount of fish or shellfish.
5. Permits selection of the desired quality level for standardized products.
6. Helps in evaluating variable prices.

You may obtain detailed information on available fishery inspection services, current costs, and a list of firms that subscribe to Federal inspection along with a list of the products they provide by writing to the U.S. Department of the Interior, Bureau of Commercial Fisheries, Washington, D.C. 20240.

ORGANIZATION OF THE FISH AND SHELLFISH BUYING GUIDE

Fish and Shellfish Buying Guide B-3

The information in this Fish and Shellfish Buying Guide is presented in table form for easy reference. It is listed in columns 1 through 6 as follows:

Column 1—Food as Purchased: The fish and shellfish are listed according to the form in which they are obtained on the market—fresh, canned, frozen, and dried. They are listed alphabetically under these headings. The information given for breaded fish portions and sticks refers to both raw and fried breaded portions and sticks as purchased on the market, since new research findings show no significant differences in the yields.

Column 2—Purchase Unit: The unit of purchase specified for most fish and shellfish in this guide is 1 pound, which may be used to determine the yield of any size purchase unit on the market. For processed fish and shellfish, the purchase units are given in the most common institution and household size packs.

Column 3—Servings per Purchase Unit: This column shows the number of servings expected from a purchase unit. The number of servings per purchase unit are average figures based on yields obtained from many laboratory and food service units. Only foods of good quality, prepared by methods that result in the minimum of waste were used to determine these

yields. To permit accurate determination of the amounts of fish or shellfish to buy and accurate evaluation of recipes, the number of servings per purchase unit is presented in two decimal places.

Column 4—Serving Size or Portion: The serving size or portion is given as a weight or number of fish portions or sticks. For such items as breaded fish portions or sticks the yield in weight of the cooked fish is given in parentheses. The serving size or portion given in this column for the fish and shellfish will either meet the Type A requirement or can be credited toward it.

Column 5—Purchase Units for 100 Servings: This column shows the number of purchase units in column 2 needed for 100 servings or portions of the size specified in column 4. The number of purchase units for 100 servings was determined by dividing 100 by the number of servings per purchase unit in column 3. To assure 100 servings, the numbers in this column (column 5) were raised to the next quarter fraction.

Column 6—Additional Yield Information: This column shows the quantity of cooked fish or shellfish obtained from a pound of fish or shellfish as purchased. It also gives the drained weight of canned fish and shellfish.

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HOW TO CALCULATE THE QUANTITY OF FISH OR SHELLFISH NEEDED

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METHOD 1 (Use column 5, card B-4)

The purchase units for 100 servings in column 5 may be used to determine the amount needed to prepare a specified number of servings.

Assume that fish fillets (2 ounces cooked fish) are being served to 325 children. To determine the quantity of fish fillets needed, proceed as follows:

- Refer to yield information on fish fillets (column 5, card B-4) which shows that 19-3/4 or 19.75 pounds are needed for 100 2-ounce servings of cooked fish.
- Multiply the number of pounds (19.75) of fish fillets needed for 100 servings by the number of hundreds of servings needed—3.25 ($325 \div 100 = 3.25$):
 $19.75 \text{ pounds} \times 3.25 = 64.19$ or 64-1/4 pounds.

or

- Use conversion charts, card A-4, if applicable.

METHOD 2 (Use column 3, card B-4)

The number of servings per purchase unit in column 3 may also be used to determine the amount of food needed for a specified number of servings.

Assume that fish fillets (2 ounces cooked fish) are being served to 325 children. To determine the quantity of fish fillets needed, proceed as follows:

- Refer to yield information on fish fillets (column 3, card B-4) which shows that 5.12 2-ounce servings of cooked fish can be obtained from 1 pound of fish fillets.
- Divide the number of servings needed (325) by the number of servings obtained from one pound (5.12):
 $325 \div 5.12 = 63.48$ or 63-1/2 pounds.

or

- Use conversion charts, card A-4, if applicable.

Thus, by either method of calculation about 64 pounds of fish fillets of good quality are needed to provide 325 servings of cooked fish.

FISH AND SHELLFISH BUYING GUIDE

Protein-Rich Foods

Fish and Shellfish Buying Guide B-4

| Food as purchased (1) | Purchase unit (2) | Servings per purchase unit (3) | Serving size or portion (4) | Purchase units for 100 servings (5) | Additional yield information (6) |
|----------------------------------|----------------------------|-----------------------------------|----------------------------------|--|-------------------------------------|
| FISH, FRESH | | | | | |
| FILLETS | Pound | 5.12 | 2 oz. cooked fish | 19-3/4 | 1 lb. AP=0.64 lb. cooked fish. |
| STEAKS | Pound | 4.64 | 2 oz. cooked fish | 21-3/4 | 1 lb. AP=0.58 lb. cooked fish. |
| WHOLE (round, as caught). | Pound | 2.16 | 2 oz. cooked fish | 46-1/2 | 1 lb. AP=0.27 lb. cooked fish. |
| FISH, CANNED | | | | | |
| MACKEREL | 15 oz. can | 6.25 | 2 oz. fish | 16 | 1 can=12-1/2 oz. drained mackerel. |
| MAINE SARDINES (in oil). | 12 oz. can | 5.38 | 2 oz. fish | 18-3/4 | 1 can=10-3/4 oz. drained sardines. |
| | 3-3/4 to 4 oz. can | 1.87 | 2 oz. fish | 53-1/2 | 1 can=3-3/4 oz. drained sardines. |
| PACIFIC SARDINES | 15 oz. can | 5.75 | 2 oz. fish | 17-1/2 | 1 can=11-1/2 oz. drained sardines. |
| SALMON | 64 oz. can | 25.00 | 2 oz. fish | 4 | 1 can=50 oz. drained salmon. |
| | 16 oz. can | 6.50 | 2 oz. fish | 15-1/2 | 1 can=13 oz. drained salmon. |
| TUNA | 60 to 66-1/2 oz. can | 29.00 | 2 oz. fish | 3-1/2 | 1 can=58 oz. drained tuna. |
| | 6 to 7 oz. can | 3.00 | 2 oz. fish | 33-1/2 | 1 can=6 oz. drained tuna. |
| FISH, FROZEN | | | | | |
| FILLETS | Pound | 5.12 | 2 oz. cooked fish | 19-3/4 | 1 lb. AP=0.64 lb. cooked fish. |
| FISH PORTIONS | | | | | |
| Breaded | | | | | |
| 4 oz. portion | Pound | 4.00 | 1 portion (2.3 oz. cooked fish). | 25 | 1 lb. AP=0.58 lb. cooked fish. |
| 3 oz. portion | Pound | 5.33 | 1 portion (1.6 oz. cooked fish). | 18-3/4 | 1 lb. AP=0.54 lb. cooked fish. |
| 2 oz. portion | Pound | 8.00 | 1 portion (1.1 oz. cooked fish). | 12-1/2 | 1 lb. AP=0.53 lb. cooked fish. |
| Unbreaded | | | | | |
| 3 oz. portion | Pound | 5.33 | 1 portion (2.1 oz. cooked fish). | 18-3/4 | 1 lb. AP=0.69 lb. cooked fish. |
| 2 oz. portion | Pound | 8.00 | 1 portion (1.4 oz. cooked fish). | 12-1/2 | 1 lb. AP=0.68 lb. cooked fish. |
| FISH STICKS | | | | | |
| Breaded (1-oz. stick) | | | | | |
| | Pound | 4.00 | 4 sticks (2.0 oz. cooked fish). | 25 | 1 lb. AP=0.50 lb. cooked fish. |
| | Pound | 5.33 | 3 sticks (1.5 oz. cooked fish). | 18-3/4 | 1 lb. AP=0.50 lb. cooked fish. |
| | Pound | 8.00 | 2 sticks (1.0 oz. cooked fish). | 12-1/2 | 1 lb. AP=0.50 lb. cooked fish. |
| | Pound | 16.00 | 1 stick (0.5 oz. cooked fish). | 6-1/4 | 1 lb. AP=0.50 lb. cooked fish. |

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FISH AND SHELLFISH BUYING GUIDE—Continued

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Protein-Rich Foods

| Food as purchased (1) | Purchase unit (2) | Servings per purchase unit (3) | Serving size or portion (4) | Purchase units for 100 servings (5) | Additional yield information (6) |
|-----------------------------------|---------------------------------|-----------------------------------|--|--|--|
| STEAKS | Pound | 4.64 | 2 oz. cooked fish | 21-3/4 | 1 lb. AP=0.58 lb. cooked fish. |
| WHOLE (round, as caught). | Pound | 2.16 | 2 oz. cooked fish | 46-1/2 | 1 lb. AP=0.27 lb. cooked fish. |
| FISH, DRIED | | | | | |
| SALT COD | Pound | 5.76 | 2 oz. cooked fish | 17-1/2 | 1 lb. AP=0.72 lb. cooked fish. |
| SHELLFISH, FRESH OR FROZEN | | | | | |
| CLAMS, SHUCKED | Gallon (8 lb.) Pound (1 pt.) | 30.72 3.84 | 2 oz. cooked clams 2 oz. cooked clams | 3-1/2 26-1/4 | 1 lb. AP=0.48 lb. cooked clams. |
| CRAB MEAT | Pound | 7.76 | 2 oz. cooked crab meat. | 13 | 1 lb. AP=0.97 lb. cooked crab meat. |
| OYSTERS, SHUCKED. | | | | | |
| | Gallon (8 lb.) | 25.60 | 2 oz. cooked oysters | 4 | |
| | Pound (1 pt.) | 3.20 | 2 oz. cooked oysters | 31-1/4 | 1 lb. AP=0.40 lb. cooked oysters. |
| SCALLOPS | Pound | 5.04 | 2 oz. cooked scallops. | 20 | 1 lb. AP=0.63 lb. cooked scallops. |
| SHRIMP | | | | | |
| Raw, in shell | Pound | 4.00 | 2 oz. cooked shrimp | 25 | 1 lb. AP=0.50 lb. cooked shrimp. |
| Cooked, peeled and cleaned. | Pound | 8.00 | 2 oz. cooked shrimp | 12-1/2 | 1 lb. AP=1.00 lb. cooked shrimp. |
| SHELLFISH, CANNED | | | | | |
| CLAMS | | | | | |
| Minced | 51 oz. can | 12.00 | 2 oz. clams | 8-1/2 | 1 can=24 oz. drained clams. |
| | 7-1/2 oz. can | 1.87 | 2 oz. clams | 53-1/2 | 1 can=3-3/4 oz. drained clams. |
| CRAB MEAT | 6-1/2 oz. can | 2.75 | 2 oz. crab meat | 36-1/2 | 1 can=5-1/2 oz. drained cleaned crab meat. |
| OYSTERS | 5-oz. can (drained wt.) | 2.50 | 2 oz. oysters | 40 | 1 can=5 oz. drained oysters. |
| SHRIMP | 4-1/2 oz. can (drained wt.) | 2.25 | 2 oz. shrimp | 44-1/2 | 1 can=4-1/2 oz. drained shrimp. |

C—RECIPE INFORMATION

| | <i>Card No.</i> |
|---|-----------------|
| Introduction to Fish and Shellfish Quantity Receipts for Type A School Lunches | C-1 |
| General Information | C-1 |
| The Recipe | C-2 |
| How to Calculate the Quantities of Food Needed | C-3 |
| Terms Used to Describe Oven Temperatures | C-3 |
| Weighing and Measuring Ingredients | C-4 |
| Measures for Portion Control | C-4 |
| Approximate Dimensions of Portion Sizes from Different Pan Sizes | C-5 |
| Nonfat Dry Milk—Ways to Prepare for Use | C-5 |
| Dried Whole Eggs—Instructions for Use and Storage | C-6 |
| Shell Eggs—Weight of Different Sizes of Shell Eggs and Number per Quart | C-7 |
| Hard-Cooked Eggs | C-8 |
| Storing, Thawing, and Cooking Fish and Shellfish | C-9 |
| How to Boil Scallops | C-10 |
| How to Boil Shrimp | C-10 |

**Introduction to
FISH AND SHELLFISH QUANTITY RECIPES
for TYPE A SCHOOL LUNCHES**

Recipe Information C-1

This publication provides fish and shellfish quantity recipes and other information needed to prepare Type A lunches in schools participating in the National School Lunch Program. (See the Type A Pattern card A-1.)

Use of the information and recipes in this publication by school lunch personnel will help assure:

- **Appetizing, nutritious Type A lunches.**
- **Adequate portions for all children.**
- **Moderate food costs.**

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GENERAL INFORMATION

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The information in this chapter is divided into the following three sections:

General Information

Recipes

Classification of Recipes

General Information: The general information section includes information on the organization of the recipes, how to calculate the quantities of food needed for the number of children to be served, weighing and measuring ingredients, terms used to describe oven temperatures, standard measures and scoops for portion control, and general instructions on the use of nonfat dry milk, dried whole eggs, and shell eggs.

Recipes: The recipes are designed to help meet the Type A lunch requirements for protein-rich food, vegetables and fruits, and bread. All recipes in the

publication were carefully planned to appeal to children's food tastes, to provide variety in Type A school lunches, and to make good use of locally purchased and USDA-donated foods.

Each recipe is designed to yield 100 portions of a specified size or a given quantity of food.

Classification of Recipes: Classification of Recipes lists all recipes in the publication. Recipes making a contribution to the Type A lunch requirements are listed under the headings Protein-Rich Food, Vegetable and Fruit, and Bread.

Most of the main dish recipes meet the full protein-rich food requirement of the Type A lunch. Other recipes meeting all or part of this requirement are found in the Salads, Sandwiches, Sauces, and Soup sections.

At the top of the recipe, the name of the recipe is given in the center; the section, such as Main Dishes on the right side; and the classification of the kind of contribution made to the Type A lunch on the left side. The contribution may be protein-rich food, vegetable or fruit, bread, or any combination of these. For example, the contribution on the recipe for Maine Sardine Submarine Sandwich (card F-5) is Protein-Rich Food/Vegetable/Bread.

Ingredients: The ingredients are listed in the first column in the form in which they are to be used in the recipe and in the order of use. All foods listed can be purchased on the regular commercial market with the exception of dried whole eggs which is a USDA "special purchase" food.

Weights and Measures: The quantity of each ingredient described in the first column is given in both weight and volume measures in most cases.

For ___ Portions: This column is to be used for entering the quantity of each ingredient needed for the number of portions to be prepared. (See card C-3, How To Calculate the Quantities of Food Needed.)

Directions: The information in this column tells how to proceed in preparing the recipe. Each major procedure and the ingredients used are separated from the next procedure by a horizontal line.

Portions: A portion of prepared food such as 1 piece, 2 by 3-3/4 inches, 1/2 cup, or 1 sandwich is given in most recipes. The contribution a serving makes to the Type A lunch requirements is also indicated when appropriate. Some recipes may contribute to two or more requirements of the lunch. A recipe that makes a contribution to the protein-rich food requirement provides the equivalent of 1 ounce but no more than 2 ounces of protein-rich food. Each recipe making a contribution to the vegetable and fruit requirement provides at least 1/4 but no more than 1/2 cup of vegetable or fruit. When the total yield of food is calculated from data for similar items in the *Food Buying Guide for Type A School Lunches, PA-270*, the recipe may yield slightly more than the stated contribution for 100. This is because losses have occurred in the additional preparation and cooking of the foods which are not accounted for in the Food Buying Guide.

Cost Per Portion: This space is provided to record the cost per serving of a food.

Variations: A variation of a recipe may have one or more ingredients replaced, added to, or deleted from the basic recipe. A variation may call for a change in preparation method or cooking time. The variation of the recipe may also bring about a change

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no 5 in the contribution the recipe makes to the Type A lunch. Variations are listed alphabetically with the exception of those variations using dried whole eggs in place of shell eggs, which are always listed first.

Menu Suggestions: Two suggested menus for Type A lunches are given on the back of the recipe for each main dish, salad, sandwich, and soup recipe that makes a contribution to the protein-rich food requirement. These menus are planned around the basic recipe or a variation of that recipe shown in italic.

A vitamin C food is included in each menu and a vitamin A food in at least one of the two menus. Foods that provide worthwhile amounts of iron are frequently used in these menus. When a recipe provides only half the protein-rich food requirement, an additional protein-rich food item is included in the menu.

In menus where the dessert is listed before the milk the dessert is needed to meet the protein-rich food or vegetable and fruit requirements of the lunch. Other desserts are listed after the milk.

Through careful planning and buying and by making good use of USDA-donated foods, the menus will fit into most school lunch budgets.

Marketing Guide for Selected Items: A marketing guide is given on the back of the recipe for selected ingredients that have some preparation loss or gain before they are ready to be used in recipes, and for canned or frozen foods that are purchased in common institutional market units. (See *Food Buying Guide for Type A School Lunch, PA-270*, for additional can sizes or packages on the market.) "Food as Purchased" refers to the fresh form unless otherwise indicated. The guide shows how much of this food is needed to provide the quantity called for in the recipe for 100 portions. For example, the recipe for Tuna-Vegetable Soup (card H-3) calls for 2 lb. of chopped onions. The marketing guide shows that 2 lb. 4 oz. of onions of good quality are needed for the recipe. The same recipe calls for 25 lb. 8 oz. (3 gal.) of tomato juice. The marketing guide calls for 8-1/2 No. 3 cyl. cans.

HOW TO CALCULATE THE QUANTITIES OF FOOD NEEDED

Recipe Information C-3

Each recipe in this publication is designed to provide 100 portions of a specified size or a given quantity of food. Since most schools will not serve exactly 100 lunches each day, it is necessary to increase or decrease the number of portions in a recipe. When increasing a recipe, consider the size of your equipment and the recommended size of batch for a good quality product. Prepare several lots if necessary to get the total number of servings required for the school.

It is easy to change the size of a 100-portion recipe.

Two Examples Are Given Below: Example A uses only staple foods or foods without any preparation loss. Example B uses foods with a preparation loss. It would apply also to foods in which the weight of the ingredient in the recipe is different from common market unit.

EXAMPLE A: Oven-Fried Fish Portions uses only staple foods or ingredients without any preparation loss.

- On the front of the recipe card in the column heading "For ___ portions" write the number of portions needed.
- Assume that Oven-Fried Fish Portions (1 portion) will be served to 325 children. To determine the quantity of each ingredient to use, proceed as follows:
 - Multiply the number of pounds (25 lb.) of frozen raw breaded fish portions needed for 100 portions by the number of hundreds of servings needed $\cdot 3.25$ ($325 \div 100 = 3.25$): $25 \text{ pounds} \times 3.25 = 81.25$ pounds of frozen raw breaded portions.
 - or*
 - Use Conversion Charts, card A-4, if applicable.

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HOW TO CALCULATE THE QUANTITIES OF FOOD NEEDED—Continued

- Enter the amount "81.25 lb" opposite frozen raw breaded fish portions. Complete the calculations for each ingredient in the recipe as follows:

| Ingredients | 100 portions | | For 325 portions ² |
|---------------------------------------|--------------|-----------------------|-------------------------------|
| | Weights | Measures ¹ | |
| OVEN-FRIED FISH PORTIONS | | | |
| Frozen raw breaded fish portions..... | 25 lb..... | | 81.25 lb. (81 lb. 4 oz.). |
| Oil or fat, melted..... | 1 lb..... | | 3.25 lb. (3 lb. 4 oz.). |
| Paprika..... | 1/2 oz..... | | 1.625 oz. (1-3/4 oz.). |

¹ If measures are used multiply the volume by 3.25.
² See card A-3 to change decimal parts of pounds to ounces.

(continued on next card)

HOW TO CALCULATE THE QUANTITIES OF FOOD NEEDED, Card C-3 -Continued

EXAMPLE B: Manhattan Ocean Perch Chowder uses foods with a preparation loss in addition to staple foods.

- *On the front* of the recipe card in the column heading "For ___ portions" write the number of portions needed.
- Assume that Manhattan Ocean Perch Chowder (1 cup) will be served to 325 children. To determine the quantity of each ingredient to use proceed as follows:
 - Multiply the number of pounds 10 lb. (10.00 lb.) of ocean perch fillets needed for 100 portions by the number of hundreds of servings needed 3.25 ($325 \div 100 = 3.25$): $10.00 \times 3.25 = 32.50$ pounds of ocean perch fillets.
 - or*
 - Use *Conversion Charts*, card A-4, if applicable.
- Enter this amount in the recipe opposite ocean perch fillets. Complete the calculations by multiplying 3.25 by each ingredient listed in the recipe.

NOTE: For items marked with a star (★) on the front of the card, "See Marketing Guide on back of card."

- *On the back* of the recipe card in the column heading "For ___ portion recipe" write the number of portions needed. To determine the quantity of onions to purchase proceed as follows:
 - Multiply the number of pounds (2 lb. 4 oz.) of onions for a 100-portion recipe by 3.25: $2.25 \text{ pounds} \times 3.25 = 7.312$ pounds of onions.
 - or*
 - Use *Conversion Charts*, card A-4, if applicable.
- Enter 7.312 opposite onions. Complete the calculations by multiplying 3.25 by each food listed on the Marketing Guide.

NOTE: The weight (or measure) of a prepared food listed on the front of the card *is the actual quantity needed to prepare the recipe*. The weight of the food as purchased on the back of the card should give the amount of food needed *if good quality food* is purchased and it is prepared by methods that result in a minimum of waste. More food may be needed to obtain the amount specified in the recipe if lower quality food is used and preparation losses are above average.

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TERMS USED TO DESCRIBE OVEN TEMPERATURES

| | |
|-------------------------|-----------------|
| Very slow oven..... | 250° and 275° F |
| Slow oven..... | 300° and 325° F |
| Moderate oven..... | 350° and 375° F |
| Hot oven..... | 400° and 425° F |
| Very hot oven..... | 450° and 475° F |
| Extremely hot oven..... | 500° and 525° F |

Preheat oven to temperature indicated in recipe.

WEIGHING AND MEASURING

- Weigh or measure ingredients accurately and follow directions on recipe for combining.
- Weighing, when possible, is recommended as it is more accurate.
- When measuring, use standard measuring equipment and make measurements level.
- Use the largest appropriate measure to reduce the possibility of error and to save time.
Example: Use a 1-gallon measure one time rather than a 1-quart measure four times. (Flour is the exception. Use measure no larger than 1 quart for flour.)

METHODS OF MEASURING INGREDIENTS

DRY INGREDIENTS

White Flour and Nonfat Dry Milk

Place unsifted ingredient lightly in measure and level with a straight edge of knife or spatula.

Whole-Grain Flour and Meals

Stir lightly with fork or spoon. Place lightly in a measure and level with spatula.

Dried Whole Eggs

Sift once. Place lightly in measure and level with spatula.

SOLID FATS

Press fat firmly into measure and level with spatula.

SUGARS

Brown Sugar (regular)

Pack in measure firmly enough for the sugar to keep the shape of the container when turned out. If lumpy, roll and sift before measuring.

White Sugar

Place in measure and level with spatula. If lumpy, sift before measuring.

EQUIPMENT AIDS TO ACCURATE WEIGHING AND MEASURING

- Scales—a table model preferably with a large platter; 25- to 30-lb capacity; 1/4- to 1/2-ounce gradations.
- Measuring utensils
 - Graduated—gallon, 2-quart, quart, pint, cup.
 - Single measures—cup, 1/2 cup, 1/3 cup, 1/4 cup, tablespoon, teaspoon, 1/2 teaspoon, 1/4 teaspoon.
- Spatula or knife
- Stirring spoon
- Sifter

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The recipes in this publication can be depended upon to give the number of portions of the specified size listed on the recipe. In order to obtain the number of servings listed on the recipe, the food should be served with ladles, scoops, and spoons of standard sizes.

DIPPERS OR SCOOPS

The number of the scoop indicates the number of scoopfuls it takes to make 1 quart. The following table shows the level measures of each scoop in cups or tablespoons:

| Dipper or scoop No.: | Level measure |
|----------------------|-------------------|
| 6..... | 2/3 cup |
| 8..... | 1/2 cup |
| 10..... | 2/5 cup |
| 12..... | 1/3 cup |
| 16..... | 1/4 cup |
| 20..... | 3-1/5 tablespoons |
| 24..... | 2-2/3 tablespoons |
| 30..... | 2-1/5 tablespoons |
| 40..... | 1-3/5 tablespoons |

Scoops may be used for portioning such items as barbecue, salads, sandwiches, and other similar products.

LADLES

The following sizes of ladles are most frequently used for serving school lunches:

- 1/4 cup
- 1/2 cup
- 3/4 cup
- 1 cup

Ladles may be used in serving creamed dishes, chowders, sauces, soups, and other similar products.

SERVING SPOONS

A serving spoon (solid or slotted) may be used instead of a scoop. Since these spoons are not identified by number, it is necessary to measure or weigh the quantity of food from sizes of spoons used to obtain the approximate serving size desired.

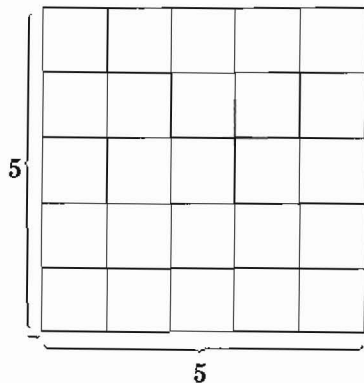
APPROXIMATE DIMENSIONS OF PORTION SIZES FROM DIFFERENT PAN SIZES

Recipe Information C-5

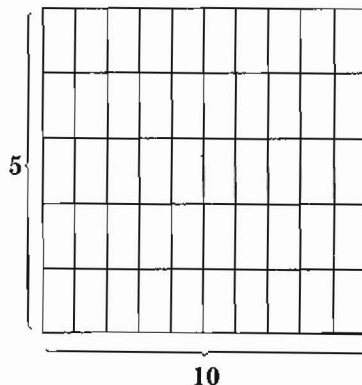
| Pan size ¹ | Number and size of portions per pan | | |
|---------------------------------|-------------------------------------|----------------------------|-----------------------|
| | 25 | 50 | 100 |
| About 12 by 20 by 2 inches..... | 2 by 3-3/4 inches..... | 2 by 2 inches..... | |
| About 18 by 26 by 1 inches..... | 3-1/4 by 5 inches..... | 2-1/2 by 3-1/4 inches..... | 1-3/4 by 2-1/2 inches |

Cutting Diagram for Correct Portioning

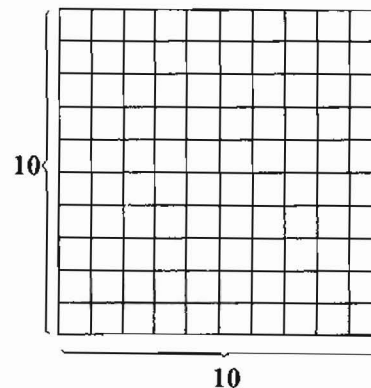
For 25 portions



For 50 portions



For 100 portions



¹ Based on bottom dimensions of the pans.

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NONFAT DRY MILK
Ways to Prepare for Use

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Reconstituted nonfat dry milk may be used in place of fluid milk in recipes in this file. It may also be used in making buttermilk, sour milk (directions below).

TYPES OF NONFAT DRY MILK

USDA Special Purchase Nonfat Dry Milk

| | | |
|---|----------------------|----------------|
| <i>Fluid Skim Milk = Nonfat Dry Milk (USDA) + Water</i> | | |
| 1 quart | = 3 3/4 oz (3/4 cup) | + 3-3/4 cups |
| 1 gallon | = 15 oz (3 cups) | + 3-3/4 quarts |

Market Pack Nonfat Dry Milk (Instant Type)

| | | |
|---|-------------------------|----------------|
| <i>Fluid Skim Milk = Nonfat Dry Milk (Market) + Water</i> | | |
| 1 quart | = 3-3/4 oz (1 1/2 cups) | + 3-3/4 cups |
| 1 gallon | = 15 oz (6 cups) | + 3 3/4 quarts |

WAYS TO USE

- Sprinkle dry milk on top of lukewarm water and beat with rotary beater, wire whip, or power mixer until well mixed. *or*
- Mix the nonfat dry milk with the dry ingredients in the recipe and add the water for reconstitution in place of the fluid milk specified.

METHODS FOR MAKING BUTTERMILK AND SOUR MILK FROM USDA NONFAT DRY MILK

Buttermilk

- 3-3/4 cups lukewarm water
- 3/4 cup nonfat dry milk (USDA)
- 1/2 cup commercial buttermilk

Reconstitute nonfat dry milk with lukewarm water. Stir in buttermilk. Cover. Let stand at room temperature 8 hours. Stir until smooth. Cover and refrigerate. YIELD: About 1 qt.

Sour Milk

- 3-1/2 cups lukewarm water
- 3/4 cup nonfat dry milk (USDA)
- 1/4 cup vinegar

Reconstitute nonfat dry milk with lukewarm water. Stir in vinegar. Use in place of sour milk or buttermilk. Cover and refrigerate if not used immediately. YIELD: About 1 qt.

DRIED WHOLE EGGS

Instructions for Use and Storage

Recipe Information C-6

Dried whole eggs can be used in place of shell eggs only in *thoroughly* cooked products such as baked breads, baked scrambled eggs, long cooked casseroles, and other baked products. Thorough cooking of dried whole eggs is best accomplished in the oven as this method will provide a uniform temperature throughout the mixture. Thorough cooking of dried whole egg products such as dumplings and noodles can also be accompanied in boiling water or broth.

Follow instructions carefully. The *directions* below on the uses of dried eggs are *safeguards* against bacterial contamination:

- Reconstitute only the quantity of dried eggs needed for the recipe and use immediately.
- Bake foods in pans of the size, number, and depth specified in the recipe. If other pan sizes are used, fill them to a depth of not more than 2-1/2 inches with the exception of baked or steamed scrambled eggs which should be no more than 1 inch in depth. Deeper layers of food may not be thoroughly cooked in the time recommended.
- **PRECAUTION:** *Do not use dried eggs* in egg-milk drinks, ice cream, uncooked salad dressings, or in cream puddings, soft custards, omelets, or

scrambled eggs cooked on top of stove.

- Store dried eggs in a cool dry place (32° to 50° F.) or preferably in the refrigerator. After can is opened, store the unused powder in a tightly covered container in the refrigerator.

RECIPES IN THIS PUBLICATION:

Directions for using dried whole eggs in place of shell eggs are given in several recipes in this publication. Dried eggs are used in place of shell eggs in the first variation of the recipe.

OTHER RECIPES:

Dried whole eggs may be used in place of shell eggs in many other recipes, provided the product is thoroughly cooked. For example, if dried eggs are used in a recipe such as fish loaf it would be necessary to put a layer of the product (about 1-1/2 inches) in 12 by 20 by 2 inch pans rather than to form loaves. This assures thorough cooking in the baking time specified. For a uniform fish mixture, the dried eggs will need to be reconstituted with water. The quantity of water and dried whole eggs to use to replace shell eggs and the methods of mixing are given on the back of this card.

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DRIED WHOLE EGGS—Continued

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DRIED WHOLE EGGS: Ways to Prepare For Use

1. *Reconstitute with water:* In most recipes, dried eggs may be reconstituted with water and used like shell eggs. Weigh the dried eggs or sift and measure; use exact weights or level measurements; sprinkle sifted dried eggs over the required amount of water (see chart on equivalents below). Blend by using a mixer, rotary beater, or wire whip. Promptly wash sifter and other utensils used.

NOTE: Mix only the amount of dried eggs needed for the recipe being prepared.

2. *Combine with dry ingredients:* For recipes using several dry ingredients it may be desirable to blend the dried eggs with the dry ingredients. Weigh or sift and measure the dried eggs before blending with dry ingredients. Water needed to reconstitute the dried eggs should be added to the other liquid in the recipe (see chart below). Promptly wash sifter and other utensils used.

EQUIVALENTS OF SHELL EGGS TO RECONSTITUTED DRIED WHOLE EGGS

To replace large shell eggs with dried whole eggs, reconstitute dried whole eggs with an equal volume of water as follows:

| Number of Shell Eggs (large) | = | Dried Whole Eggs | + | Water | Number of Shell Eggs (large) | = | Dried Whole Eggs | + | Water |
|------------------------------|---|-----------------------------|---|------------------|------------------------------|---|-----------------------|---|------------|
| 1 | = | 1/2 oz (2-1/2 Tbsp) | + | 2-1/2 Tbsp | 9 | = | 4-1/2 oz (1-1/2 cups) | + | 1-1/2 cups |
| 2 | = | 1 oz (1/3 cup) | + | 1/3 cup | 10 | = | 5 oz (1-2/3 cups) | + | 1-2/3 cups |
| 3 | = | 1-1/2 oz (1/2 cup) | + | 1/2 cup | 11 | = | 5-1/2 oz (1-3/4 cups) | + | 1-3/4 cups |
| 4 | = | 2 oz (2/3 cup) | + | 2/3 cup | 12 | = | 6 oz (2 cups) | + | 2 cups |
| 5 | = | 2-1/2 oz (3/4 cup) | + | 3/4 cup | 24 | = | 12 oz (1 qt) | + | 1 qt |
| 6 | = | 3 oz (1 cup) | + | 1 cup | 36 | = | 1 lb 2 oz (1-1/2 qt) | + | 1-1/2 qt |
| 7 | = | 3-1/2 oz (1 cup 2-1/2 Tbsp) | + | 1 cup 2-1/2 Tbsp | 48 | = | 1 lb 8 oz (2 qt) | + | 2 qt |
| 8 | = | 4 oz (1-1/3 cups) | + | 1-1/3 cups | 60 | = | 1 lb 14 oz (2-1/2 qt) | + | 2-1/2 qt |

(continued)

SHELL EGGS

(Weight of different sizes of shell eggs and number per quart)

Recipe Information C-7

| Size | 1 dozen weighs at least | Approximate number per quart | | |
|------------------------|----------------------------|------------------------------|--------------------|--------------|
| | | Whole Eggs | Egg Yolks | Egg Whites |
| Extra-large | 27 oz; or 1 lb 11 oz | 17 | 49 | 26 |
| ★Large | 24 oz; or 1 lb 8 oz | 19 | 55 | 29 |
| Medium | 21 oz; or 1 lb 5 oz | 22 | 63 | 33 |
| Small | 18 oz; or 1 lb 2 oz | 25 | 74 | 39 |
| Weight per quart | | 34 ounces | 34 ounces | 34 ounces |
| Weight per cup | | 8-1/2 ounces | 8-1/2 ounces | 8-1/2 ounces |

NOTE: Size is marked on the carton but weight is not.
 ★All shell eggs used in recipes in this file are large eggs.

High quality clean eggs with no cracks in the shell can be used in any recipe. Cracked or soiled eggs may contain bacteria that can produce food poisoning unless they are well-cooked. Therefore,

cracked or soiled eggs should be thoroughly cooked or used in foods that are thoroughly cooked. Do not use cracked or soiled eggs in uncooked foods or slightly cooked foods.

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HARD-COOKED EGGS

(Using shell or dried whole eggs)

Recipe Information C-8

HARD-COOKED EGGS (using shell eggs) Eggs, Shelled—Oven Method

| Number of large eggs | Approximate weight of shelled eggs | Salt | Directions |
|----------------------|------------------------------------|-----------------|---|
| 25..... | 2 lb 13 oz..... | 1 tsp..... | <ol style="list-style-type: none">1. Place shelled eggs in greased baking pan (25 eggs for a 12- by 20- by 2-inch pan). Add 1/2 cup water to each pan.2. Set pan of eggs in a pan of hot water; cover and bake at 350° F (moderate oven) 20 minutes or until set.3. Cut into 1/2-inch squares; use at once in creamed foods or chill in the refrigerator and use in salads or sandwiches. |
| 50..... | 5 lb 9 oz..... | 2 tsp..... | |
| 100..... | 11 lb 2 oz..... | 1-1/3 Tbsp..... | |

Eggs in Shell—Hot Water or Steamer Method

Cover eggs with cold water. Heat to boiling point, and simmer 20 minutes; or steam in a perforated pan for 15 minutes at 5 lb pressure. Remove from heat and cool quickly under cold running water until cool enough to handle. Crack by tapping the eggs against a hard surface or with a spoon. Loosen shell by rolling eggs on a hard surface. When peeling, start at the large end. (over)

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HARD-COOKED EGGS
(Using shell or dried whole eggs)—Continued

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HARD-COOKED EGGS (using dried whole eggs)

| Number of hard-cooked large eggs=Dried whole eggs, sifted | + Water | + Salt |
|---|-----------------------------|----------------------------|
| 10 | = 5 oz (1-2/3 cups) | +1-2/3 cups +1/2 tsp |
| 20 | =10 oz (3-1/3 cups) | +3-1/3 cups +1 tsp |
| 50 | = 1 lb 9 oz (2 qt 1/3 cup) | +2 qt 1/3 cup +2-1/2 tsp |
| 100 | = 3 lb 2 oz (1 gal 2/3 cup) | +1 gal 2/3 cup +1-2/3 Tbsp |

DIRECTIONS

Sprinkle dried whole eggs over salted water and beat to blend.

Oven Method

1. Pour into a greased baking pan to depth of 1/2 inch (2 qt for a 12- by 20- by 2-inch pan) and bake at 325° F (slow oven) 25 minutes or until egg mixture is firm.
2. Cool quickly and cut into 1/2-inch squares for salads or chop for sandwiches. Do not hold overnight.

Boiling Water Method

1. Pour mixture into rapidly boiling salted water. Use 1-1/2 gal water and 1 oz (2 Tbsp) salt for 10 to 50 eggs, 3 gal water and 2 oz (1/4 cup) salt for 100 eggs. Boil 1 minute.
2. Drain and use immediately in creamed dishes or chill at once in refrigerator and use in salads or sandwiches. Do not hold overnight.

STORING, THAWING, AND COOKING FISH AND SHELLFISH

Recipe Information C-9

Fish and shellfish must be properly handled during storage, thawing, preparation, cooking, and serving to avoid spoilage or serious food poisoning.

DIRECTIONS FOR STORING

- Canned fish or shellfish should be stored in a cool, dry place.
- Fresh fish and shellfish should be delivered packed in crushed ice. Fresh fish and shellfish should be stored in the refrigerator at 35° to 40° F. until it is removed for cooking.
- *Do not hold fresh fish or shellfish longer than 1 day before cooking.*
- Frozen fish and shellfish should be delivered hard frozen. Frozen fish and shellfish should be stored in the freezer at 0° F. or below until it is removed for thawing and cooking.

DIRECTIONS FOR THAWING

1. Schedule thawing so that the fish or shellfish will be cooked soon after it is thawed. *Do not hold thawed fish or shellfish longer than 1 day before cooking.*
2. Remove from the freezer only the amount of fish or shellfish needed for 1 day's use. See Fish and

Shellfish Buying Guide, card B-4, for amount to purchase for 100 two-ounce servings.

3. Remove the fish from the cartons and place the individual packages or cans on trays in the refrigerator at 35° to 40° F. to thaw. Allow 24 to 36 hours for thawing the 1 pound packages or cans and 48 to 72 hours for thawing the 5 pound solid packed packages or the gallon cans.
4. If quicker thawing is necessary, remove the fish from the cartons and thaw the individual packages under cold running water. Allow 1 to 2 hours for thawing the 1 pound packages or cans and 2 to 3 hours for thawing the 5 pound packages. Allow 6 to 8 hours for thawing gallon cans.
5. *Do not thaw at room temperature or in warm water.*
6. *Do not refreeze.*
7. *Fish portions and sticks should not be thawed before cooking.* Remove from the freezer only the amount of portions or sticks needed for 1 day's use. See Fish and Shellfish Buying Guide, card B-4, for amount to purchase for 100 two-ounce servings.
8. Frozen fillets and steaks may be cooked without thawing if additional cooking time is allowed. Fillets or steaks to be breaded or stuffed should be thawed.

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STORING, THAWING, AND COOKING FISH AND SHELLFISH—Continued

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DIRECTIONS FOR COOKING

1. Fish may be cooked by any one of the basic cooking methods.
2. Suggested cooking methods for various market forms of fish are given in the table below.
3. For the amount of fish or shellfish to purchase for 100 two-ounce servings, see Fish and Shellfish

Buying Guide, card B-4.

4. Schedule the cooking so that the fish or shellfish will be served soon after it is cooked.
5. Cook only until fish flakes easily when tested with a fork. *Do not overcook.*
6. Use temperatures and cooking time on the recipes or the timetable below as a guide for cooking fish.

Timetable for Cooking Fish

| Forms of fish | Baking | | Oven-frying | | Deep-fat frying | |
|----------------|------------------|----------------|------------------|----------------|--------------------|----------------|
| | Oven Temperature | Cooking time | Oven Temperature | Cooking time | Temperature of fat | Cooking time |
| | | <i>Minutes</i> | | <i>Minutes</i> | | <i>Minutes</i> |
| Fillets..... | 350° F. | 30-40 | 500° F. | 15-20 | 350° F. | 2-4 |
| Steaks..... | 350° F. | 30-40 | 500° F. | 15-20 | 350° F. | 3-4 |
| Portions | | | | | | |
| Breaded..... | 350° F. | 30-40 | 500° F. | 15-20 | 350° F. | 4-6 |
| Fried..... | 400° F. | 15-20 | | | | |
| Unbreaded..... | 350° F. | 30-40 | 500° F. | 15-10 | 350° F. | 4-6 |
| Sticks | | | | | | |
| Breaded..... | 350° F. | 30-40 | 500° F. | 15-20 | 350° F. | 3-4 |
| Fried..... | 400° F. | 15-20 | | | | |

HOW TO BOIL SCALLOPS

Recipe Information C-10

| Ingredients | 100 portions | | For _____ portions | Directions |
|-----------------------------|------------------|----------------------------------|--------------------|---|
| | Weights | Measures | | |
| Scallops (fresh or frozen) | 20 lb. ----- | ----- | ----- | 1. Thaw frozen scallops (card C-9). 2. Rinse with cold water to remove any shell particles. 3. Place in boiling salted water. Cover and return to boiling point. Reduce heat and simmer 3 to 4 minutes depending on size. 4. Drain. YIELD: 12 lb. 8 oz. cooked scallops. |
| Boiling water Salt ----- | 12-1/2 oz. ----- | 3 gal. ----- 1-1/2 cups ----- | ----- | |

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HOW TO BOIL SHRIMP

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| Ingredients | 100 portions | | For _____ portions | Directions |
|---|-------------------|----------------------------|-----------------------|--|
| | Weights | Measures | | |
| Shrimp, raw in shell (fresh or frozen) | 25 lb. ----- | ----- | ----- | <ol style="list-style-type: none"> 1. Thaw frozen shrimp (card C-9). 2. Rinse with cold water. |
| Boiling water Salt ----- | 1 lb. 5 oz. ----- | 5 gal. 2-1/2 cups ----- | ----- | |

3. Place in boiling salted water. Cover and return to boiling point. Reduce heat and simmer 4 to 5 minutes depending on size.
 4. Drain, peel, and remove sand veins.
- YIELD:** 12 lb. 8 oz. cooked, peeled, and cleaned shrimp.

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| Using dried whole eggs..... | D-20a | | |

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D—MAIN DISHES

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| Italian..... | D-11a | Using chili powder..... | D-26a & c |
| Saucy..... | D-22a | Using dry mustard..... | D-26a & d |
| | | Using poultry seasoning..... | D-26a & e |

| Ingredients | 100 portions | | For _____ portions | Directions |
|--------------------------------|------------------|---------------------|--------------------|--|
| | Weights | Measures | | |
| Cod fillets (fresh or frozen). | 18 lb.----- | ----- | ----- | 1. Thaw frozen fillets (card C-9). Remove skin if necessary. Divide into 100 portions, about 2-3/4 oz. each. 2. Cook celery and onions in fat until clear, but not brown. 3. Add bread and seasonings. Mix well. 4. Beat eggs. 5. Combine with milk and pour over bread mixture. Blend thoroughly. 6. Place in 4 well-greased baking pans (about 12 by 20 by 2 inches). 7. Place fish in a single layer on stuffing. 8. Combine fat and paprika. Brush over fish. 9. Sprinkle salt over fish. 10. Bake at 350° F. (moderate oven) 30 to 40 minutes or until fish flakes easily when tested with a fork. |
| ★Celery, chopped | 4 lb.----- | 3-3/4 qt----- | ----- | |
| ★Onions, chopped | 1 lb. 8 oz.----- | 1 qt.----- | ----- | |
| Butter or margarine, melted. | 1 lb. 8 oz.----- | 3 cups----- | ----- | |
| Soft bread cubes | 4 lb. 8 oz.----- | 3 gal.----- | ----- | |
| Salt | 1 oz.----- | 2 Tbsp----- | ----- | |
| Poultry seasoning | ----- | 2 Tbsp----- | ----- | |
| Eggs | 14 oz.----- | 8 (large eggs)----- | ----- | |
| Milk | ----- | 1 cup----- | ----- | |
| Oil or fat, melted | 8 oz.----- | 1 cup----- | ----- | |
| Paprika | 1/2 oz.----- | 2 Tbsp----- | ----- | |
| Salt | 3/4 oz.----- | 1-1/2 Tbsp----- | ----- | |

PORTION: 1 portion—provides the equivalent of 2 ounces protein-rich food.

Cost per portion _____.

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BAKED COD FILLETS WITH BREAD STUFFING—Continued

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VARIATIONS

- a. **BAKED FISH FILLETS WITH BREAD STUFFING:** Use 18 lb. flounder, haddock, mahimahi, mullet, ocean perch, pollock, rockfish, whiting, or yellow perch fillets in place of cod fillets. Portion as in basic recipe.

MENU SUGGESTIONS

Baked Cod Fillets with Bread Stuffing
Cranberry Sauce
Buttered Asparagus
Apple Crisp
Corn Muffin Butter or Margarine Milk

Baked Cod Fillets with Bread Stuffing
Tomato Juice
Buttered Green Lima Beans
Biscuit Butter or Margarine Milk
Tapioca Pudding

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ____ portion recipe |
|--------------------|------------------------|-------------------------|
| Celery..... | 5 lb. 6 oz..... | |
| Mature onions..... | 1 lb. 11 oz..... | |

BAKED FLOUNDER FILLETS WITH PUFFY CHEESE SAUCE

Protein-Rich Food

Main Dishes D-2

| Ingredients | 100 portions | | For _____ portions | Directions |
|------------------------------------|--------------|-----------------|--------------------|--|
| | Weights | Measures | | |
| Flounder fillets (fresh or frozen) | 16 lb. 8 oz. | | | 1. Thaw frozen fillets (card C-9). Divide into 100 portions, about 2-2/3 oz. each. Place in a single layer, skin side down, on well-greased sheet pans. 2. Drain relish. 3. Combine relish, mayonnaise, cheese, egg yolks, and salt. |
| Sweet pickle relish | 6-1/2 oz. | 3/4 cup | | |
| Mayonnaise | 1 lb. 14 oz. | 3-3/4 cups | | |
| Cheese, grated | 12 oz. | 3 cups | | 4. Beat egg whites until foamy. Add cream of tartar and continue beating until whites are stiff. Fold sauce into whites. 5. Cover fish with sauce. 6. Bake at 350° F. (moderate oven) 30 to 40 minutes or until fish flakes easily when tested with a fork and sauce is brown. |
| Egg yolks | 7-1/2 oz. | 12 (large eggs) | | |
| Salt | 1 oz. | 2 Tbsp | | |
| Egg whites | 14 oz. | 12 (large eggs) | | |
| Cream of tartar | | 2 tsp | | |

PORTION: 1 portion—provides the equivalent of 2 ounces protein-rich food.

Cost per portion _____.

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BAKED FLOUNDER FILLETS WITH PUFFY CHEESE SAUCE—Continued

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VARIATIONS

- a. **BAKED FISH FILLETS WITH PUFFY CHEESE SAUCE:** Use 16 lb. 8 oz. cod, haddock, mahimahi, mullet, ocean perch, pollock, rockfish, whiting, or yellow perch fillets in place of flounder fillets. Portion as in basic recipe.

MENU SUGGESTIONS

Baked Flounder Fillets with Puffy Cheese Sauce
Buttered Asparagus Jellied Tomato Salad
Bread Sticks Butter or Margarine Milk
Raisin Bread Pudding

Baked Flounder Fillets with Puffy Cheese Sauce
Buttered Spinach Cranberry-Orange Salad
Cornbread Honey Butter
Milk

BAKED HADDOCK FILLETS WITH CRISPY CHEESE TOPPING

Protein-Rich Food

Main Dishes D-3

| Ingredients | 100 portions | | For _____ portions | Directions |
|-----------------------------------|-------------------|------------------|-----------------------|---|
| | Weights | Measures | | |
| Haddock fillets (fresh or frozen) | 16 lb. ----- | ----- | ----- | <ol style="list-style-type: none"> 1. Thaw frozen fillets (card C-9). Divide into 100 portions, about 2-1/2 oz. each. Place in a single layer, skin side down, on well-greased sheet pans. 2. Cook onions in fat until clear, but not brown. 3. Toast bread cubes. 4. Combine all ingredients except fish. Mix well. 5. Cover fish with topping. 6. Bake at 350° F. (moderate oven) 30 to 40 minutes or until fish flakes easily when tested with a fork. |
| ★Onions, chopped | 3 lb. ----- | 2 qt. ----- | ----- | |
| Butter or margarine, melted | 8 oz. ----- | 1 cup ----- | ----- | |
| Soft bread cubes | 2 lb. 4 oz. ----- | 1-1/2 gal. ----- | ----- | |
| Cheese, grated | 2 lb. 8 oz. ----- | 2-1/2 qt. ----- | ----- | |
| ★Parsley, chopped | 2 oz. ----- | 2 cups ----- | ----- | |

PORTION: 1 portion—provides the equivalent of 2 ounces protein-rich food.

Cost per portion _____.

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BAKED HADDOCK FILLETS WITH CRISPY CHEESE TOPPING—Continued

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VARIATIONS

a. **BAKED FISH FILLETS WITH CRISPY CHEESE TOPPING:** Use 16 lb. cod, flounder, mahimahi, mullet, ocean perch, pollock, rockfish, whiting, or yellow perch fillets in place of haddock fillets. Portion as in basic recipe.

MENU SUGGESTIONS

| | |
|---|---|
| <i>Baked Haddock Fillets with Crispy Cheese Topping</i> | <i>Baked Haddock Fillets with Crispy Cheese Topping</i> |
| Buttered Green Lima Beans | Tomato Juice Buttered Collards |
| Tossed Salad/Tomatoes | Roll Butter or Margarine Milk |
| Raisin Bread Butter or Margarine Milk | Pineapple Upside Down Cake |
| Apricot Whip | |

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ____ portion recipe |
|---------------------|------------------------|-------------------------|
| Mature onions | 3 lb. 6 oz. | |
| Parsley | 3 oz. | |

BAKED ROCKFISH FILLETS IN SPANISH SAUCE

Protein-Rich Food

Main Dishes D-4

| Ingredients | 100 portions | | For _____ portions | Directions |
|------------------------------------|------------------|------------------|--------------------|--|
| | Weights | Measures | | |
| Rockfish fillets (fresh or frozen) | 20 lb. | | | <ol style="list-style-type: none"> 1. Thaw frozen fillets (card C-9). Divide into 100 portions, about 3 oz. each. Place in a single layer, skin side down, on well-greased sheet pans. 2. Cook onions and peppers in fat until tender. Blend in flour. 3. Add tomatoes and seasonings. Cook and stir occasionally until thickened. 4. Cover fish with sauce. 3. Bake at 350° F. (moderate oven) 30 to 40 minutes or until fish flakes easily when tested with a fork. |
| ★ Onions, chopped | 1 lb. | 2-2/3 cups | | |
| ★ Green peppers, chopped. | 5-1/4 oz. | 1 cup | | |
| Oil or fat, melted | 8 oz. | 1 cup | | |
| All-purpose flour | 6 oz. | 1-1/2 cups | | |
| ★ Canned tomatoes | 6 lb. 6 oz. | 3 qt. | | |
| Salt | 1-1/2 oz. | 3 Tbsp. | | |
| Sugar | 1 oz. | 2-1/3 Tbsp. | | |
| Bay leaves, crushed | | 1/4 tsp. | | |
| Ground cloves | | 1/8 tsp. | | |

PORTION: 1 portion—provides 2 ounces cooked fish.

Cost per portion

VARIATIONS

a. **BAKED FISH FILLETS IN SPANISH SAUCE:** Use 20 lb. cod, flounder, haddock, mahimahi, mullet, ocean perch, pollock, whiting, or yellow perch fillets in place of rockfish fillets. Portion as in basic recipe.

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BAKED ROCKFISH FILLETS IN SPANISH SAUCE—Continued

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MENU SUGGESTIONS

Baked Rockfish Fillets in Spanish Sauce
Mashed Potatoes Green and Red Cabbage Salad
Bread Butter or Margarine Milk
White Cake/Blueberry Sauce

Baked Rockfish Fillets in Spanish Sauce
Corn-on-Cob Buttered Spinach/Lemon Wedge
Whole Wheat Muffin Butter or Margarine
Milk

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ____ portion recipe |
|-----------------------|------------------------|-------------------------|
| Mature onions | 1 lb. 2 oz. | |
| Green peppers | 6-1/2 oz. | |
| Canned tomatoes | 1 No. 10 can | |

BAKED WHITING FILLETS

Protein-Rich Food

Main Dishes D-5

| Ingredients | 100 portions | | For _____ portions | Directions |
|-----------------------------------|------------------|---------------------|--------------------|---|
| | Weights | Measures | | |
| Whiting fillets (fresh or frozen) | 20 lb.----- | ----- | ----- | <ol style="list-style-type: none"> 1. Thaw frozen fillets (card C-9). Divide into 100 portions, about 3 oz. each. Place in a single layer, skin side down, on well-greased sheet pans. 2. Combine all ingredients. Mix well. 3. Cover fish with sauce. 4. Bake at 350° F. (moderate oven) 30 to 40 minutes or until fish flakes easily when tested with a fork. |
| Oil or fat, melted----- | 1 lb. 4 oz.----- | 2-1/2 cups:-- ----- | ----- | |
| Lemon juice----- | 11 oz.----- | 1-1/4 cups----- | ----- | |
| Salt----- | 2 oz.----- | 1/4 cup----- | ----- | |
| Onion, grated----- | 1-1/2 oz.----- | 2-1/3 Tbsp----- | ----- | |
| Paprika----- | 3/4 oz.----- | 3 Tbsp----- | ----- | |

PORTION: 1 portion—provides 2 ounces cooked fish.
 Cost per portion _____.

VARIATIONS

a. **BAKED FISH FILLETS:** Use 20 lb. cod, flounder, haddock, mahimahi, mullet, ocean perch, pollock, rock fish, or yellow perch fillets in place in whiting fillets. Portion as in basic recipe.

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BAKED WHITING FILLETS—Continued

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MENU SUGGESTIONS

Baked Whiting Fillets

Baked Potato Buttered Kale
Raisin Bread Butter or Margarine Milk
Devil's Food Cake/Chocolate Frosting

Baked Whiting Fillets

Tomato Juice
Buttered Baby Lima Beans
Sweet Potato Pie
French Bread Butter or Margarine
Milk

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CEREAL OVEN-FRIED COD FILLETS

Protein-Rich Food

Main Dishes D-6

| Ingredients | 100 portions | | For _____ portions | Directions |
|--------------------------------|--------------------|---------------|-----------------------|---|
| | Weights | Measures | | |
| Cod fillets (fresh or frozen). | 20 lb. _____ | _____ | _____ | <ol style="list-style-type: none"> 1. Thaw frozen fillets (card C-9). Divide into 100 portions, about 3 oz. each. 2. Add salt to milk. Dip fish in milk, then roll in crumbs, using a small amount at a time. Place in a single layer, skin side down, on well-greased sheet pans. 3. Sprinkle fat over fish. 4. Bake at 500° F. (extremely hot oven) 15 to 20 minutes or until fish flakes easily when tested with a fork. |
| Salt _____ | 1 oz. _____ | 2 Tbsp. _____ | _____ | |
| Milk _____ | _____ | 1 qt. _____ | _____ | |
| Cereal crumbs _____ | 2 lb. 10 oz. _____ | 3 qt. _____ | _____ | |
| Oil or fat, melted _____ | 1 lb. _____ | 2 cups _____ | _____ | |

PORTION: 1 portion—provides 2 ounces cooked fish.

Cost per portion _____.

VARIATIONS

- a. **CEREAL OVEN-FRIED FISH FILLETS:** Use 20 lb. flounder, haddock, mahimahi, mullet, ocean perch, pollock, rockfish, whiting, or yellow perch fillets in place of cod fillets. Portion as in basic recipe.
- b. **CEREAL OVEN-FRIED SCALLOPS:** Use 20 lb. scallops in place of cod fillets. Rinse with cold water to remove any shell particles. Drain. Cut large scallops in half. Use 8 oz. (1 cup) melted fat to sprinkle over scallops. Portion as in basic recipe.

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CEREAL OVEN-FRIED COD FILLETS—Continued

MENU SUGGESTIONS

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Cereal Oven-Fried Cod Fillets
Buttered Asparagus
Apricot Crisp
Bread Butter or Margarine Milk

Cereal Oven-Fried Cod Fillets
Scalloped Potatoes
Buttered Spinach
Bread Butter or Margarine Milk
Peanut Butter-Raisin Cookies

CHEESY OVEN-FRIED POLLOCK FILLETS

Protein-Rich Food

Main Dishes D-7

| Ingredients | 100 portions | | For _____ portions | Directions |
|------------------------------------|-----------------|-----------------------|-----------------------|---|
| | Weights | Measures | | |
| Pollock fillets (fresh or frozen). | 19 lb..... | | | <ol style="list-style-type: none"> 1. Thaw frozen fillets (card C-9). Divide into 100 portions, about 3 oz. each. 2. Add salt to milk. 3. Combine crumbs and cheese. Mix well. 4. Dip fish in milk, then roll in crumb mixture, using a small amount at a time. Place in a single layer, skin side down, on well-greased sheet pans. 5. Sprinkle fat over fish. 6. Bake at 500° F. (extremely hot oven) 15 to 20 minutes or until fish flakes easily when tested with a fork. |
| Salt..... | 1 oz..... | 2 Tbsp..... | | |
| Milk..... | | 1 qt..... | | |
| Dry bread crumbs, toasted. | 1 lb. 8 oz..... | 1 qt. 2-1/2 cups..... | | |
| Cheese, grated fine..... | 1 lb..... | 1 qt..... | | |
| Oil or fat, melted..... | 1 lb..... | 2 cups..... | | |

PORTION: 1 portion—provides the equivalent of 2 ounces protein-rich food.
 Cost per portion _____.

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CHEESY OVEN-FRIED POLLOCK FILLETS -Continued

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VARIATIONS

- a. CHEESY OVEN-FRIED FISH FILLETS: Use 19 lb. cod, flounder, haddock, mahimahi, mullet, ocean perch, rockfish, whiting, or yellow perch fillets in place of pollock fillets. Portion as in basic recipe.
- b. CHEESY OVEN-FRIED SCALLOPS: Use 19 lb. scallops in place of pollock fillets. Rinse with cold water to remove any shell particles. Drain. Cut large scallops in half. Use 8 oz. (1 cup) melted fat to sprinkle over scallops. Portion as in basic recipe.

MENU SUGGESTIONS

Cheesy Oven-Fried Pollock Fillets
Buttered Green Beans
Glazed Sweet Potatoes
Biscuits Butter or Margarine Milk
Tapioca Pudding

Cheesy Oven-Fried Pollock Fillets
Parsley Rice
Baked Spinach in Sauce
Cherry Cobbler
Whole Wheat Bread Butter or Margarine
Milk

DEEP-FAT FRIED FISH STICKS

Protein-Rich Food

Main Dishes D-8

| Ingredients | 100 portions | | For _____ portions | Directions |
|---------------------------------|--------------|--------------------------|-----------------------|---|
| | Weights | Measures | | |
| Frozen raw breaded fish sticks. | 25 lb. | 400 sticks (1 oz. each). | | <ol style="list-style-type: none"> 1. Place frozen fish sticks in a single layer in frying basket. 2. Fry in deep fat, 350° F., 2 to 4 minutes or until fish is browned and flakes easily when tested with a fork. 3. Drain on absorbent paper. 4. Serve plain or with a sauce. |

PORTION: 4 fish sticks—provides 2 ounces cooked fish.

Cost per portion _____.

VARIATION

- a. **DEEP-FAT FRIED FISH PORTIONS:** Use 25 lb. (100 portions, 4 oz. each) frozen raw breaded fish portions in place of frozen raw breaded fish sticks. Fry in deep fat, 350° F., 4 to 6 minutes or until fish is browned and flakes easily when tested with a fork. One portion (1 fish portion) provides 2 ounces cooked fish.

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DEEP-FAT FRIED FISH STICKS—Continued

MENU SUGGESTIONS

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Deep-Fat Fried Fish Sticks
Mashed Potatoes Buttered Collards
Raisin Muffin Butter or Margarine Milk
Chocolate Cream Pie

Deep-Fat Fried Fish Sticks
Parsley Buttered Rice
Stewed Tomatoes Buttered Peas
Cornbread Butter or Margarine Milk
Tapioca Pudding/Blueberry Sauce

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FRIED FISH PORTIONS

Protein-Rich Food

Main Dishes D-9

| Ingredients | 100 portions | | For _____ portions | Directions |
|-----------------------------|--------------|-------------------------------|--------------------|---|
| | Weights | Measures | | |
| Frozen fried fish portions. | 25 lb. ----- | 100 portions (4 oz. each). | ----- | <ol style="list-style-type: none"> 1. Place frozen fish portions in a single layer on well-greased sheet pans. 2. Bake at 400° F. (hot oven) 15 to 20 minutes or until heated through. 3. Serve plain or with a sauce. |

PORTION: 1 fish portion -provides 2 ounces cooked fish.

Cost per portion _____.

VARIATION

- a. **FRIED FISH STICKS:** Use 25 lb. (400 sticks, 1 oz. each) frozen fried fish sticks in place of frozen fried fish portions. One portion (4 fish sticks) provides 2 ounces cooked fish.

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FRIED FISH PORTIONS Continued

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MENU SUGGESTIONS

Fried Fish Portions
Sliced Tomatoes
Buttered Lima Beans
Biscuit Butter or Margarine Milk
Prune Whip

Fried Fish Portions
Parsley Noodles Buttered Asparagus
Stewed Apricots
Muffin Butter or Margarine Milk

FRIED FISH PORTIONS WITH CHEESE SAUCE

Protein-Rich Food

Main Dishes D-10

| Ingredients | 100 portions | | For _____ portions | Directions |
|-----------------------------|-----------------|----------------------------|-----------------------|--|
| | Weights | Measures | | |
| Frozen fried fish portions. | 18 lb. 12 oz. | 100 portions (3 oz. each). | | <ol style="list-style-type: none"> 1. Place frozen fish portions in a single layer on well-greased sheet pans. 2. Bake at 400° F. (hot oven) 15 to 20 minutes or until heated through. 3. Melt fat; blend in flour and seasonings. Stir into milk. Cook and stir constantly until thickened. 4. Blend in cheese. Heat until cheese melts. 5. Serve over fish. Portion with 1/4 cup ladle. |
| Butter or margarine..... | 1 lb. 8 oz..... | 3 cups..... | | |
| All-purpose flour..... | 12 oz..... | 3 cups..... | | |
| Salt..... | 1/2 oz..... | 1 Tbsp..... | | |
| Dry mustard..... | | 1-1/3 Tbsp..... | | |
| Paprika..... | | 2 tsp..... | | |
| Hot milk..... | | 1 gal. 2 cups..... | | |
| Cheese, grated..... | 3 lb. 2 oz..... | 3 qt. 1/2 cup..... | | |

PORTION: 1 fish portion with sauce—provides the equivalent of 2 ounces protein-rich food.
Cost per portion _____

VARIATIONS

- a. **DEEP-FAT FRIED FISH PORTIONS WITH CHEESE SAUCE:** Prepare deep-fat fried fish portions using 18 lb. 12 oz. (100 portions, 3 oz. each) frozen raw breaded fish portions (card D-8) and use in place of frozen fried fish portions. Portion as in basic recipe.

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FRIED FISH PORTIONS WITH CHEESE SAUCE—Continued

VARIATIONS—Continued

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- b. **DEEP-FAT FRIED FISH STICKS WITH CHEESE SAUCE:** Prepare deep-fat fried fish sticks using 18 lb. 12 oz (300 sticks, 1 oz. each) frozen raw breaded fish sticks (card D-8) and use in place of frozen fried fish portions. One portion (3 fish sticks with sauce) provides the equivalent of 2 ounces protein-rich food.
- c. **FRIED FISH STICKS WITH CHEESE SAUCE:** Use 18 lb. 12 oz. (300 sticks, 1 oz. each) frozen fried fish sticks in place of frozen fried fish portions. One portion (3 fish sticks with sauce) provides the equivalent of 2 ounces protein-rich food.
- d. **OVEN-FRIED FISH PORTIONS WITH CHEESE SAUCE:** Prepare oven-fried fish portions using 18 lb. 12 oz. (100 portions, 3 oz. each) frozen raw breaded fish portions (card D-16) and use in place of frozen fried fish portions. Portion as in basic recipe.
- e. **OVEN-FRIED FISH STICKS WITH CHEESE SAUCE:** Prepare oven-fried fish sticks using 18 lb. 12 oz. (300 sticks, 1 oz. each) frozen raw breaded fish sticks (card D-16) and use in place of frozen fried fish portions. One portion (3 fish sticks with sauce) provides the equivalent of 2 ounces protein-rich food.

MENU SUGGESTIONS

Fried Fish Portions with Cheese Sauce
 Buttered Rice Mixed Vegetables
 Tossed Salad/Tomatoes
 Rolls Butter or Margarine Milk
 Gingerbread

Fried Fish Portions with Cheese Sauce
 Baked Potato Buttered Kale
 Raisin Bread Butter or Margarine Milk
 Cinnamon Crispies

ITALIAN OVEN-FRIED OCEAN PERCH FILLETS

Protein-Rich Food

Main Dishes D-11

| Ingredients | 100 portions | | For _____ portions | Directions |
|--|--------------|--------------------|-----------------------|--|
| | Weights | Measures | | |
| Ocean perch fillets (fresh or frozen) | 19 lb.----- | ----- | ----- | <ol style="list-style-type: none"> 1. Thaw frozen fillets (card C-9). Divide into 100 portions, about 3 oz. each. 2. Add garlic to fat. 3. Add salt to milk. 4. Combine crumbs and cheese. Mix well. 5. Dip fish in milk, then roll in crumb mixture, using a small amount at a time. Place in a single layer, skin side down, on well-greased sheet pans. 6. Sprinkle fat over fish. 7. Bake at 500° F. (extremely hot oven) 15 to 20 minutes or until fish flakes easily when tested with a fork. |
| Garlic, minced | ----- | 2 tsp----- | ----- | |
| Oil or fat, melted | 1 lb.----- | 2 cups----- | ----- | |
| Salt | 1 oz.----- | 2 Tbsp----- | ----- | |
| Milk | ----- | 1 qt.----- | ----- | |
| Dry bread crumbs, toasted. | 1 lb.----- | 1 qt. 1/4 cup----- | ----- | |
| Parmesan cheese, grated. | 1 lb.----- | 1 qt.----- | ----- | |

PORTION: 1 portion -provides the equivalent of 2 ounces protein-rich food.
 Cost per portion _____.

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ITALIAN OVEN-FRIED OCEAN PERCH FILLETS—Continued

VARIATIONS

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- a. ITALIAN OVEN-FRIED FISH FILLETS: Use 19 lb. cod, flounder, haddock, mahimahi, mullet, pollock, rockfish, whiting, or yellow perch fillets in place of ocean perch fillets. Portion as in basic recipe.
- b. ITALIAN OVEN-FRIED SCALLOPS: Use 19 lb. scallops in place of ocean perch fillets. Rinse with cold water to remove any shell particles. Drain. Cut large scallops in half. Use 8 oz. (1 cup) melted fat to sprinkle over scallops. Portion as in basic recipe.

MENU SUGGESTIONS

Italian Oven-Fried Ocean Perch Fillets
Baked Potato
Buttered Kale
Cornbread Butter or Margarine Milk
Prune-Spice Cake

Italian Oven-Fried Ocean Perch Fillets
Parsley Noodles Buttered Peas
Tossed Greens/Tomatoes
Bread Butter or Margarine Milk
Brownie

MACKEREL CAKES

Protein-Rich Food/Vegetable

Main Dishes D-12

| Ingredients | 100 portions | | For _____ portions | Directions |
|--------------------------|-----------------------|------------------------|--------------------|--|
| | Weights | Measures | | |
| Canned mackerel | 13 lb. 4 oz. | 14 cans (15 oz. each). | | 1. Drain and flake mackerel. 2. Cook onions in fat until clear, but not brown. 3. Beat eggs. 4. Combine eggs, potatoes, catsup, salt, onion mixture, and mackerel. 5. Portion fish mixture with No. 16 scoop (1/4 cup). Form into 200 cakes. Roll in crumbs. 6. Place in a single layer on well-greased sheet pans. Sprinkle fat over cakes. 7. Bake at 500° F. (extremely hot oven) 8 to 10 minutes or until browned on the bottom. Turn carefully and bake for 3 to 5 minutes longer or until brown on both sides. |
| ★Onions, chopped | 1 lb. 8 oz. | 1 qt. | | |
| Oil or fat, melted | 1 lb. | 2 cups | | |
| Eggs | 1 lb. 12-1/2 oz. | 16 (large eggs) | | |
| ★Mashed potatoes | 11 lb. 12 oz. | 1 gal. 2-1/4 qt | | |
| Catsup | 9-3/4 oz. | 1 cup | | |
| Salt | 2 oz. | 1/4 cup | | |
| Dry bread crumbs | 1 lb. | 1 qt. 1/4 cup | | |
| Oil or fat, melted | 1 lb. 8 oz. | 3 cups | | |

PORTION: 2 cakes—provide the equivalent of 2 ounces protein-rich food and 1/4 cup vegetable.

Cost per portion

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MACKEREL CAKES—Continued

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VARIATIONS

- a. MAINE SARDINE CAKES: Use 16 cans (12 oz. each) Maine sardines in place of mackerel. Portion as in basic recipe.
- b. SALMON CAKES: Use 13 cans (16 oz. each) salmon in place of mackerel. Portion as in basic recipe.
- c. TUNA CAKES: Use 28 cans (6-1/2 or 7 oz. each) tuna in place of mackerel. Portion as in basic recipe.

MENU SUGGESTIONS

Mackerel Cakes
 Buttered Broccoli Carrot and Celery Sticks
 Apple
 Cornbread Butter or Margarine Milk

Mackerel Cakes
 Buttered Mixed Vegetables Tomato Wedges
 Hamburger Roll Butter or Margarine
 Milk

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ____ portion recipe |
|---------------------|------------------------|-------------------------|
| Mature onions | 1 lb. 11 oz. | |
| Potatoes | 14 lb. 8 oz. | |

MACKEREL-NOODLE CASSEROLE

Protein-Rich Food

Main Dishes D-13

| Ingredients | 100 portions | | For _____ portions | Directions |
|-----------------------------------|-------------------|------------------------|--------------------|---|
| | Weights | Measures | | |
| Canned mackerel | 13 lb. 4 oz. | 14 cans (15 oz. each). | | <ol style="list-style-type: none"> 1. Drain mackerel and break into large pieces. 2. Add noodles to boiling salted water and stir. Return to boiling point. Cook about 15 minutes. 3. Drain. 4. If necessary, rinse with water to remove excess starch. 5. Cook peppers and onions in fat until tender. Blend in flour and salt. Stir into milk. Cook and stir constantly until thickened. 6. Blend in cheese. Heat until cheese melts. 7. Combine noodles, sauce, and mackerel. 8. Pour into 4 well-greased baking pans (about 12 by 20 by 2 inches), about 8 lb. 10 oz. or 1 gal. per pan. 9. Combine crumbs and fat. Sprinkle over top. 10. Bake at 350° F. (moderate oven) 45 to 60 minutes or until brown. |
| Noodles | 2 lb. 4 oz. | 1 gal. | | |
| Boiling water | | 1 gal. 1-1/4 qt. | | |
| Salt | 1-1/2 oz. | 3 Tbsp. | | |
| ★Green peppers, chopped. | 1 lb. | 3 cups | | |
| ★Onions, chopped | 1 lb. | 2-2/3 cups | | |
| Butter or margarine, melted. | 1 lb. 8 oz. | 3 cups | | |
| All-purpose flour | 1 lb. | 1 qt. | | |
| Salt | 1-1/2 oz. | 3 Tbsp. | | |
| Hot milk | | 1-1/2 gal. | | |
| Cheese, grated | 2 lb. | 2 qt. | | |
| Dry bread crumbs | 1 lb. 8 oz. | 1 qt. 2-1/2 cups | | |
| Butter or margarine, melted. | 8 oz. | 1 cup | | |

PORTION: 3/4 cup—provides the equivalent of 2 ounces protein-rich food.

Cost per portion _____.

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MACKEREL-NOODLE CASSEROLE—Continued

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VARIATIONS

- a. MAINE SARDINE-NOODLE CASSEROLE: Use 16 cans (12 oz. each) Maine sardines in place of mackerel. Portion as in basic recipe.
- b. PACIFIC SARDINE-NOODLE CASSEROLE: Use 15 cans (15 oz. each) Pacific sardines in place of mackerel. Portion as in basic recipe.
- c. SALMON-NOODLE CASSEROLE: Use 13 cans (16 oz. each) salmon in place of mackerel. Portion as in basic recipe.
- d. SCALLOP-NOODLE CASSEROLE: Prepare boiled scallops using 16 lb. 12 oz. scallops (card C-10) and use in place of mackerel. Coarsely chop scallops. Portion as in basic recipe.
- e. SHRIMP-NOODLE CASSEROLE: Use 10 lb. 8 oz. cooked, peeled, and cleaned shrimp in place of mackerel. Coarsely chop shrimp. Portion as in basic recipe.
- f. TUNA-NOODLE CASSEROLE: Use 28 cans (6-1/2 or 7 oz. each) tuna in place of mackerel. Portion as in basic recipe.

MENU SUGGESTIONS

Mackerel-Noodle Casserole
Buttered Asparagus
Apricot Salad
French Bread Butter or Margarine Milk
Plain Cookies

Mackerel-Noodle Casserole
Buttered Carrots
Cole Slaw
Bread Butter or Margarine Milk
Raisin Bread Pudding

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ____ portion recipe |
|--------------------|------------------------|-------------------------|
| Green peppers..... | 1 lb. 3-1/2 oz..... | |
| Mature onions..... | 1 lb. 2 oz..... | |

MAINE SARDINE-MACARONI AND CHEESE

Protein-Rich Food

Main Dishes D-14

| Ingredients | 100 portions | | For _____ portions | Directions |
|-----------------------|-------------------|------------------------|--------------------|---|
| | Weights | Measures | | |
| Canned Maine sardines | 7 lb. 8 oz. | 10 cans (12 oz. each). | ----- | <ol style="list-style-type: none"> 1. Drain sardines and break into large pieces. 2. Add macaroni to boiling salted water and stir. Return to boiling point. Cook about 15 minutes. 3. Drain. 4. If necessary, rinse with water to remove excess starch. 5. Melt fat; blend in flour, salt, and mustard. Stir into milk. Cook and stir constantly until thickened. 6. Blend in cheese. Heat until cheese melts. 7. Combine macaroni, sauce, and sardines. 8. Pour into 4 well-greased baking pans (about 12 by 20 by 2 inches), about 9 lb. 7 oz. or 1 gal. 1 cup per pan. 9. Sprinkle paprika over top. 10. Bake at 350° F. (moderate oven) 45 to 60 minutes or until brown. |
| Macaroni | 3 lb. 12 oz. | 3-1/2 qt. | ----- | |
| Boiling water | 2 oz. | 2-1/4 gal. | ----- | |
| Salt | 2 oz. | 1/4 cup | ----- | |
| Butter or margarine | 6 oz. | 3/4 cup | ----- | |
| All-purpose flour | 6 oz. | 1-1/2 cups | ----- | |
| Salt | 1 oz. | 2 Tbsp. | ----- | |
| Dry mustard | 1/2 oz. | 3 Tbsp. | ----- | |
| Hot milk | ----- | 1-1/2 gal. | ----- | |
| Cheese, grated | 6 lb. 4 oz. | 1 gal. 2-1/4 qt. | ----- | |
| Paprika | 1/2 oz. | 2 Tbsp. | ----- | |

PORTION: 2/3 cup—provides the equivalent of 2 ounces protein-rich food.

Cost per portion _____.

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MAINE SARDINE-MACARONI AND CHEESE—Continued

VARIATIONS

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- a. **MACKEREL-MACARONI AND CHEESE:** Use 8 cans (15 oz. each) mackerel in place of Maine sardines. Portion as in basic recipe.
- b. **SALMON-MACARONI AND CHEESE:** Use 8 cans (16 oz. each) salmon in place of Maine sardines. Portion as in basic recipe.
- c. **SHRIMP-MACARONI AND CHEESE:** Use 23 cans (4-1/2 oz. each) shrimp or 6 lb. 4 oz. cooked, peeled, and cleaned shrimp in place of Maine sardines. Coarsely chop shrimp. Portion as in basic recipe.
- d. **TUNA-MACARONI AND CHEESE:** Use 17 cans (6-1/2 or 7 oz. each) tuna in place of Maine sardines. Portion as in basic recipe.

MENU SUGGESTIONS

Maine Sardine-Macaroni and Cheese
Buttered Turnips
Sliced Tomatoes
Bread Butter or Margarine Milk
Peanut Butter-Raisin Cookies

Maine Sardine-Macaroni and Cheese
Buttered Kale
Waldorf Salad
Cornbread Butter or Margarine Milk
Prune-Spice Cake

MAINE SARDINE-POTATO CASSEROLE

Protein-Rich Food/Vegetable

Main Dishes D-15

| Ingredients | 100 portions | | For _____ portions | Directions |
|----------------------------------|------------------|------------------------|--------------------|--|
| | Weights | Measures | | |
| Canned Maine sardines..... | 9 lb..... | 12 cans (12 oz. each). | ----- | <ol style="list-style-type: none"> 1. Drain sardines and break into large pieces. 2. Cook onions in fat until clear, but not brown. Blend in flour and salt. Stir into milk. Cook and stir constantly until thickened. 3. Blend in cheese and Worcestershire sauce. Heat until cheese melts. 4. Place half the potatoes in 4 well-greased baking pans (about 12 by 20 by 2 inches), about 2 lb. 4 oz. or 1-3/4 qt. per pan. 5. Cover with sardines, about 2 lb. or 1-1/4 qt. per pan. 6. Top with remaining potatoes. 7. Pour sauce over potatoes, about 5 lb. 2 oz. or 2 qt. 1-1/2 cups per pan. 8. Combine bread cubes and fat. Distribute cubes over top, about 11 oz. or 1 qt. per pan. 9. Sprinkle paprika over top. 10. Bake at 350° F. (moderate oven) 45 to 60 minutes or until brown. |
| ★Onions, chopped..... | 1 lb. 8 oz..... | 1 qt..... | ----- | |
| Butter or margarine, melted..... | 1 lb. 8 oz..... | 3 cups..... | ----- | |
| All-purpose flour..... | 12 oz..... | 3 cups..... | ----- | |
| Salt..... | 2 oz..... | 1/4 cup..... | ----- | |
| Hot milk..... | ----- | 1-1/2 gal..... | ----- | |
| Cheese, grated..... | 4 lb. 8 oz..... | 1 gal. 2 cups..... | ----- | |
| Worcestershire sauce..... | 4-1/2 oz..... | 1/2 cup..... | ----- | |
| ★Cooked potatoes, sliced..... | 18 lb..... | 3-1/4 gal..... | ----- | |
| Soft bread cubes..... | 1 lb. 14 oz..... | 1-1/4 gal..... | ----- | |
| Oil or fat, melted..... | 1 lb..... | 2 cups..... | ----- | |
| Paprika..... | 1/2 oz..... | 2 Tbsp..... | ----- | |

PORTION: 1 cup—provides the equivalent of 2 ounces protein-rich food and 1/2 cup vegetable.

Cost per portion _____.

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MAINE SARDINE-POTATO CASSEROLE—Continued

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VARIATIONS

- a. **MACKEREL-POTATO CASSEROLE:** Use 11 cans (15 oz. each) mackerel in place of Maine sardines. Portion as in basic recipe.
- b. **SALMON-POTATO CASSEROLE:** Use 10 cans (16 oz. each) salmon in place of Maine sardines. Portion as in basic recipe.
- c. **TUNA-POTATO CASSEROLE:** Use 23 cans (6-1/2 or 7 oz. each) tuna in place of Maine sardines. Portion as in basic recipe.

MENU SUGGESTIONS

Maine Sardine-Potato Casserole
Buttered Asparagus
Cornbread Butter or Margarine
Milk
Peanut Butter-Raisin Cookies

Maine Sardine-Potato Casserole
Buttered Kale
Bread Butter or Margarine
Milk
Gingerbread

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For _____ portion recipe |
|---------------------|------------------------|--------------------------|
| Mature onions | 1 lb. 11 oz. | |
| Potatoes | 20 lb. 12 oz. | |

OVEN-FRIED FISH PORTIONS

Protein-Rich Food

Main Dishes D-16

| Ingredients | 100 portions | | For _____ portions | Directions |
|-----------------------------------|----------------------------|------------------------------|--------------------|--|
| | Weights | Measures | | |
| Frozen raw breaded fish portions. | 25 lb. | 100 portions (4 oz. each). | | 1. Place frozen fish portions in a single layer on well-greased sheet pans. 2. Brush fat over fish. Sprinkle with paprika. 3. Bake at 500° F. (extremely hot oven) 15 to 20 minutes or until fish is browned and flakes easily when tested with a fork. 4. Serve plain or with a sauce. |
| Oil or fat, melted Paprika | 1 lb. 1/2 oz. | 2 cups 2 Tbsp. | | |

PORTION: 1 fish portion—provides 2 ounces cooked fish.
Cost per portion _____.

VARIATION

a. **OVEN-FRIED FISH STICKS:** Use 25 lb. (400 sticks, 1 oz. each) frozen raw breaded fish sticks in place of frozen raw breaded fish portions. One portion (4 fish sticks) provides 2 ounces cooked fish.

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OVEN-FRIED FISH PORTIONS—Continued

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MENU SUGGESTIONS

Oven-Fried Fish Portions

Glazed Sweet Potatoes Buttered Green Beans
Whole Wheat Bread Butter or Margarine Milk
Pineapple Upside Down Cake

Oven-Fried Fish Portions

Parsley Noodles Baked Spinach in Sauce
Apricot Crisp
Roll Butter or Margarine Milk

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OVEN-FRIED FISH STICKS WITH EGG SAUCE

Protein-Rich Food

Main Dishes D-17

| Ingredients | 100 portions | | For _____ portions | Directions |
|---------------------------------|------------------|-----------------------------|--------------------|---|
| | Weights | Measures | | |
| Frozen raw breaded fish sticks. | 18 lb. 12 oz.--- | 300 sticks (1 oz. each). | ----- | <ol style="list-style-type: none"> 1. Place frozen fish sticks in a single layer on well-greased sheet pans. 2. Brush fat over fish. Sprinkle with paprika. 3. Bake at 500° F. (extremely hot oven) 15 to 20 minutes or until fish is browned and flakes easily when tested with a fork. 4. Melt fat; blend in flour, salt, and mustard. Stir into milk. Cook and stir constantly until thickened. 5. Add eggs and parsley. Heat. 6. Serve over fish. Portion with 1/4 cup ladle. |
| Oil or fat, melted | 12 oz.----- | 1-1/2 cups----- | ----- | |
| Paprika----- | ----- | 1-1/2 Tbsp----- | ----- | |
| Butter or margarine----- | 1 lb. 4 oz.----- | 2-1/2 cups----- | ----- | |
| All-purpose flour----- | 10 oz.----- | 2-1/2 cups----- | ----- | |
| Salt----- | 1 oz.----- | 2 Tbsp----- | ----- | |
| Dry mustard----- | 1/2 oz.----- | 3 Tbsp----- | ----- | |
| Hot milk----- | ----- | 1 gal. 3/4 qt.----- | ----- | |
| Hard-cooked eggs, chopped. | ----- | 25 (large eggs)--- | ----- | |
| ★Parsley, chopped----- | 1 oz.----- | 1 cup----- | ----- | |

PORTION: 3 fish sticks with sauce—provides the equivalent of 2 ounces protein-rich food. Cost per portion.

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OVEN-FRIED FISH STICKS WITH EGG SAUCE—Continued

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VARIATIONS

- a. **OVEN-FRIED FISH STICKS WITH EGG SAUCE (using dried whole eggs):** Prepare ~~hard-cooked~~ ^{half-cooked} eggs using 12-1/2 oz. (1 qt. 2-1/2 tbs) dried whole eggs (card C-8 oven method) and use in place of shell eggs. Portion as in basic recipe.
- b. **DEEP-FAT FRIED FISH PORTIONS WITH EGG SAUCE:** Prepare deep-fat fried fish portions using 18 lb. 12 oz. (100 portions, 3 oz. each) frozen raw breaded fish portions (card D-8) and use in place of frozen raw breaded fish sticks. One portion (1 fish portion with sauce) provides the equivalent of 2 ounces protein-rich food.
- c. **DEEP-FAT FRIED FISH STICKS WITH EGG SAUCE:** Prepare deep-fat fried fish sticks using 18 lb. 12 oz. (300 sticks, 1 oz. each) frozen raw breaded fish sticks (card D-8). Portion as in basic recipe.
- d. **FRIED FISH PORTIONS WITH EGG SAUCE:** Prepare fried fish portions using 18 lb. 12 oz. (100 portions, 3 oz. each) frozen fried fish portions (card D-9) and use in place of frozen raw breaded fish sticks. One portion (1 fish portion with sauce) provides the equivalent of 2 ounces protein-rich food.
- e. **FRIED FISH STICKS WITH EGG SAUCE:** Prepare fried fish sticks using 18 lb. 12 oz. (300 sticks, 1 oz. each) frozen fried fish sticks (card D-9) and use in place of frozen raw breaded fish sticks. Portion as in basic recipe.
- f. **OVEN-FRIED FISH PORTIONS WITH EGG SAUCE:** Use 18 lb. 12 oz. (100 portions, 3 oz. each) frozen raw breaded fish portions in place of frozen raw breaded fish sticks. One portion (1 fish portion with sauce) provides the equivalent of 2 ounces protein-rich food.

MENU SUGGESTIONS

Oven-Fried Fish Sticks with Egg Sauce
Buttered Noodles Buttered Kale
Cherry Cobbler
Boston Brown Bread Butter or Margarine Milk

Oven-Fried Fish Sticks with Egg Sauce
Parsley Potatoes Buttered Peas
Tomato Juice
Bread Butter or Margarine Milk
Brownie

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ___ portion recipe |
|-------------------|------------------------|------------------------|
| Parsley..... | 1-1/2 oz..... | |

OVEN-FRIED YELLOW PERCH FILLETS

Protein-Rich Food

Main Dishes D-18

| Ingredients | 100 portions | | For _____ portions | Directions |
|--|--------------|---------------------|--------------------|--|
| | Weights | Measures | | |
| Yellow perch fillets (fresh or frozen) | 20 lb. | | | <ol style="list-style-type: none"> 1. Thaw frozen fillets (card C-9). Divide into 100 portions, about 3 oz each. 2. Add salt to milk. Dip fish in milk, then roll in crumbs, using a small amount at a time. Place in a single layer, skin side down, on well-greased sheet pans. 3. Sprinkle fat over fish. 4. Bake at 500° F. (extremely hot oven) 15 to 20 minutes or until fish flakes easily when tested with a fork. |
| Salt | 1 oz. | 2 Tbsp. | | |
| Milk | | 1 qt. | | |
| Dry bread crumbs, toasted. | 2 lb. | 2 qt. 1/2 cup | | |
| Oil or fat, melted | 1 lb. | 2 cups. | | |

PORTION: 1 portion—provides 2 ounces cooked fish.

Cost per portion _____.

VARIATIONS

- a. **OVEN-FRIED FISH FILLETS:** Use 20 lb. cod, flounder, haddock, mahimahi, mullet, ocean perch, pollock, rockfish, or whiting fillets in place of yellow perch fillets. Portion as in basic recipe.
- b. **OVEN-FRIED SCALLOPS:** Use 20 lb. scallops in place of yellow perch fillets. Rinse with cold water to remove any shell particles. Drain. Cut large scallops in half. Use 8 oz. (1 cup) melted fat to sprinkle over scallops. Portion as in basic recipe.

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OVEN-FRIED YELLOW PERCH FILLETS—Continued

MENU SUGGESTIONS

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Oven-Fried Yellow Perch Fillets
Buttered Kale
Spiced Beets and Onion Rings on Shredded Lettuce
Roll Butter or Margarine Milk
Prune-Spice Cake

Oven-Fried Yellow Perch Fillets
Parsley Potato Creamed Asparagus
Apricot Crisp
Bread Butter or Margarine Milk

SALMON A LA KING

Protein-Rich Food

Main Dishes D-19

| Ingredients | 100 portions | | For _____ portions | Directions |
|--------------------------------|-----------------|------------------------|-----------------------|--|
| | Weights | Measures | | |
| Canned salmon | 12 lb..... | 12 cans (16 oz. each). | | 1. Drain salmon and break into large pieces. 2. Melt fat; blend in flour. Stir into milk. Cook and stir constantly until thickened. |
| Butter or margarine..... | 2 lb..... | 1 qt..... | | |
| All-purpose flour..... | 1 lb..... | 1 qt..... | | |
| Hot milk..... | | 1-1/2 gal..... | | 3. Add eggs, pimientos, green peppers, and salmon. Heat. Add salt to taste. 4. Serve on noodles, rice, or toast, using 1/2 cup ladle. |
| Hard-cooked eggs, chopped..... | | 24 (large eggs)..... | | |
| ★Pimientos, chopped..... | 1 lb. 1 oz..... | 2 cups..... | | |
| ★Green peppers, chopped..... | 10-1/2 oz..... | 2 cups..... | | |
| Salt, to taste..... | | | | |

PORTION: 1/2 cup—provides the equivalent of 2 ounces protein-rich food.

Cost per portion _____.

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SALMON A LA KING—Continued

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VARIATIONS

- a. **SALMON A LA KING** (using dried whole eggs): Prepare hard-cooked eggs using 12 oz. (1 qt.) dried whole eggs (card C-8, oven method) and use in place of shell eggs. Portion as in basic recipe.
- b. **SCALLOP A LA KING**: Prepare boiled scallops using 15 lb. 4 oz. scallops (card C-10) and use in place of salmon. Coarsely chop scallops. Portion as in basic recipe.
- c. **SHRIMP A LA KING**: Use 9 lb. 8 oz. cooked, peeled, and cleaned shrimp in place of salmon. Coarsely chop shrimp. Portion as in basic recipe.
- d. **TUNA A LA KING**: Use 26 cans (6-1/2 or 7 oz. each) tuna in place of salmon. Portion as in basic recipe.

MENU SUGGESTIONS

Salmon a la King
Buttered Noodles Buttered Carrots
Tossed Salad with Tomatoes
Biscuit Butter or Margarine Milk
Devil's Food Cake

Salmon a la King
Buttered Rice Buttered Kale
Jellied Applesauce Salad
Roll Butter or Margarine Milk
Plain Cookies

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ____ portion recipe |
|-----------------------|------------------------|-------------------------|
| Canned pimientos..... | 1 lb. 8 oz..... | |
| Green peppers..... | 13 oz..... | |

SALMON CORNBREAD

Protein-Rich Food/Bread

Main Dishes D-20

| Ingredients | 100 portions | | For _____ portions | Directions |
|--------------------|--------------|-----------------------|--------------------|---|
| | Weights | Measures | | |
| Canned salmon | 6 lb. | 6 cans (16 oz. each). | | <ol style="list-style-type: none"> 1. Drain and flake salmon. 2. Blend dry ingredients 5 minutes in mixer on low speed. 3. Beat eggs. 4. Combine eggs, milk, fat, dry ingredients, and salmon. Mix just enough to moisten. 5. Pour into 4 well-greased baking pans (about 12 by 20 by 2 inches), 7 lb. or 3 qt. per pan. 6. Bake at 425° F. (hot oven) 30 to 40 minutes or until cornbread is firm in center. |
| Cornmeal | 5 lb. | 3-3/4 qt. | | |
| All-purpose flour | 4 lb. | 1 gal. | | |
| Sugar | 2 lb. | 1 qt. 1/2 cup. | | |
| Baking powder | 8 oz. | 1-1/3 cups. | | |
| Salt | 1 oz. | 2 Tbsp. | | |
| Eggs | 1 lb. 9 oz. | 14 (large eggs) | | |
| Milk | | 1 gal. | | |
| Oil or fat, melted | 2 lb. | 1 qt. | | |

PORTION: 1 piece, 2 by 3-3/4 inches - provides the equivalent of 1 ounce protein-rich food and a serving of bread.
 Cost per portion _____.

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VARIATIONS

- a. SALMON CORNBREAD (using dried whole eggs): Reconstitute 7 oz. (2-1/4 cups, sifted) dried whole eggs with 2-1/4 cups water and use in place of shell eggs. Portion as in basic recipe.
- b. MACKEREL CORNBREAD: Use 6 cans (15 oz. each) mackerel in place of salmon. Portion as in basic recipe.
- c. MAINE SARDINE CORNBREAD: Use 7 cans (12 oz. each) Maine sardines in place of salmon. Portion as in basic recipe.
- d. TUNA CORNBREAD: Use 12 cans (6-1/2 or 7 oz. each) tuna in place of salmon. Portion as in basic recipe.

MENU SUGGESTIONS

Salmon Cornbread
Buttered Spinach Jellied Egg-Tomato Salad
 Applesauce
Bread Butter or Margarine Milk

Salmon Cornbread
Buttered Asparagus Cottage Cheese
 Cranberry Crunch
Bread Butter or Margarine Milk

SALMON LOAF

Protein-Rich Food

Main Dishes D-21

| Ingredients | 100 portions | | For _____ portions | Directions |
|------------------------------|-----------------|----------------------------|--------------------|--|
| | Weights | Measures | | |
| Canned salmon..... | 14 lb..... | 14 cans (16 oz. each)..... | | 1. Drain and flake salmon. |
| Eggs..... | 1 lb. 2 oz..... | 10 (large eggs)..... | | 2. Beat eggs. |
| ★Canned tomatoes..... | 4 lb. 4 oz..... | 2 qt..... | | 3. Combine all ingredients except salt. Add salt to taste. |
| Soft bread cubes..... | 1 lb. 8 oz..... | 1 gal..... | | 4. Pour into 2 well-greased baking pans (about 12 by 20 by 2 inches), about 9 lb. 4 oz. or 1 gal. 1/2 qt. per pan. |
| ★Onions, chopped..... | 6 oz..... | 1 cup..... | | |
| ★Parsley, chopped..... | 1 oz..... | 1 cup..... | | |
| Celery salt..... | | 1-1/3 Tbsp..... | | |
| Salt, to taste..... | | | | |
| Dry bread crumbs..... | 12 oz..... | 3-1/4 cups..... | | 5. Combine crumbs and fat. Sprinkle over top. |
| Butter or margarine, melted. | 8 oz..... | 1 cup..... | | 6. Bake at 350° F. (moderate oven) 45 to 60 minutes or until loaf is firm in the center. |
| | | | | 7. Serve plain or with a sauce. |

PORTION: 1 piece, 2 by 2 inches—provides the equivalent of 2 ounces protein-rich food.

Cost per portion _____.

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SALMON LOAF—Continued

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VARIATIONS

- a. **SALMON LOAF** (using dried whole eggs): Reconstitute 5 oz. (1-2/3 cups sifted) dried whole eggs with 1 2/3 cups water and use in place of shell eggs. Portion as in basic recipe.
- b. **MACKEREL LOAF**: Use 15 cans (15 oz. each) mackerel in place of salmon. Portion as in basic recipe.
- c. **TUNA LOAF**: Use 30 cans (6-1/2 or 7 oz. each) tuna in place of salmon. Portion as in basic recipe.

MENU SUGGESTIONS

Salmon Loaf
Scalloped Potatoes
Jellied Applesauce Salad
Bread Butter or Margarine Milk
Brownie

Salmon Loaf
Mashed Potatoes Cole Slaw
Stewed Apricots
Biscuit Honey Butter or Margarine
Milk

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ___ portion recipe |
|-----------------------|------------------------|------------------------|
| Canned tomatoes | 2/3 No. 10 can | |
| Mature onions | 6-3/4 oz. | |
| Parsley | 1-1/2 oz. | |

SAUCY OVEN-FRIED MAHIMAHİ FILLETS

Protein-Rich Food

Main Dishes D-22

| Ingredients | 100 portions | | For _____ portions | Directions |
|-------------------------------------|----------------------|--------------------|--------------------|---|
| | Weights | Measures | | |
| Mahimahi fillets (fresh or frozen). | 20 lb.----- | | | 1. Thaw frozen fillets (card C-9). Divide into 100 portions, about 3 oz. each. |
| Oil or fat, melted | 2 lb.----- | 1 qt.----- | | 2. Combine all ingredients except crumbs. Mix well. 3. Dip fish in sauce, draining off excess, then roll in crumbs, using a small amount at a time. Place in a single layer on well-greased sheet pans. 4. Bake at 500° F. (extremely hot oven) 15 to 20 minutes or until fish flakes easily when tested with a fork. |
| Lemon juice | 1 lb. 1-1/2 oz.----- | 2 cups----- | | |
| Salt | 2-3/4 oz.----- | 1/3 cup----- | | |
| Onions, grated | 2-1/2 oz.----- | 1/4 cup----- | | |
| Paprika | 1 oz.----- | 1/4 cup----- | | |
| Dry bread crumbs, toasted | 3 lb.----- | 3 qt. 3/4 cup----- | | |

PORTION: 1 portion—provides 2 ounces cooked fish.

Cost per portion _____.

VARIATIONS

- a. **SAUCY OVEN-FRIED FISH FILLETS:** Use 20 lb. cod, flounder, haddock, mullet, ocean perch, pollock, rock fish, whiting, or yellow perch fillets in place of mahimahi fillets. Portion as in basic recipe.
- b. **SAUCY OVEN-FRIED SCALLOPS:** Use 20 lb. scallops in place of mahimahi fillets. Rinse with cold water to remove any shell particles. Drain. Cut large scallops in half. Portion as in basic recipe.

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SAUCY OVEN-FRIED MAHIMAHİ FILLETS—Continued

MENU SUGGESTIONS

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Saucy Oven-Fried Mahimahi Fillets
Tomato Juice Buttered Peas
Apricot Rice Pudding
Muffin Butter or Margarine Milk

Saucy Oven-Fried Mahimahi Fillets
Corn Pudding Buttered Spinach
French Bread Butter or Margarine Milk
Brownie

SCALLOP PIE

Protein-Rich Food/Vegetable

Main Dishes D-23

| Ingredients | 100 portions | | For _____ portions | Directions |
|----------------------------|-----------------|------------------|--------------------|--|
| | Weights | Measures | | |
| Scallops (fresh or frozen) | 20 lb | | | <ol style="list-style-type: none"> 1. Thaw frozen scallops (card C-9). 2. Boil scallops (card C-10). Coarsely chop scallops. 3. Brown flour in fat. Stir into water. Cook and stir constantly until thickened. 4. Add vegetables, salt, and scallops. 5. Pour into 4 baking pans (about 12 by 20 by 2 inches), about 12 lb. 5 oz. or 1 gal. 1-1/2 qt. per pan. 6. Prepare pastry. Divide into 4 pieces, about 1 lb. each. Roll into rectangles 22 by 14 inches. 7. Cover scallop mixture, seal edges, and prick top with fork. 8. Bake at 450° F. (very hot oven) 30 to 40 minutes or until brown. |
| All-purpose flour | 1 lb. 8 oz. | 1-1/2 qt. | | |
| Oil or fat, melted | 1 lb. 8 oz. | 3 cups | | |
| Hot water | | 2 gal. | | |
| ★Cooked potatoes, diced. | 10 lb. 4 oz. | 1 gal. 2-3/4 qt. | | |
| ★Cooked onions, sliced. | 3 lb. 12 oz. | 2 qt. 1/2 cup. | | |
| ★Cooked celery, sliced. | 3 lb. | 2 qt. | | |
| ★Cooked carrots, sliced. | 2 lb. 12 oz. | 2 qt. | | |
| Salt | 4-1/4 oz. | 1/2 cup. | | |
| All-purpose flour | 2 lb. | 2 qt. | | |
| Salt | 1/2 oz. | 1 Tbsp. | | |
| Shortening | 1 lb. 8-1/2 oz. | 3-1/2 cups. | | |
| <i>or</i> | <i>or</i> | <i>or</i> | | |
| Lard | 1 lb. 8 oz. | 3 cups. | | |
| Cold water | | 1-1/3 cups. | | |

PORTION: 1 portion—provides 2 ounces cooked fish and 1/2 cup vegetable.

Cost per portion _____.

★See Marketing Guide on back of card.

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VARIATIONS

- a. SALMON PIE: Use 16 cans (16 oz. each) salmon in place of scallops. Drain salmon and break into large pieces. Portion as in basic recipe.
- b. SHRIMP PIE: Use 12 lb. 8 oz. cooked, peeled, and cleaned shrimp in place of scallops. Coarsely chop shrimp. Portion as in basic recipe.
- c. TUNA PIE: Use 34 cans (6-1/2 or 7 oz. each) tuna in place of scallops. Drain tuna and break into large pieces. Portion as in basic recipe.

MENU SUGGESTIONS

Scallop Pie
Tossed Salad with Tomatoes
Stewed Apricots
Bread Butter or Margarine Milk

Scallop Pie
Jellied Citrus Salad
Bread Butter or Margarine Milk
Brownie

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ____ portion recipe |
|--------------------|------------------------|-------------------------|
| Potatoes..... | 11 lb. 14 oz..... | |
| Mature onions..... | 4 lb. 15 oz..... | |
| Celery..... | 4 lb. 5 oz..... | |
| Carrots..... | 3 lb. 11 oz..... | |

SHRIMP RAREBIT

Protein-Rich Food/Bread

Main Dishes D-24

| Ingredients | 100 portions | | For _____ portions | Directions |
|---|------------------|-----------------------|--------------------|--|
| | Weights | Measures | | |
| Cooked, peeled, and cleaned shrimp (fresh or frozen). | 6 lb. 4 oz. | | | 1. Thaw frozen shrimp. Coarsely chop shrimp. 2. Melt fat; blend in flour and seasonings. Stir into milk. Cook and stir constantly until thickened. 3. Blend in cheese. Heat until cheese melts. 4. Add shrimp. Heat. Add salt to taste. |
| Butter or margarine | 2 lb. | 1 qt. | | |
| All-purpose flour | 1 lb. | 1 qt. | | |
| Dry mustard | 1/2 oz. | 3 Tbsp. | | |
| Paprika | | 1 tsp. | | |
| Hot milk | | 1-3/4 gal. | | 5. Serve on toast, using 1/2 cup ladle. |
| Cheese, grated | 6 lb. 4 oz. | 1 gal. 2-1/4 qt. | | |
| Salt, to taste | | | | |
| Bread, toasted | | 100 slices | | |

PORTION: 1/2 cup on toast—provides the equivalent of 2 ounces protein-rich food and a serving of bread.
 Cost per portion _____.

VARIATIONS

- a. **SALMON RAREBIT:** Use 8 cans (16 oz. each) salmon in place of shrimp. Drain salmon and break into large pieces. Portion as in basic recipe.
- b. **SCALLOP RAREBIT:** Prepare boiled scallops using 10 lb. scallops (card C-10) and use in place of shrimp. Coarsely chop scallops. Portion as in basic recipe.
- c. **TUNA RAREBIT:** Use 17 cans (6-1/2 or 7 oz. each) tuna in place of shrimp. Drain tuna and break into large pieces. Portion as in basic recipe.

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SHRIMP RAREBIT—Continued

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MENU SUGGESTIONS

Shrimp Rarebit on Toast
Buttered Green Lima Beans Sliced Tomatoes
Bread Butter or Margarine Milk
Cinnamon Crispies

Shrimp Rarebit on Toast
Mashed Potatoes Buttered Spinach
Bread Butter or Margarine Milk
Brownie

SOUTHERN BAKED MULLET FILLETS

Protein-Rich Food

Main Dishes D-25

| Ingredients | 100 portions | | For _____ portions | Directions |
|------------------------------------|--------------|------------------|--------------------|---|
| | Weights | Measures | | |
| Mullet fillets (fresh or frozen). | 20 lb. | | | <ol style="list-style-type: none"> 1. Thaw frozen fillets (card C-9). Divide into 100 portions, about 3 oz. each. Place in a single layer, skin side down, on well-greased sheet pans. 2. Thaw juice. 3. Combine all ingredients and beat to blend. 4. Cover fish with sauce. 5. Bake at 350° F. (moderate oven) 30 to 40 minutes or until fish flakes easily when tested with a fork. |
| Orange juice concentrate (frozen). | 15 oz. | 1-1/2 cups. | | |
| Butter or margarine, melted. | 12 oz. | 1-1/2 cups. | | |
| Salt | 1 oz. | 2 Tbsp. | | |
| Nutmeg | | 1 Tbsp. | | |

PORTION: 1 portion—provides 2 ounces cooked fish.

Cost per portion _____.

VARIATIONS

- a. **SOUTHERN BAKED FISH FILLETS:** Use 20 lb. cod, flounder, haddock, mahimahi, ocean perch, pollock, rockfish, whiting, or yellow perch fillets in place of mullet fillets. Portion as in basic recipe.

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SOUTHERN BAKED MULLET FILLETS—Continued

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MENU SUGGESTIONS

Southern Baked Mullet Fillets
Baked Apples and Sweet Potatoes
Buttered Green Beans
Bread Butter or Margarine Milk
Gingerbread

Southern Baked Mullet Fillets
Buttered Broccoli
Carrot-Raisin Salad
Cornbread Butter or Margarine Milk
Bread Pudding

SPICY OVEN-FRIED OCEAN PERCH FILLETS

Protein-Rich Food

Main Dishes D-26

| Ingredients | 100 portions | | For _____ portions | Directions |
|---|--------------|------------------------------------|--------------------|--|
| | Weights | Measures | | |
| Ocean perch fillets (fresh or frozen). | 20 lb. ----- | ----- | ----- | 1. Thaw frozen fillets (card C-9). Divide into 100 portions, about 3 oz. each. 2. Add salt to milk. 3. Combine crumbs and garlic powder. Mix well. 4. Dip fish in milk, then roll in crumb mixture, using a small amount at a time. Place in a single layer, skin side down, on well-greased sheet pans. 5. Sprinkle fat over fish. 6. Bake at 500° F. (extremely hot oven) 15 to 20 minutes or until fish flakes easily when tested with a fork. |
| Salt ----- Milk ----- | 1 oz. ----- | 2 Tbsp ----- 1 qt. ----- | ----- | |
| Dry bread crumbs, toasted Garlic powder ----- | 2 lb. ----- | 2 qt. 1/2 cup ----- 1 tsp ----- | ----- | |
| Oil or fat, melted ----- | 1 lb ----- | 2 cups ----- | ----- | |
| | | | | |

PORTION: 1 portion—provides 2 ounces cooked fish.
 Cost per portion _____.

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SPICY OVEN-FRIED OCEAN PERCH FILLETS—Continued

VARIATIONS

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- a. **SPICY OVEN-FRIED FISH FILLETS:** Use 20 lb. cod, flounder, haddock, mahimahi, mullet, pollack, rockfish, whiting, or yellow perch fillets in place of ocean perch fillets. Portion as in basic recipe.
- b. **SPICY OVEN-FRIED SCALLOPS:** Use 20 lb. scallops in place of ocean perch fillets. Rinse with cold water to remove any shell particles. Drain. Cut large scallops in half. Use 8 oz. (1 cup) melted fat to sprinkle over scallops. Portion as in basic recipe.
- c. **SPICY OVEN-FRIED FISH FILLETS OR SCALLOPS:** Use 3 Tbsp. chili powder in place of garlic powder. Portion as in basic recipe.
- d. **SPICY OVEN-FRIED FISH FILLETS OR SCALLOPS:** Use 1/3 cup dry mustard in place of garlic powder. Portion as in basic recipe.
- e. **SPICY OVEN-FRIED FISH FILLETS OR SCALLOPS:** Use 3 Tbsp. poultry seasoning in place of garlic powder. Portion as in basic recipe.

MENU SUGGESTIONS

Spicy Oven-Fried Perch Fillets
Buttered Peas
Cabbage-Carrot Slaw
Apple Crisp
Raisin Muffin Butter or Margarine Milk

Spicy Oven-Fried Ocean Perch Fillets
Scalloped Potatoes
Tossed Salad/Tomatoes
Bread Butter or Margarine Milk
Gingerbread

TOPSY TURVY TUNA CORNBREAD

Protein-Rich Food/Bread

Main Dishes D-27

| Ingredients | 100 portions | | For _____ portions | Directions |
|---|------------------|--------------------------------|-----------------------|--|
| | Weights | Measures | | |
| Canned tuna | 7 lb..... | 17 cans (6-1/2 or 7 oz. each). | | 1. Drain tuna and break into large pieces. 2. Cook onions in fat until clear, but not brown. 3. Beat eggs. 4. Combine eggs, soup, crumbs, pimientos, onion mixture, and tuna. 5. Pour into 4 well-greased baking pans (about 12 by 20 by 2 inches), about 6 lb. 6 oz. or 3 qt. per pan. 6. Blend dry ingredients 5 minutes in mixer on low speed. |
| ★Onions, chopped | 1 lb. 2 oz..... | 3 cups | | |
| Oil or fat, melted | 8 oz..... | 1 cup..... | | |
| Eggs | 4 lb. 7 oz..... | 40 (large eggs) | | |
| ★Condensed cream of mushroom soup | 12 lb. 8 oz..... | 1-1/2 gal..... | | |
| Soft bread crumbs | 10-1/2 oz..... | 1-3/4 qt..... | | |
| ★Pimientos, chopped | 1 lb. 1 oz..... | 2 cups..... | | |
| All-purpose flour | 3 lb..... | 3 qt..... | | |
| Cornmeal | 2 lb. 10 oz..... | 2 qt..... | | |
| Sugar | 10-1/2 oz..... | 1-1/2 cups..... | | |
| Baking powder | 4-1/2 oz..... | 3/4 cup..... | | |
| Salt | 1-1/2 oz..... | 3 Tbsp..... | | |

★See Marketing Guide on card 2.

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TOPSY TURVY TUNA CORNBREAD—Continued

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| Ingredients | 100 portions | | For — portions | Directions |
|-------------------------|-----------------|----------------------|-------------------|--|
| | Weights | Measures | | |
| Eggs..... | 1 lb. 2 oz..... | 10 (large eggs)..... | | 7. Beat eggs. 8. Combine eggs, milk, fat, and dry ingredients. Mix just enough to moisten. 9. Pour batter over tuna mixture, about 3 lb. 10 oz. or 1-3/4 qt. per pan. 10. Bake at 400° F. (hot oven) 40 to 45 minutes or until cornbread is firm in center. 11. Remove from oven, let stand a few minutes, invert. Remove from pans while still hot. |
| Milk..... | | 2-1/2 qt..... | | |
| Oil or fat, melted..... | 1 lb. 4 oz..... | 2-1/2 cups..... | | |
| ★Parsley, chopped..... | 1 oz..... | 1 cup..... | | 12. Sprinkle parsley on top. |

★See Marketing Guide on card 2.

PORTION: 1 piece, 2 by 3-3/4 inches—provides the equivalent of 2 ounces protein-rich food and a serving of bread.

Cost per portion _____.

VARIATIONS

- a. **TOPSY TURVY TUNA CORNBREAD (using dried whole eggs):** Reconstitute 1 lb. 4 oz. (1 qt. 2-1/4 cups, sifted) dried whole eggs with 1 qt. 2-1/4 cups water and use in place of shell eggs in the tuna mixture. Reconstitute 5 oz. (1-2/3 cups, sifted) dried whole eggs with 1-2/3 cups water and use in place of shell eggs in the cornbread mixture. Portion as in basic recipe.

(continued on next card)

TOPSY TURVY TUNA CORNBREAD—Continued

VARIATIONS—Continued

- b. **TOPSY TURVY MACKEREL CORNBREAD:** Use 8 cans (15 oz. each) mackerel in place of tuna. Portion as in basic recipe.
- c. **TOPSY TURVY SALMON CORNBREAD:** Use 8 cans (16 oz. each) salmon in place of tuna. Portion as in basic recipe.
- d. **TOPSY TURVY SCALLOP CORNBREAD:** Prepare boiled scallops using 10 lb. scallops (card C-10) in place of tuna. Coarsely chop scallops. Portion as in basic recipe.
- e. **TOPSY TURVY SHRIMP CORNBREAD:** Use 6 lb. 4 oz. cooked, peeled, and cleaned shrimp in place of tuna. Coarsely chop shrimp. Portion as in basic recipe.

MENU SUGGESTIONS

Topsy Turvy Tuna Cornbread
 Buttered Broccoli Carrot-Raisin Salad
 Bread Butter or Margarine Milk
 Chocolate Pudding

Topsy Turvy Tuna Cornbread
 Buttered Peas Cranberry Sauce
 Cantaloup Wedge
 Bread Butter or Margarine Milk

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ____ portion recipe |
|--|------------------------|-------------------------|
| Mature onions | 1 lb. 4-1/2 oz. | |
| Condensed cream of mushroom soup | 4 No. 3 cyl | |
| Canned pimientos | 1 lb. 8 oz. | |
| Parsley | 1-1/2 oz. | |

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TUNA-CHEESE BISCUIT ROLL

Protein-Rich Food/Bread

Main Dishes D-28

| Ingredients | 100 portions | | For _____ portions | Directions |
|---------------------------------|-------------------|-----------------------------------|-----------------------|--|
| | Weights | Measures | | |
| Canned tuna | 10 lb. 8 oz. | 26 cans (6-1/2 or 7 oz. each). | | <ol style="list-style-type: none"> 1. Drain and flake tuna. 2. Cook onions in fat until clear but not brown. Blend in flour. Stir into milk. Cook and stir constantly until thickened. 3. Blend in cheese. Heat until cheese melts. 4. Add tuna. Cool. 5. Prepare biscuit dough. Divide into 16 pieces, about 13 oz. each. Roll into rectangles 14 by 7 inches. 6. Spread each piece with 2 cups tuna filling. Roll like a jelly roll and seal ends and edges. 7. Place, seam side down, on well-greased sheet pans. Cut tops of rolls, crosswise, in 3 places. 8. Bake at 400° F. (hot oven) 15 to 20 minutes or until brown. |
| ★Onions, chopped | 12 oz. | 2 cups | | |
| Butter or margarine, melted. | 1 lb. | 2 cups | | |
| All-purpose flour | 8 oz. | 2 cups | | |
| Hot milk | | 2 qt. | | |
| Cheese, grated | 3 lb. | 3 qt. | | |
| Biscuit mix | 9 lb. | 2 gal. | | |
| | | | | |

PORTION: 2-inch slice—provides the equivalent of 2 ounces protein-rich food and a serving of bread.
Cost per portion _____.

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TUNA-CHEESE BISCUIT ROLL -Continued

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VARIATIONS

- a. MACKEREL-CHEESE BISCUIT ROLL: Use 13 cans (15 oz. each) mackerel in place of tuna. Portion as in basic recipe.
- b. SALMON-CHEESE BISCUIT ROLL: Use 12 cans (16 oz. each) salmon in place of tuna. Portion as in basic recipe.
- c. SCALLOP-CHEESE BISCUIT ROLL: Prepare boiled scallops using 15 lb. 4 oz. scallops (card C-10) and use in place of tuna. Coarsely chop scallops. Portion as in basic recipe.
- d. SHRIMP-CHEESE BISCUIT ROLL: Use 9 lb. 8 oz. cooked, peeled, and cleaned shrimp in place of tuna. Coarsely chop shrimp. Portion as in basic recipe.

MENU SUGGESTIONS

Tuna-Cheese Biscuit Roll
 Buttered Peas Tossed Salad/Tomatoes
 Bread Butter or Margarine Milk
 Chocolate Cream Pie

Tuna-Cheese Biscuit Roll
 Tomato Juice Buttered Green Beans
 Bread Butter or Margarine Milk
 Cinnamon Crispies

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ____ portion recipe |
|---------------------|------------------------|-------------------------|
| Mature onions | 13-1/2 oz. | |

TUNA-RICE LOAF

Protein-Rich Food

Main Dishes D-29

| Ingredients | 100 portions | | For _____ portions | Directions |
|--------------------------|--------------|--------------------------------|--------------------|---|
| | Weights | Measures | | |
| Canned tuna | 8 lb. 4 oz. | 20 cans (6-1/2 or 7 oz. each). | | 1. Drain and flake tuna. |
| Eggs | 4 lb. 7 oz. | 40 (large eggs) | | 2. Beat eggs. |
| ★Cooked rice | 4 lb. 8 oz. | 3 qt. | | 3. Combine all ingredients except salt. Add salt to taste. |
| Milk | | 2 qt. | | |
| Soft bread crumbs | 12 oz. | 2 qt. | | 4. Pour into 2 well-greased baking pans (about 12 by 20 by 2 inches), about 11 lb. 8 oz. or 1 gal. 1-1/2 qt. per pan. |
| ★Green peppers, chopped. | 5-1/4 oz. | 1 cup | | |
| Lemon juice | 4-1/2 oz. | 1/2 cup | | 5. Bake at 350° F. (moderate oven) 45 to 60 minutes or until loaf is firm in the center. |
| ★Parsley, chopped | 1 oz. | 1 cup | | |
| Baking powder | 1 oz. | 2-2/3 Tbsp. | | 6. Serve plain or with a sauce. |
| Salt, to taste | | | | |

PORTION: 1 piece, 2 by 2 inches—provides the equivalent of 2 ounces protein-rich food.

Cost per portion _____.

VARIATIONS

- a. **TUNA-RICE LOAF** (using dried whole eggs): Reconstitute 1 lb. 4 oz (1 qt. 2-1/4 cups, sifted) dried whole eggs with 1 qt. 2-1/4 cups water and use in place of shell eggs. Portion as in basic recipe.
- b. **MACKEREL-RICE LOAF:** Use 10 cans (15 oz. each) mackerel in place of tuna. Portion as in basic recipe.
- c. **SALMON-RICE LOAF:** Use 10 cans (16 oz. each) salmon in place of tuna. Portion as in basic recipe.
- d. **SHRIMP-RICE LOAF:** Use 27 cans (4-1/2 oz. each) shrimp in place of tuna. Portion as in basic recipe.

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TUNA-RICE LOAF -Continued

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MENU SUGGESTIONS

Tuna-Rice Loaf
Stewed Tomatoes/Croutons Tossed Green Salad
Corn Muffin Butter or Margarine Milk
Prune Whip

Tuna-Rice Loaf
Golden Potatoes Buttered Kale
Cinnamon Apples/Raisins
Bread Butter or Margarine Milk

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ____ portion recipe |
|--------------------|------------------------|-------------------------|
| Rice..... | 1 lb. 8 oz..... | |
| Green peppers..... | 6-1/2 oz..... | |
| Parsley..... | 1-1/2 oz..... | |

TUNA SHORTCAKE

Protein-Rich Food/Bread

Main Dishes D-30

| Ingredients | 100 portions | | For _____ portions | Directions |
|------------------------------|-------------------|----------------------------------|--------------------|---|
| | Weights | Measures | | |
| Canned tuna | 10 lb. 8 oz. | 26 cans (6-1/2 oz or 7 oz each). | | <ol style="list-style-type: none"> 1. Drain tuna and break into large pieces. 2. Cook onions in fat until clear, but not brown. Blend in flour. Stir into milk. Cook and stir constantly until thickened. 3. Blend in cheese. Heat until cheese melts. 4. Add tuna. Heat. Add salt to taste. 5. Serve on split biscuit, using 1/2 cup ladle. Top with chopped egg. |
| ★Onions, chopped | 12 oz. | 2 cups | | |
| Butter or margarine, melted. | 2 lb. 8 oz. | 1-1/4 qt. | | |
| All-purpose flour | 1 lb. 4 oz. | 1- 1/4 qt | | |
| Hot milk | | 2 gal. | | |
| Cheese, grated | 1 lb. 8 oz. | 1-1/2 qt | | |
| Salt, to taste. | | | | |
| Biscuits | | 100 | | |
| Hard-cooked eggs, chopped. | | 12 (large eggs) | | |

PORTION: 1/2 cup on biscuit- provides the equivalent of 2 ounces protein-rich food and a serving of bread.
 Cost per portion _____.

★See Marketing Guide on back of card.

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TUNA SHORTCAKE—Continued

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VARIATIONS

- a. TUNA SHORTCAKE (using dried whole eggs): Prepare hard-cooked eggs using 6 oz. (2 cups) dried whole eggs (card C-8, oven method) and use in place of shell eggs. Portion as in basic recipe.
- b. SALMON SHORTCAKE: Use 12 cans (16 oz. each) salmon in place of tuna. Portion as in basic recipe.
- c. SCALLOP SHORTCAKE: Prepare boiled scallops using 15 lb. 4 oz. scallops (card C-10) and use in place of tuna. Coarsely chop scallops. Portion as in basic recipe.
- d. SHRIMP SHORTCAKE: Use 9 lb. 8 oz. cooked, peeled, and cleaned shrimp in place of tuna. Coarsely chop shrimp. Portion as in basic recipe.

MENU SUGGESTIONS

Tuna Shortcake
Buttered Peas
Cauliflowerets and Olives
Chilled Pineapple
Biscuit Butter or Margarine Milk

Tuna Shortcake
New Beets and Greens Grapefruit Juice
Carrot Sticks
Toasted Roll Butter or Margarine Milk

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For . . . portion recipe |
|-------------------|------------------------|--------------------------|
| Mature onions | 13-1/2 oz. | |

TUNA WIGGLE

Protein-Rich Food/Vegetable/Bread

Main Dishes D-31

| Ingredients | 100 portions | | For _____ portions | Directions |
|------------------------------|--------------------|--------------------------------|--------------------|---|
| | Weights | Measures | | |
| Canned tuna | 13 lb. 12 oz. | 34 cans (6-1/2 or 7 oz. each). | ----- | 1. Drain tuna and break into large pieces. 2. Cook onions in fat until clear, but not brown. Blend in flour. Stir into milk. Cook and stir constantly until thickened. 3. Add peas and tuna. Heat. Add salt to taste. |
| ★Onions, chopped | 1 lb. 2 oz. | 3 cups | ----- | |
| Butter or margarine, melted. | 2 lb. 8 oz. | 1-1/4 qt. | ----- | |
| All-purpose flour | 1 lb. 4 oz. | 1-1/4 qt. | ----- | |
| Hot milk | ----- | 2 gal. | ----- | 3. Add peas and tuna. Heat. Add salt to taste. |
| ★Green peas, drained | ----- | 1-1/2 gal. | ----- | |
| Salt, to taste | ----- | ----- | ----- | 4. Serve on toasted roll, using 3/4 cup ladle. |
| Rolls, toasted | ----- | 100 | ----- | |

PORTION: 3/4 cup on roll - provides 2 ounces cooked fish, 1/4 cup vegetable, and a serving of bread.
Cost per portion _____.

VARIATIONS

- a. **SALMON WIGGLE:** Use 16 cans (16 oz. each) salmon in place of tuna. Portion as in basic recipe.
- b. **SCALLOP WIGGLE:** Prepare boiled scallops using 20 lb. scallops (card C-10) and use in place of tuna. Coarsely chop scallops. Portion as in basic recipe.
- c. **SHRIMP WIGGLE:** Use 12 lb. 8 oz. cooked, peeled, and cleaned shrimp in place of tuna. Coarsely chop shrimp. Portion as in basic recipe.

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TUNA WIGGLE -Continued

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MENU SUGGESTIONS

Tuna Wiggle
Cole Slaw
Biscuit Butter or Margarine Milk
Raisin Bread Pudding

Tuna Wiggle
Baked Sliced Tomato Apple Crisp
Cornbread Butter or Margarine Milk

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ____ . portion recipe |
|------------------------|------------------------|---------------------------|
| Mature onions..... | 1 lb. 4 -1/2 oz..... | |
| Canned green peas..... | 2 No. 10 cans..... | |

E-SALADS

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SUGGESTIONS FOR SALAD MAKING

Salads E-1

Salads offer contrast in color and texture, adding zest and eye appeal to the lunch. "Finger foods" appeal to children. Use carrot sticks drawn through pitted ripe olives, green pepper rings, radish accordions, turnip or rutabaga sticks, apple or orange sections, or melon fingers.

DIRECTIONS FOR PREPARING

- **PREPARE SALAD GREENS** by washing them gently but thoroughly in cold water to remove all dirt and grit. It may be necessary to separate leaves or stalks in order to clean. Drain well in colander to prevent wilting. Place in a container covered with a damp cloth or in a plastic bag and chill in the refrigerator.
Use a variety of salad greens- young spinach, endive, romaine, escarole, or Boston lettuce.
- **CHILL AND MARINATE** fish or shellfish salads with vegetables or fruits in a tasty dressing for a few hours before serving.
- **PREVENT DISCOLORATION** by sprinkling fresh fruits such as apples, peaches, and bananas with orange, lemon, or pineapple juice.
- **ADD DRESSING** at the last minute—just enough to coat the fish, shellfish, vegetable or fruit. To allow for individual preferences serve dressings in serving containers or portion cups.
- **GARNISHES** on *fish or shellfish vegetable salads* may include croutons, chopped pimientos, bite-sized cereal, chopped olives, parsley, or chopped hard-cooked eggs. On *fish or shellfish fruit salads* use maraschino cherries, grated coconut, peanut butter, raisins, shredded cheese, miniature marshmallows, or nut meats.

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SUGGESTIONS FOR SALAD MAKING—Continued

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SUGGESTED SALAD TOOLS

- Cutting board
- Vegetable brushes
- Vegetable peelers
- Salad cutter or chopper
- French cook's knife
- Paring knife
- Grater
- Juice extractor
- Egg slicer
- Colander
- Plastic gloves for mixing
- Tongs for serving

JELLIED SCALLOP-TOMATO SALAD

Protein-Rich Food/Vegetable

Salads E-2

| Ingredients | 100 portions | | For _____ portions | Directions |
|-----------------------------|-----------------|-----------------------|--------------------|--|
| | Weights | Measures | | |
| Scallops (fresh or frozen). | 10 lb..... | ----- | ----- | 1. Thaw frozen scallops (card C-9). 2. Boil scallops (card C-10). Coarsely chop scallops. |
| Lemon-flavored gelatin | 2 lb. 4 oz..... | 1 qt. 1-3/4 cups..... | ----- | |
| Hot water | ----- | 1-1/2 qt..... | ----- | 3. Dissolve gelatin in hot water. Add remaining liquids. Chill until mixture begins to thicken. |
| ★Tomato sauce | 3 lb. 3 oz..... | 1-1/2 qt..... | ----- | |
| ★Tomato juice | 6 lb. 8 oz..... | 3 qt..... | ----- | |
| Water | ----- | 1 qt..... | ----- | |
| ★Celery, chopped | 1 lb..... | 3-3/4 cups..... | ----- | 4. Stir in vegetables and scallops. 5. Pour into 4 pans (about 12 by 20 by 2 inches), about 7 lb. or 3 qt. per pan. Chill until set. 6. Cut and serve on salad greens. |
| ★Cooked mixed vegetables. | 4 lb..... | 2 qt. 1/2 cup..... | ----- | |

PORTION: 1 piece, 2 by 3-3/4 inches—provides 1 ounce cooked fish and 1/4 cup vegetable.

Cost per portion _____.

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JELLIED SCALLOP-TOMATO SALAD—Continued

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VARIATIONS

- a. **JELLIED SHRIMP-TOMATO SALAD:** Use 23 cans (4 1/2 oz. each) shrimp or 6 lb. 4 oz. cooked, peeled and cleaned shrimp in place of scallops. Coarsely chop shrimp. Portion as in basic recipe.
- b. **JELLIED TUNA-TOMATO SALAD:** Use 17 cans (6-1/2 or 7 oz. each) tuna in place of scallops. Drain tuna and break into large pieces. Portion as in basic recipe.

MENU SUGGESTIONS

Jellied Scallop-Tomato Salad
Cottage Cheese (1 oz.) on Lettuce
Buttered Summer Squash
Apple Crisp
Boston Brown Bread Butter or Margarine
Milk

Jellied Scallop-Tomato Salad
Buttered Asparagus Deviled Egg Half
Sweet Potato Pie
Bread Butter or Margarine Milk

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ____ portion recipe |
|------------------------------|----------------------------------|-------------------------|
| Canned tomato sauce..... | 1/2 No. 10 can..... | |
| Canned tomato juice..... | 2 1/4 No. 3 cyl..... | |
| Celery..... | 1 lb. 5 1/2 oz..... | |
| Frozen mixed vegetables..... | 1-3/4 pkg. (2-1/2 lb. each)..... | |

MACKEREL SALAD

Protein-Rich Food

Salads E-3

| Ingredients | 100 portions | | For _____ portions | Directions |
|---------------------------------|-------------------|-----------------------------|-----------------------|--|
| | Weights | Measures | | |
| Canned mackerel | 12 lb. 4 oz. | 13 cans (15 oz. each) | | 1. Drain mackerel and break into large pieces. 2. Combine all ingredients except salt. Add salt to taste. Chill. 3. Portion with a No. 10 scoop (2/5 cup) and serve on salad greens. |
| Hard-cooked eggs, chopped | | 24 (large eggs) | | |
| ★ Celery, chopped | 3 lb. 12 oz. | 3-1/2 qt. | | |
| ★ Onions, chopped | 6 oz. | 1 cup | | |
| Sweet pickle relish | 1 lb. 5 oz. | 2-1/2 cups | | |
| Mayonnaise | 3 lb. | 1-1/2 qt. | | |
| Salt, to taste | | | | |

PORTION: 2/5 cup—provides the equivalent of 2 ounces protein-rich food.

Cost per portion _____.

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MACKEREL SALAD—Continued

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VARIATIONS

- a. **MACKEREL SALAD** (using dried whole eggs): Prepare hard-cooked eggs using 12 oz. (1 qt.) dried whole eggs (card C-8, oven method) and use in place of shell eggs. Portion as in basic recipe.
- b. **MAINE SARDINE SALAD**: Use 15 cans (12 oz. each) Maine sardines in place of mackerel. Portion as in basic recipe.
- c. **SALMON SALAD**: Use 12 cans (16 oz. each) salmon in place of mackerel. Portion as in basic recipe.
- d. **SHRIMP SALAD**: Use 9 lb. 8 oz. cooked, peeled, and cleaned shrimp in place of mackerel. Coarsely chop shrimp. Portion as in basic recipe.
- e. **TUNA SALAD**: Use 26 cans (6-1/2 or 7 oz. each) tuna in place of mackerel. Portion as in basic recipe.

MENU SUGGESTIONS

Mackerel Salad
Baked Potato Buttered Kale
Cornbread Butter or Margarine Milk
Tapioca Pudding

Mackerel Salad
Orange Juice Buttered Lima Beans
French Bread Butter or Margarine Milk
Peanut Butter-Raisin Cookies

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ____ portion recipe |
|--------------------|------------------------|-------------------------|
| Celery..... | 5 lb..... | |
| Mature onions..... | 6-3/4 oz..... | |

MAINE SARDINE SLAW

Protein-Rich Food/Vegetable

Salads E-4

| Ingredients | 100 portions | | For _____ portions | Directions |
|--------------------------|----------------|------------------------|--------------------|--|
| | Weights | Measures | | |
| Canned Maine Sardines | 7 lb. | 10 cans (12 oz. each). | | 1. Drain sardines and break into large pieces. 2. Combine all ingredients except paprika and sardines. Mix well. 3. Add sardines and toss lightly. Chill. 4. Portion with a No. 6 scoop (2/3 cup) and serve on salad greens. 5. Sprinkle with paprika. |
| ★Cabbage, shredded | 12 lb. | 4-3/4 gal. | | |
| ★Green peppers, chopped. | 2 lb. | 1-1/2 qt. | | |
| ★Onions, chopped | 1 lb. | 2-2/3 cups | | |
| Sweet pickle relish | 8-1/2 oz. | 1 cup. | | |
| Salt | 1-1/2 oz. | 3 Tbsp. | | |
| Mayonnaise | 2 lb. | 1 qt. | | |
| Paprika | | 1 Tbsp. | | |

PORTION: 2/3 cup—provides 1 ounce cooked fish and 1/2 cup vegetable.

Cost per portion _____.

VARIATIONS

- a. **MACKEREL SLAW:** Use 8 cans (15 oz. each) mackerel in place of Maine sardines. Portion as in basic recipe.
- b. **SALMON SLAW:** Use 8 cans (16 oz. each) salmon in place of Maine sardines. Portion as in basic recipe.
- c. **SHRIMP SLAW:** Use 23 cans (4-1/2 oz. each) or 6 lb. 4 oz. cooked, peeled, and cleaned shrimp in place of Maine sardines. Coarsely chop shrimp. Portion as in basic recipe.
- d. **TUNA SLAW:** Use 17 cans (6-1/2 or 7 oz. each) tuna in place of Maine sardines. Portion as in basic recipe.

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MENU SUGGESTIONS

Maine Sardine Slaw
Buttered Green Beans
Lemon Refrigerator Dessert
Boston Brown Bread/Butter Sandwich
Milk

Maine Sardine Slaw
Deviled Egg Half Buttered Peas
Whole Wheat Bread/Jelly Butter or Margarine
Milk
Peanut Butter-Raisin Cookies

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ____ portion recipe |
|--------------------|------------------------|-------------------------|
| Cabbage..... | 15 lb. 4 oz..... | |
| Green peppers..... | 2 lb. 7 oz..... | |
| Mature onions..... | 1 lb. 2 oz..... | |

SALMON-MACARONI SALAD

Protein-Rich Food/Vegetable

Salads E-5

| Ingredients | 100 portions | | For portions | Directions |
|---------------------------|------------------|---------------------------|--------------|--|
| | Weights | Measures | | |
| Canned salmon..... | 8 lb..... | 8 cans (16 oz. each)..... | | <ol style="list-style-type: none"> 1. Drain salmon and break into large pieces. 2. Add macaroni to boiling salted water and stir. Return to boiling point. Cook about 15 minutes. 3. Drain. 4. If necessary, rinse with water to remove excess starch. 5. Chill. 6. Combine macaroni, celery, carrots, pickles, onions, parsley, and salmon. 7. Combine mayonnaise, vinegar, and seasonings. 8. Add to salmon mixture. Toss lightly. 9. Chill 1 hour to blend flavors. 10. Portion with a No. 6 scoop (2/3 cup) and serve on salad greens. |
| Macaroni..... | 3 lb. 3 oz..... | 3 qt..... | | |
| Salt..... | 2 oz..... | 1/4 cup..... | | |
| Boiling water..... | | 2 gal..... | | |
| ★Celery, chopped..... | 4 lb. 4 oz..... | 1 gal..... | | |
| ★Carrots, grated..... | 2 lb..... | 2 qt..... | | |
| Dill pickle, chopped..... | 1 lb. 10 oz..... | 1 qt..... | | |
| ★Onions, chopped..... | 9 oz..... | 1-1/2 cups..... | | |
| ★Parsley, chopped..... | 2 oz..... | 2 cups..... | | |
| Mayonnaise..... | 4 lb..... | 2 qt..... | | |
| Vinegar..... | | 1 cup..... | | |
| Salt..... | 1-1/2 oz..... | 3 Tbsp..... | | |
| Celery seed..... | 1/2 oz..... | 2-1/3 Tbsp..... | | |

PORTION: 2/3 cup—provides 1 ounce cooked fish and 1/4 cup vegetable.

Cost per portion _____.

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SALMON-MACARONI SALAD—Continued

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VARIATIONS

- a. **MACKEREL-MACARONI SALAD:** Use 8 cans (15 oz. each) mackerel in place of salmon. Portion as in basic recipe.
- b. **MAINE SARDINE-MACARONI SALAD:** Use 10 cans (12 oz. each) Maine sardines in place of salmon. Portion as in basic recipe.
- c. **SHRIMP-MACARONI SALAD:** Use 23 cans (4-1/2 oz. each) or 6 lb. 4 oz. cooked, peeled, and cleaned shrimp in place of salmon. Coarsely chop shrimp. Portion as in basic recipe.
- d. **TUNA-MACARONI SALAD:** Use 17 cans (6-1/2 or 7 oz. each) tuna in place of salmon. Portion as in basic recipe.

MENU SUGGESTIONS

Salmon-Macaroni Salad
Deviled Egg/Tomato Wedges
Boston Brown Bread/Butter Sandwich
Milk
Tapioca Pudding/Orange Garnish

Salmon-Macaroni Salad
Glazed Sweet Potatoes
Buttered Green Beans
Baked Custard
Muffin Butter or Margarine Milk

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ____ portion recipe |
|--------------------|------------------------|-------------------------|
| Celery..... | 5 lb. 12 oz..... | |
| Carrots..... | 2 lb. 7 oz..... | |
| Mature onions..... | 10-1/4 oz..... | |
| Parsley..... | 3 oz..... | |

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SHRIMP-KIDNEY BEAN SALAD

Protein-Rich Food

Salads E-6

| Ingredients | 100 portions | | For _____ portions | Directions |
|---|--|--|--------------------|--|
| | Weights | Measures | | |
| Canned shrimp <i>or</i> Cooked, peeled, and cleaned shrimp (fresh or frozen). | 6 lb. 12 oz. <i>or</i> 6 lb. 12 oz. | 24 cans (4-1/2 oz. each). | | 1. Drain canned shrimp or thaw frozen shrimp. Coarsely chop shrimp. |
| ★Canned kidney beans Sweet pickles, chopped ★Celery, chopped ★Onions, chopped Salt Mayonnaise Prepared mustard Pickle liquid | 13 lb. 8 oz. 2 lb. 8 oz. 3 lb. 3 oz. 8 oz. 2-3/4 oz. 2 lb. 8 oz. 3 oz. | 1-1/2 gal. 1 qt. 2-1/4 cups 3 qt. 1-1/3 cups 1/3 cup. 1-1/4 qt. 1/3 cup. 1/3 cup. | | 2. Drain kidney beans. 3. Combine all ingredients. Toss lightly. 4. Chill 1 hour to blend flavors. 5. Portion with a No. 8 scoop (1/2 cup) and serve on salad greens. |

PORTION: 1/2 cup—provides the equivalent of 2 ounces protein-rich food.

Cost per portion _____.

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SHRIMP-KIDNEY BEAN SALAD--Continued

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VARIATIONS

- a. **SALMON-KIDNEY BEAN SALAD:** Use 9 cans (16 oz. each) salmon in place of shrimp. Drain salmon and break into large pieces. Portion as in basic recipe.
- b. **SCALLOP-KIDNEY BEAN SALAD:** Prepare boiled scallops using 10 lb. 12 oz. scallops (card C-10) and use in place of shrimp. Coarsely chop scallops. Portion as in basic recipe.
- c. **TUNA-KIDNEY BEAN SALAD:** Use 18 cans (6-1/2 or 7 oz. each) tuna in place of shrimp. Drain tuna and break into large pieces. Portion as in basic recipe.

MENU SUGGESTIONS

Shrimp-Kidney Bean Salad
Baked Spinach in Sauce
Sliced Tomatoes
Biscuit Butter or Margarine Milk
Pineapple Upside Down Cake

Shrimp-Kidney Bean Salad
Baked Orange Squash
Buttered Asparagus
Cornbread Butter or Margarine Milk
Chocolate Pudding

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ____ portion recipe |
|---------------------------|------------------------|-------------------------|
| Canned kidney beans | 2 No. 10 cans | |
| Celery | 4 lb. 4 oz. | |
| Mature onions | 9 oz. | |

SHRIMP-POTATO SALAD

Protein-Rich Food/Vegetable

Salads E-7

| Ingredients | 100 portions | | For _____ portions | Directions |
|---|--|---|---|--|
| | Weights | Measures | | |
| Canned shrimp <i>or</i> Cooked, peeled, and cleaned shrimp (fresh or frozen). | 6 lb. 8 oz. <i>or</i> 6 lb. 4 oz. | 23 cans (4-1/2 oz. each). | ----- ----- ----- | 1. Drain canned shrimp or thaw frozen shrimp. Coarsely chop shrimp. |
| ★Cooked potatoes, diced. Hard-cooked eggs, chopped. ★Celery, chopped ★Onions, chopped Sweet pickle relish Cheese, grated Mayonnaise Salt, to taste | 13 lb. 8 oz. ----- 3 lb. 8 oz. 12 oz. 1 lb. 1 oz. 1 lb. 3 lb. 8 oz. ----- | 2-1/4 gal. ----- 42 (large eggs) ----- 3-1/4 qt. 2 cups 2 cups 1 qt. 1-3/4 qt. ----- | ----- ----- ----- ----- ----- ----- ----- | 2. Combine all ingredients except salt. Add salt to taste. 3. Chill 1 hour to allow potatoes to absorb the dressing. 4. Portion with No. 6 scoop (2/3 cup) and serve on salad greens. |

PORTION: 2/3 cup—provides the equivalent of 2 ounces protein-rich food and 1/2 cup vegetable.

Cost per portion _____.

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VARIATIONS

- a. SHRIMP-POTATO SALAD (using dried whole eggs): Prepare hard-cooked eggs using 1 lb. 5 oz. (1 qt. 2-1/2 cups) dried whole eggs (card C-8, oven method) and use in place of shell eggs. Portion as in basic recipe.
- b. MACKEREL-POTATO SALAD: Use 8 cans (15 oz. each) mackerel in place of shrimp. Drain mackerel and break into large pieces. Portion as in basic recipe.
- c. MAINE SARDINE-POTATO SALAD: Use 10 cans (12 oz. each) Maine sardines in place of shrimp. Drain Maine sardines and break into large pieces. Portion as in basic recipe.
- d. SALMON-POTATO SALAD: Use 8 cans (16 oz. each) salmon in place of shrimp. Drain salmon and break into large pieces. Portion as in basic recipe.
- e. TUNA-POTATO SALAD: Use 17 cans (6-1/2 or 7 oz. each) tuna in place of shrimp. Drain tuna and break into large pieces. Portion as in basic recipe.

MENU SUGGESTIONS

Shrimp-Potato Salad
Buttered Asparagus
Cantaloup Wedges
Hot Roll Butter or Margarine Milk

Shrimp-Potato Salad
Broccoli/Cheese Sauce
Grapes
Bread Butter or Margarine Milk
Caramel Bread Pudding

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ____ portion recipe |
|--------------------|------------------------|-------------------------|
| Potatoes..... | 15 lb. 8 oz..... | |
| Celery..... | 4 lb. 11 oz..... | |
| Mature onions..... | 13-1/2 oz..... | |

TUNA-APPLE SALAD

Protein-Rich Food/Vegetable and Fruit

Salads E-8

| Ingredients | 100 portions | | For _____ portions | Directions |
|---------------------------|--------------------|---------------------------------|--------------------|--|
| | Weights | Measures | | |
| Canned tuna | 13 lb. 12 oz. | 34 cans (6-1/2 or 7 oz. each) . | | 1. Drain tuna and break into large pieces. 2. Combine all ingredients except salt. Mix lightly. Add salt to taste. Chill. 3. Portion with a No. 8 scoop (1/2 cup) and serve on salad greens. |
| ★ Apples, pared, diced .. | 4 lb. | 3-3/4 qt. | | |
| ★ Celery, chopped | 2 lb. | 1 qt. 3-1/2 cups | | |
| Raisins | 1 lb. 4 oz. | 1 qt. | | |
| Mayonnaise | 3 lb. | 1-1/2 qt. | | |
| Salt, to taste | | | | |

PORTION: 1/2 cup—provides 2 ounces cooked fish and 1/4 cup vegetable and fruit.

Cost per portion _____.

VARIATIONS

- a. **MACKEREL-APPLE SALAD:** Use 16 cans (15 oz. each) mackerel in place of tuna. Portion as in basic recipe.
- b. **PACIFIC SARDINE-APPLE SALAD:** Use 18 cans (15 oz. each) Pacific sardines in place of tuna. Portion as in basic recipe.
- c. **SALMON-APPLE SALAD:** Use 16 cans (16 oz. each) salmon in place of tuna. Portion as in basic recipe.
- d. **SHRIMP-APPLE SALAD:** Use 45 cans (4-1/2 oz. each) shrimp or 12 lb. 8 oz. cooked, peeled, and cleaned shrimp in place of tuna. Coarsely chop shrimp. Portion as in basic recipe.

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TUNA-APPLE SALAD—Continued

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MENU SUGGESTIONS

Tuna-Apple Salad
Glazed Sweet Potatoes Buttered Peas
Bread Butter or Margarine Milk
Cinnamon Crispies

Tuna-Apple Salad
Buttered Noodles Buttered Kale
Whole Wheat Bread Butter or Margarine Milk
Vanilla Cream Pie

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ____ portion recipe |
|-------------------|------------------------|-------------------------|
| Apples..... | 5 lb. 6 oz..... | |
| Celery..... | 2 lb. 11 oz..... | |

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F—SANDWICHES

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SUGGESTIONS FOR SANDWICH MAKING

Sandwiches F-1

Sandwiches may be served hot or cold, closed or open faced. Bread—the base of sandwiches—can provide variety in flavor, texture, size, and shape. Besides enriched white bread, use rye, pumpernickle, French, raisin, Italian, Boston brown, or cheese bread. Hamburger, frankfurter, hard, and soft rolls also make good sandwich bases.

GENERAL INFORMATION

- Make sandwiches the day they are to be served.
- Assemble all equipment and materials in advance.
- Prepare fillings just before making sandwiches. Refrigerate fillings and ingredients for fillings except during actual preparation of sandwiches.
- Have all ingredients ready. Soften butter or margarine by letting it stand at room temperature. In some sandwiches the butter may be mixed with the filling, for example, peanut butter. If lettuce is used, it should be washed, crisped, and drained.

DIRECTIONS FOR SANDWICH PREPARATION

1. Arrange fresh bread in rows, preferably 4 rows of 10 slices each (20 sandwiches).
2. Spread all bread slices out to the edges with softened butter or margarine.
3. Portion filling on alternate rows of bread and spread to the edges *or* arrange sliced filling materials to fit sandwich.
4. If lettuce is used, arrange leaves on filling.
5. Place plain buttered slices of bread on the filled slices.
6. Stack several sandwiches together and cut with a sharp knife.
7. To keep sandwiches fresh, place in sandwich bags or waxed paper. Or place sandwiches in storage pans on damp towel covered with waxed paper and cover completely with more waxed paper and a damp towel.
8. Refrigerate until serving time.

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SUGGESTIONS FOR SANDWICH MAKING—Continued

TOOLS AND EQUIPMENT

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- Cutting board
- Knives
- Spoons
- Scoops
- Sandwich bags or waxed paper
- Towels
- Storage pans

SUGGESTIONS FOR SANDWICH MAKING

Sandwiches F-1

Sandwiches may be served hot or cold, closed or open faced. Bread—the base of sandwiches—can provide variety in flavor, texture, size, and shape. Besides enriched white bread, use rye, pumpernickle, French, raisin, Italian, Boston brown, or cheese bread. Hamburger, frankfurter, hard, and soft rolls also make good sandwich bases.

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- Assemble all equipment and materials in advance.
- Prepare fillings just before making sandwiches. Refrigerate fillings and ingredients for fillings except during actual preparation of sandwiches.
- Have all ingredients ready. Soften butter or margarine by letting it stand at room temperature. In some sandwiches the butter may be mixed with the filling, for example, peanut butter. If lettuce is used, it should be washed, crisped, and drained.

DIRECTIONS FOR SANDWICH PREPARATION

1. Arrange fresh bread in rows, preferably 4 rows of 10 slices each (20 sandwiches).
2. Spread all bread slices out to the edges with softened butter or margarine.
3. Portion filling on alternate rows of bread and spread to the edges or arrange sliced filling materials to fit sandwich.
4. If lettuce is used, arrange leaves on filling.
5. Place plain buttered slices of bread on the filled slices.
6. Stack several sandwiches together and cut with a sharp knife.
7. To keep sandwiches fresh, place in sandwich bags or waxed paper. Or place sandwiches in storage pans on damp towel covered with waxed paper and cover completely with more waxed paper and a damp towel.
8. Refrigerate until serving time.

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SUGGESTIONS FOR SANDWICH MAKING—Continued

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TOOLS AND EQUIPMENT

- Cutting board
- Knives
- Spoons
- Scoops
- Sandwich bags or waxed paper
- Towels
- Storage pans

FISH STICK BURGER

Protein-Rich Food/Bread

Sandwiches F-2

| Ingredients | 100 portions | | For _____ portions | Directions |
|--|--------------------------|-----------------------------|-----------------------|---|
| | Weights | Measures | | |
| Frozen raw breaded fish sticks. | 12 lb. 8 oz. | 200 sticks (1 oz. each). | | 1. Place frozen fish sticks in a single layer on well-greased sheet pans. 2. Brush fat over fish. Sprinkle with paprika. 3. Bake at 500° F. (extremely hot oven) 15 to 20 minutes or until fish is browned and flakes easily when tested with a fork. 4. Combine mayonnaise and relish. 5. Cut rolls in half and spread with butter. Toast rolls, if desired. 6. Place 2 fish sticks on bottom half of rolls. Top with 1 Tbsp. relish sauce and top half of roll. Serve hot. |
| Oil or fat, melted Paprika | 8 oz. | 1 cup 1 Tbsp | | |
| Mayonnaise Sweet pickle relish | 2 lb 1 lb. 1 oz. | 1 qt 2 cups | | |
| Hamburger rolls Butter or margarine | 1 lb. | 100 2 cups | | |

PORTION: 1 sandwich—provides 1 ounce cooked fish and a serving of bread.
 Cost per portion _____.

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VARIATIONS

- a. FISH BURGER (using deep-fat fried fish portions): Prepare deep-fat fried fish portions using 12 lb. 8 oz. (100 portions, 2 oz. each) frozen raw breaded fish portions (card D-8) and use in place of frozen raw breaded fish sticks. Use 1 fish portion in place of 2 fish sticks. Portion as in basic recipe.
- b. FISH STICK BURGER (using deep-fat fried fish sticks): Prepare deep-fat fried fish sticks using 12 lb. 8 oz. (200 sticks, 1 oz. each) frozen raw breaded fish sticks (card D-8). Portion as in basic recipe.
- c. FISH BURGER (using fried fish portions): Prepare fried fish portions using 12 lb. 8 oz. (100 portions, 2 oz. each) frozen fried fish portions (card D-9) and use in place of frozen raw breaded fish sticks. Use 1 fish portion in place of 2 fish sticks. Portion as in basic recipe.
- d. FISH STICK BURGER (using fried fish sticks): Prepare fried fish sticks using 12 lb. 8 oz. (200 sticks, 1 oz. each) frozen fried fish sticks (card D-9) and use in place of frozen raw breaded fish sticks. Portion as in basic recipe.
- e. FISH BURGER (using oven-fried fish portions): Prepare oven-fried fish portions using 12 lb. 8 oz. (100 portions, 2 oz. each) frozen raw breaded fish portions and use in place of frozen raw breaded fish sticks. Use 1 fish portion in place of 2 fish sticks. Portion as in basic recipe.
- f. MAINE SARDINE BURGER: Use 10 cans (12 oz. each) Maine sardines in place of frozen raw breaded fish sticks. Drain sardines. Use 1 oz. sardines in place of 2 fish sticks. Portion as in basic recipe.

MENU SUGGESTIONS

Fish Stick Burger
Buttered Collards Tomato Juice
Butter or Margarine Milk
Bread Pudding

Fish Stick Burger
Buttered Peas Cabbage-Carrot Slaw
Butter or Margarine Milk
Pineapple Upside Down Cake

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FISH STICK-CHEESEBURGER

Protein-Rich Food/Bread

Sandwiches F-3

| Ingredients | 100 portions | | For _____ portions | Directions |
|--------------------------|--------------|--------------------------|-----------------------|--|
| | Weights | Measures | | |
| Frozen fried fish sticks | 12 lb. 8 oz. | 200 sticks (1 oz. each). | | <ol style="list-style-type: none"> 1. Place frozen fish sticks in a single layer on well-greased sheet pans. 2. Bake at 400° F. (hot oven) 15 to 20 minutes or until heated through. |
| Hamburger rolls | | 100 | | <ol style="list-style-type: none"> 3. Cut rolls in half and spread with butter. 4. Place 2 fish sticks on bottom half of rolls on sheet pans. Top with 1 Tbsp. chili sauce, slice of cheese, and top half of roll. 5. Bake at 350° F. (moderate oven) 8 to 10 minutes or until cheese melts. Serve hot. |
| Butter or margarine | 1 lb. | 2 cups | | |
| ★Chili sauce | 3 lb. 9 oz. | 1-1/2 qt. | | |
| Cheese, sliced | 6 lb. 4 oz. | 100 slices (1 each). | | |

PORTION: 1 sandwich -provides the equivalent of 2 ounces protein-rich food and a serving of bread.

Cost per portion _____.

VARIATIONS

- a. **FISH-CHEESEBURGER** (using deep-fat fried fish portions): Prepare deep-fat fried fish portions using 12 lb. 8 oz. (100 portions, 2 oz. each) frozen raw breaded fish portions (card D-8) and use in place of frozen fried fish sticks. Use 1 fish portion in place of 2 fish sticks. Portion as in basic recipe.

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VARIATIONS—Continued

- b. **FISH STICK-CHEESEBURGER** (using deep-fat fried fish sticks): Prepare deep-fat fried fish sticks using 12 lb. 8 oz. (200 sticks, 1 oz. each) frozen raw breaded fish sticks (card D-8) and use in place of frozen fried fish sticks. Portion as in basic recipe.
- c. **FISH-CHEESEBURGER** (using fried fish portions): Prepare fried fish portions using 12 lb. 8 oz. (100 portions, 2 oz. each) frozen fried fish portions and use in place of frozen fried fish sticks. Use 1 fish portion in place of 2 fish sticks. Portion as in basic recipe.
- d. **FISH-CHEESEBURGER** (using oven-fried portions): Prepare oven-fried fish portions using 12 lb. 8 oz. (100 portions, 2 oz. each) frozen raw breaded fish portions (card D-16) and use in place of frozen fried fish sticks. Use 1 fish portion in place of 2 fish sticks. Portion as in basic recipe.
- e. **FISH STICK-CHEESEBURGER** (using oven-fried fish sticks): Prepare oven-fried fish sticks using 12 lb. 8 oz (200 sticks, 1 oz. each) frozen raw breaded fish sticks (card D-16) and use in place of frozen fried fish sticks. Portion as in basic recipe.
- f. **MAINE SARDINE-CHEESEBURGER**: Use 10 cans (12 oz. each) Maine sardines in place of frozen fried fish sticks. Drain sardines. Use 1 oz. sardines in place of 2 fish sticks. Portion as in basic recipe.

MENU SUGGESTIONS

Fish Stick-Cheeseburger
Sliced Tomatoes Stewed Apricots
Butter or Margarine Milk
Peanut Butter-Raisin Cookies

Fish Stick-Cheeseburger
Baked Spinach in Sauce
Cherry Cobbler
Butter or Margarine Milk

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ____ portion recipe |
|-------------------|------------------------|-------------------------|
| Chili sauce | 1/2 No. 10 can | |

MAINE SARDINE-EGG SALAD SANDWICH

Protein-Rich Food/Bread

Sandwiches F-4

| Ingredients | 100 portions | | For _____ portions | Directions |
|----------------------------|------------------|-----------------------|--------------------|---|
| | Weights | Measures | | |
| Canned Maine sardines | 7 lb. 8 oz. | 10 cans (12 oz. each) | ----- | 1. Drain and flake sardines. |
| Hard-cooked eggs, chopped. | ----- | 48 (large eggs) .. | ----- | 2. Combine all ingredients except salt. Mix well. Add salt to taste. Chill. |
| ★Celery, chopped | 3 lb. | 2 qt. 3-1/2 cups .. | ----- | |
| Mayonnaise | 2 lb. | 1 qt. | ----- | |
| Sweet pickle relish | 8-1/2 oz. | 1 cup | ----- | |
| ★Green peppers, chopped. | 8 oz. | 1-1/2 cups | ----- | |
| ★Onions, chopped | 6 oz. | 1 cup | ----- | 3. To prepare sandwiches see card F-1. 4. Portion with No. 12 scoop (1/3 cup). |
| Salt, to taste | ----- | ----- | ----- | |
| Sandwich bread | ----- | 200 slices | ----- | |
| Butter or margarine | 1 lb. | 2 cups | ----- | |

PORTION: 1 sandwich—provides the equivalent of 2 ounces protein-rich food and a serving of bread.
 Cost per portion _____.

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MAINE SARDINE-EGG SALAD SANDWICH--Continued

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VARIATIONS

- a. MAINE SARDINE-EGG SALAD SANDWICH (using dried eggs): Prepare hard-cooked eggs using 1 lb. 8 oz. (2 qt.) dried whole eggs (card C-8, oven method) and use in place of shell eggs. Portion as in basic recipe.
- b. MACKEREL-EGG SALAD SANDWICH: Use 9 cans (15 oz. each) mackerel in place of Maine sardines. Portion as in basic recipe.
- c. SALMON-EGG SALAD SANDWICH: Use 8 cans (16 oz. each) salmon in place of Maine sardines. Portion as in basic recipe.
- d. SHRIMP-EGG SALAD SANDWICH: Use 24 cans (4-1/2 oz. each) shrimp or 6 lb. 8 oz. cooked, peeled, and cleaned shrimp in place of Maine sardines. Chop shrimp. Portion as in basic recipe.
- e. TUNA-EGG SALAD SANDWICH: Use 18 cans (6-1/2 or 7 oz. each) tuna in place of Maine sardines. Portion as in basic recipe.

MENU SUGGESTIONS

Maine Sardine-Egg Salad Sandwich
Baked Spinach in Sauce
Canned Peaches
Butter or Margarine Milk
Plain Cookies

Maine Sardine-Egg Salad Sandwich
Buttered Green Beans Cole Slaw
Butter or Margarine Milk
Pineapple Upside Down Cake

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For _____ portion recipe |
|--------------------|------------------------|--------------------------|
| Celery..... | 4 lb..... | |
| Green peppers..... | 9-3/4 oz..... | |
| Mature onions..... | 6-3/4 oz..... | |

MAINE SARDINE SUBMARINE SANDWICH

Protein-Rich Food/Vegetable/Bread

Sandwiches F-5

| Ingredients | 100 portions | | For _____ portions | Directions |
|--------------------------------|--------------|----------------------------|--------------------|--|
| | Weights | Measures | | |
| Canned Maine sardines | 10 lb. 8 oz. | 14 cans (12 oz. each). | | 1. Drain sardines. |
| Mayonnaise | 3 lb. | 1-1/2 qt. | | 2. Combine mayonnaise and relish. 3. Blend butter and mustard. 4. Cut rolls in half lengthwise. Spread bottom half of each roll with mayonnaise mixture. Spread top half of each roll with mustard-butter. 5. On bottom half of each roll place 1-1/2 oz. sardines and 1/2 oz. cheese. Top with tomatoes and onion rings. Sprinkle with salt. Cover with lettuce and top half of roll. 6. Secure sandwich with toothpicks. |
| Sweet pickle relish | 1 lb. 1 oz. | 2 cups | | |
| Butter or margarine, softened. | 1 lb. | 2 cups | | |
| Prepared mustard | 6 oz. | 2/3 cup. | | |
| Submarine rolls | | 100 (6 inches each). | | |
| Cheese, sliced | 3 lb. 2 oz. | 100 slices (1/2 oz. each). | | |
| ★Tomatoes, sliced | 7 lb. 8 oz. | 200 slices | | |
| ★Onions, sliced | 1 lb. 8 oz. | 100 slices | | |
| Salt | | | | |
| ★Lettuce leaves | 3 lb. | 2 gal. | | |

PORTION: 1 sandwich provides the equivalent of 2 ounces protein-rich food, 1/2 cup vegetable, and a serving of bread.

Cost per portion _____.

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MAINE SARDINE SUBMARINE SANDWICH---Continued

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VARIATIONS

- a. **SALMON SUBMARINE SANDWICH:** Use 12 cans (16 oz. each) salmon in place of Maine sardines. Drain and flake salmon. Combine salmon, mayonnaise, and relish. Portion on bottom half of each roll with No. 16 scoop (1/4 cup). Portion as in basic recipe.
- b. **SHRIMP SUBMARINE SANDWICH:** Use 9 lb. 8 oz. cooked, peeled, and cleaned shrimp in place of Maine sardines. Chop shrimp. Combine shrimp, mayonnaise, and relish. Portion on bottom half of each roll with No. 16 scoop (1/4 cup). Portion as in basic recipe.
- c. **TUNA SUBMARINE SANDWICH:** Use 25 cans (6-1/2 or 7 oz. each) tuna in place of Maine sardines. Drain and flake tuna. Combine tuna, mayonnaise, and relish. Portion on bottom half of each roll with No. 16 scoop (1/4 cup). Portion as in basic recipe.

MENU SUGGESTIONS

Maine Sardine Submarine Sandwich
Grapefruit Juice
Butter or Margarine Milk
Chocolate Frosted Devil's Food Cake

Maine Sardine Submarine Sandwich
Buttered Kale
Jellied Fruit Salad
Butter or Margarine Milk
Gingerbread

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ___ - portion recipe |
|-------------------|------------------------|--------------------------|
| Tomatoes..... | 8 lb. 4 oz..... | |
| Onions..... | 1 lb. 11 oz..... | |
| Lettuce..... | 4 lb. 1 oz..... | |

SALMON-SLAW SANDWICH

Protein-Rich Food/Vegetable/Bread

Sandwiches F-6

| Ingredients | 100 portions | | For _____ portions | Directions |
|--------------------------|------------------|-----------------------|--------------------|---|
| | Weights | Measures | | |
| Canned salmon | 16 lb..... | 16 cans (16 oz. each) | | 1. Drain salmon and break into large pieces. 2. Combine all ingredients except salt. Mix well. Add salt to taste. Chill. |
| ★Cabbage, chopped..... | 4 lb. 13 oz..... | 1 gal. 1-1/2 qt..... | | |
| ★Carrots, grated..... | 1 lb..... | 1 qt..... | | |
| Mayonnaise..... | 3 lb. 8 oz..... | 1-3/4 qt..... | | |
| Catsup..... | 1 lb..... | 1-2/3 cups..... | | |
| Salt, to taste..... | | | | |
| Sandwich bread..... | | 200 slices..... | | 3. To prepare sandwiches see card F-1. 4. Portion with No. 8 scoop (1/2 cup). |
| Butter or margarine..... | 1 lb..... | 2 cups..... | | |

PORTION: 1 sandwich—provides 2 ounces cooked fish, 1/4 cup vegetable, and a serving of bread.
 Cost per portion _____.

VARIATIONS

- a. **MACKEREL-SLAW SANDWICH:** Use 16 cans (15 oz. each) mackerel in place of salmon. Portion as in basic recipe.
 - b. **SHRIMP-SLAW SANDWICH:** Use 12 lb. 8 oz. cooked, peeled, and cleaned shrimp in place of salmon. Coarsely chop shrimp. Portion as in basic recipe.
 - c. **TUNA-SLAW SANDWICH:** Use 34 cans (6-1/2 or 7 oz. each) tuna in place of salmon. Portion as in basic recipe.
- ★See Marketing Guide on back of card.

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SALMON SLAW SANDWICH—Continued

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MENU SUGGESTIONS

Salmon Slaw Sandwich
Pickled Beets
Apricot-Rice Pudding/Whipped Topping
Butter or Margarine Milk

Salmon Slaw Sandwich
Stewed Tomatoes
Cheese-Apple Crisp
Butter or Margarine Milk

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For _ _ portion recipe |
|-------------------|------------------------|------------------------|
| Cabbage..... | 6 lb. 2 oz..... | |
| Carrots..... | 1 lb. 3-1/2 oz..... | |

SALMON WESTERN SANDWICH

Protein-Rich Food/Bread

Sandwiches F-7

| Ingredients | 100 portions | | For _____ portions | Directions |
|-----------------------------------|------------------|---------------------------|--------------------|---|
| | Weights | Measures | | |
| Canned salmon | 8 lb. | 8 can (16 oz. each) | | 1. Drain and flake salmon. 2. Beat eggs. 3. Combine all ingredients except salt. 4. Pour into 2 well-greased baking pans (about 12 by 20 by 2 inches), about 8 lb. or 1 gal. per pan. 5. Bake 30 to 35 minutes at 350° F. (moderate oven). Stir once after 15 minutes baking. 6. Add salt to taste. 7. Cut rolls in half and spread with butter. Toast rolls, if desired. Portion with No. 16 scoop (1/4 cup) on bottom half of each roll; top with other half of roll. |
| Eggs | 5 lb. 6 oz. | 48 (large eggs) | | |
| Milk | | 1-1/4 qt. | | |
| ★Green pepper, chopped. | 10-1/2 oz | 2 cups | | |
| Butter or margarine, melted. | 8 oz. | 1 cup | | |
| ★Onions, chopped | 6 oz. | 1 cup | | |
| Salt, to taste | | | | |
| Hamburger rolls | | 100 | | |
| Butter or margarine | 1 lb. | 2 cups | | |

PORTION: 1 sandwich -provides the equivalent of 2 ounces protein-rich food and a serving of bread.
Cost per portion _____.

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SALMON WESTERN SANDWICH—Continued

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VARIATIONS

- a. SALMON WESTERN SANDWICH (using dried whole eggs): Reconstitute 1 lb. 8 oz. (2 qt., sifted) dried whole eggs with 2 qt. water and use in place of shell eggs. Portion as in basic recipe.
- b. MACKEREL WESTERN SANDWICH: Use 9 cans (15 oz. each) mackerel in place of salmon. Portion as in basic recipe.
- c. SHRIMP WESTERN SANDWICH: Use 24 cans (4-1/2 oz. each) shrimp or use 6 lb. 8 oz. cooked, peeled, and cleaned shrimp in place of salmon. Coarsely chop shrimp. Portion as in basic recipe.
- d. TUNA WESTERN SANDWICH: Use 18 cans (6-1/2 or 7 oz. each) tuna in place of salmon. Portion as in basic recipe.

MENU SUGGESTIONS

Salmon Western Sandwich
 Buttered Peas Tomato Juice
 Butter or Margarine Milk
 Tapioca Pudding/Whipped Topping

Salmon Western Sandwich
 Buttered Baby Lima Beans
 Jellied Citrus Salad
 Butter or Margarine Milk
 Cinnamon Crispies

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For . . . portion recipe |
|-------------------------|------------------------|--------------------------|
| Green peppers | 13 oz. | |
| Mature onions | 6-3/4 oz. | |

SEAWICH

Protein-Rich Food/Vegetable/Bread

Sandwiches F-8

| Ingredients | 100 portions | | For _____ portions | Directions |
|----------------------------------|-------------------|---------------------------|--------------------|--|
| | Weights | Measures | | |
| Frozen raw breaded fish portions | 18 lb. 12 oz. --- | 100 portions (3 oz. each) | ----- | 1. Place frozen fish portion in a single layer on well-greased sheet pans. 2. Brush fat over fish. Sprinkle with paprika. 3. Bake at 500° F. (extremely hot oven) 15 to 20 minutes or until fish is browned and flakes easily when tested with a fork. |
| Oil or fat, melted | 12 oz. ----- | 1-1/2 cups ----- | ----- | |
| Paprika | ----- | 1-1/2 Tbsp ----- | ----- | |
| ★Cabbage, shredded | 6 lb. 4 oz. ----- | 2-1/2 gal ----- | ----- | 4. Combine cabbage, mayonnaise, vinegar, and salt. 5. Spread bread with butter. 6. On alternate rows of bread, place a slice of cheese, a No. 16 scoop (1/4 cup) cole slaw, and a fish portion. 7. Cover with a buttered slice of bread. |
| Mayonnaise | 2 lb. ----- | 1 qt. ----- | ----- | |
| Vinegar | ----- | 1/4 cup ----- | ----- | |
| Salt | 1 oz. ----- | 2 Tbsp ----- | ----- | |
| Rye bread | ----- | 200 slices ----- | ----- | |
| Butter or margarine | 1 lb. ----- | 2 cups ----- | ----- | |
| Cheese, sliced | 3 lb. 2 oz. ----- | 100 slices (1/2 oz. each) | ----- | |

PORTION: 1 sandwich- provides the equivalent of 2 ounces protein-rich food, 1/4 cup vegetable, and a serving of bread.

Cost per portion _____.

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SEAWICH—Continued

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VARIATIONS

- a. **MAINE SARDINE SEAWICH:** Use 14 cans (12 oz. each) Maine sardines in place of frozen raw breaded fish portions. Drain sardines. Use 1-1/2 oz. sardines in place of 1 fish portion. Portion as in basic recipe.
- b. **SEAWICH (using deep-fat fried fish portions):** Prepare deep-fat fried fish portions using 18 lb. 12 oz. (100 portions, 3 oz. each) frozen raw breaded fish portions (card D-8). Portion as in basic recipe.
- c. **SEAWICH (using fried fish portions):** Prepare fried fish portions using 18 lb. 12 oz. (100 portions, 3 oz. each) frozen fried fish portions (card D-9) and use in place of frozen raw breaded fish portions. Portion as in basic recipe.

MENU SUGGESTIONS

Seawich
Buttered Peas
Butter or Margarine Milk
Gingerbread

Seawich
Buttered Green Lima Beans
Butter or Margarine Milk
Chocolate Iced Devil's Food Cake

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ____ portion recipe |
|-------------------|------------------------|-------------------------|
| Cabbage..... | 8 lb..... | |

TANGY FISH-CHEESE SANDWICH

Protein-Rich Food/Bread

Sandwiches F-9

| Ingredients | 100 portions | | For _____ portions | Directions |
|--|---------------------|----------------------------|--------------------|--|
| | Weights | Measures | | |
| Frozen raw breaded fish portions. | 12 lb. 8 oz. | 100 portions (2 oz. each). | | <ol style="list-style-type: none"> 1. Place frozen fish portions in a single layer on well-greased sheet pans. 2. Brush fat over fish. Sprinkle with paprika. 3. Bake at 500° F. (extremely hot oven) 15 to 20 minutes or until fish is browned and flakes easily when tested with a fork. 4. Combine cheese, catsup, mustard, and horseradish. 5. Cut rolls in half and spread with butter. 6. Place 1 fish portion on bottom half of rolls on sheet pans. Top with No. 24 scoop (2-2/3 Tbsp.) cheese mixture and top half of roll. 7. Bake at 350° F. (moderate oven) 8 to 10 minutes or until cheese melts. Serve hot. |
| Oil or fat, melted Paprika | 8 oz. | 1 cup 1 Tbsp | | |
| Cheese, grated | 6 lb. 4 oz. | 1 gal. 2-1/4 qt. | | |
| Catsup | 1 lb. 10 oz. | 2-2/3 cups | | |
| Prepared mustard | 9 oz. | 1 cup | | |
| Horseradish | 9 oz. | 1 cup | | |
| Hamburger rolls Butter or margarine | 1 lb. | 100 2 cups | | |

PORTION: 1 sandwich—provides the equivalent of 2 ounces protein-rich food and a serving of bread.

Cost per portion _____.

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TANGY FISH-CHEESE SANDWICH--Continued

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VARIATIONS

- a. **TANGY FISH-CHEESE SANDWICH** (using deep-fat fried fish portions): Prepare deep-fat fried fish portions using 12 lb. 8 oz. (100 portions, 2 oz. each) frozen raw breaded fish portions (card D-8). Portion as in basic recipe.
- b. **TANGY FISH STICK-CHEESE SANDWICH** (using deep-fat fried fish sticks): Prepare deep-fat fried fish sticks using 12 lb. 8 oz. (200 sticks, 1 oz. each) frozen raw breaded fish sticks (card D-8) and use in place of frozen raw breaded fish portions. Use 2 fish sticks in place of 1 fish portion. Portion as in basic recipe.
- c. **TANGY FISH-CHEESE SANDWICH** (using fried fish portions): Prepare fried fish portions using 12 lb. 8 oz. (100 portions, 2 oz. each) frozen fried fish portions (card D-9) and use in place of frozen raw breaded fish portions. Portion as in basic recipe.
- d. **TANGY FISH STICK-CHEESE SANDWICH** (using fried fish sticks): Prepare fried fish sticks using 12 lb. 8 oz. (200 sticks, 1 oz. each) frozen fried fish sticks (card D-9) and use in place of frozen raw breaded fish portions. Use 2 fish sticks in place of 1 fish portion. Portion as in basic recipe.
- e. **TANGY FISH STICK-CHEESE SANDWICH** (using oven-fried fish sticks): Prepare oven-fried fish sticks using 12 lb. 8 oz. (200 sticks, 1 oz. each) frozen raw breaded fish sticks and use in place of frozen raw breaded fish portions. Use 2 fish sticks in place of 1 fish portion. Portion as in basic recipe.

MENU SUGGESTIONS

Tangy Fish-Cheese Sandwich
Buttered Peas Potato Chips
Tossed Salad/Tomatoes
Butter or Margarine Milk
Brownie

Tangy Fish-Cheese Sandwich
Creamed Asparagus Applesauce
Butter or Margarine Milk
Gingerbread

TOASTED PACIFIC SARDINE-CHEESE SANDWICH

Protein-Rich Food/Bread

Sandwiches F-10

| Ingredients | 100 portions | | For _____ portions | Directions |
|------------------------------------|---------------------|----------------------------|-----------------------|--|
| | Weights | Measures | | |
| Canned Pacific sardines. | 8 lb. 8 oz. | 9 cans (15 oz. each). | ----- | 1. Drain sardines. Split large sardines in half lengthwise. 2. Blend butter and mustard. 3. Arrange bread in a single layer on sheet pans and spread with mustard-butter. |
| Butter or margarine, softened. | 1 lb. | 2 cups. | ----- | |
| Prepared mustard Sandwich bread | 3 oz. ----- | 1/3 cup 100 slices..... | ----- | |
| Cheese | 6 lb. 4 oz. | 100 slices (1 oz. each). | ----- | 4. Place 1 oz. sardines on each slice of bread. Cover with cheese. Sprinkle paprika on top. 5. Toast at 450 F. (very hot oven) 8 to 10 minutes or until cheese melts and bread toasts. Serve hot. |
| Paprika | 1/2 oz. | 2 Tbsp. | ----- | |

PORTION: 1 sandwich—provides the equivalent of 2 ounces protein-rich food and a serving of bread.
 Cost per portion _____.

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TOASTED PACIFIC SARDINE-CHEESE SANDWICH -Continued

VARIATIONS

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- a. **TOASTED MACKEREL-CHEESE SANDWICH:** Use 8 cans (15 oz. each) mackerel in place of Pacific sardines. Drain mackerel and break into large pieces. Portion as in basic recipe.
- b. **TOASTED MAINE SARDINE-CHEESE SANDWICH:** Use 10 cans (12 oz. each) Maine sardines in place of Pacific sardines. Portion as in basic recipe.
- c. **TOASTED SALMON-CHEESE SANDWICH:** Use 8 cans (16 oz. each) salmon in place of Pacific sardines. Drain salmon and break into large pieces. Portion as in basic recipe.
- d. **TOASTED SHRIMP-CHEESE SANDWICH:** Use 23 cans (4 1/2 oz. each) shrimp or 6 lb. 4 oz. cooked, peeled, and cleaned shrimp in place of Pacific sardines. Coarsely chop shrimp. Portion as in basic recipe.
- e. **TOASTED TUNA-CHEESE SANDWICH:** Use 17 cans (6 1/2 or 7 oz. each) tuna in place of Pacific sardines. Drain tuna and break into large pieces. Portion as in basic recipe.

MENU SUGGESTIONS

Toasted Pacific Sardine-Cheese Sandwich

Buttered Spinach
Carrot-Raisin Salad
Tapioca Pudding/Blueberry Sauce
Butter or Margarine Milk

Toasted Pacific Sardine-Cheese Sandwich

Buttered Peas Tomato Juice
Sweet Potato Pie
Butter or Margarine Milk

TUNA BARBECUE

Protein-Rich Food/Bread

Sandwiches F-11

| Ingredients | 100 portions | | For _____ portions | Directions |
|---------------------------|--------------------|----------------------------------|-----------------------|--|
| | Weights | Measures | | |
| Canned tuna | 13 lb. 12 oz. | 34 cans (6 1/2 or 7 oz. each) | | 1. Drain tuna and break into large pieces. 2. Combine all ingredients except tuna. Cover and cook 30 minutes, stirring occasionally. 3. Add tuna and continue cooking, uncovered, 10 to 20 minutes longer to blend flavors. 4. Cut rolls in half and spread with butter. Toast rolls, if desired. Portion with No. 10 scoop (2/5 cup) on bottom half of each roll; top with other half of roll. |
| ★Catsup..... | 7 lb. 5 oz. | 3 qt. | | |
| ★Celery, chopped..... | 2 lb. 2 oz. | 2 qt. | | |
| ★Onions, chopped..... | 1 lb. 8 oz. | 1 qt. | | |
| Worcestershire sauce..... | 1 lb. 2 oz. | 2 cups..... | | |
| Brown sugar..... | 14 oz. | 2 cups, packed..... | | |
| Vinegar..... | | 2 cups..... | | |
| Dry mustard..... | 1-1/3 oz. | 1/2 cup..... | | |
| Hamburger rolls..... | | 100..... | | |
| Butter or margarine..... | 1 lb. | 2 cups..... | | |

PORTION: 1 sandwich—provides 2 ounces cooked fish and a serving of bread.

Cost per portion _____.

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TUNA BARBECUE--Continued

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VARIATIONS

- a. MACKEREL BARBECUE: Use 16 cans (15 oz. each) mackerel in place of tuna. Portion as in basic recipe.
- b. MAINE SARDINE BARBECUE: Use 19 cans (12 oz. each) Maine sardines in place of tuna. Portion as in basic recipe.
- c. SALMON BARBECUE: Use 16 cans (16 oz. each) salmon in place of tuna. Portion as in basic recipe.

MENU SUGGESTIONS

Tuna Barbecue
 Buttered Peas Cole Slaw
 Butter or Margarine Milk
 Bread Pudding

Tuna Barbecue
 Buttered Green Beans/Lemon Wedge
 Tossed Salad/Tomatoes
 Butter or Margarine
 Milk
 Gingerbread

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ___ portion recipe |
|--------------------|------------------------|------------------------|
| Catsup..... | 1 No. 10 can..... | |
| Celery..... | 2 lb. 14 oz..... | |
| Mature onions..... | 1 lb. 11 oz..... | |

TUNA PIZZA

Protein-Rich Food/Bread

Sandwiches F-12

| Ingredients | 100 portions | | For _____ portions | Directions |
|--------------------------|-----------------|--------------------------------|--------------------|--|
| | Weights | Measures | | |
| Canned tuna..... | 7 lb..... | 17 cans (6-1/2 or 7 oz. each). | | 1. Drain tuna and break into large pieces. |
| ★ Catsup..... | 11 lb..... | 1 gal. 2 cups..... | | 2. Combine catsup, onions, oregano, and garlic powder. 3. Add tuna. Mix well. |
| ★ Onions, chopped..... | 12 oz..... | 2 cups..... | | |
| Oregano..... | | 1/2 cup..... | | |
| Garlic powder..... | | 1 Tbsp..... | | |
| Hamburger rolls..... | | 100..... | | 4. Cut rolls in half and spread with butter. Toast rolls, if desired. 5. Portion with No. 30 scoop (2-1/5 Tbsp.) on each half roll. |
| Butter or margarine..... | 1 lb..... | 2 cups..... | | |
| Cheese, grated..... | 6 lb. 4 oz..... | 1 gal. 2-1/4 qt..... | | 6. Sprinkle about 2 Tbsp. cheese on each pizza. 7. Bake at 350° F. (moderate oven) 10 to 15 minutes or until cheese melts. Serve hot. |

PORTION: 2 pizzas—provide the equivalent of 2 ounces protein-rich food and a serving of bread.

Cost per portion _____

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TUNA PIZZA—Continued

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VARIATIONS

- a. **MACKEREL PIZZA:** Use 8 cans (15 oz. each) mackerel in place of tuna. Portion as in basic recipe.
- b. **MAINE SARDINE PIZZA:** Use 10 cans (12 oz. each) Maine sardines in place of tuna. Portion as in basic recipe.
- c. **SALMON PIZZA:** Use 8 cans (16 oz. each) salmon in place of tuna. Portion as in basic recipe.
- d. **SHRIMP PIZZA:** Use 23 cans (4-1/2 oz. each) shrimp or 6 lb. 4 oz. cooked, peeled, and cleaned shrimp in place of tuna. Coarsely chop shrimp. Portion as in basic recipe.

MENU SUGGESTIONS

Tuna Pizza
 Potato Chips Cole Slaw
 Applesauce
 Butter or Margarine Milk
 Peanut Butter-Raisin Cookies

Tuna Pizza
 Glazed Sweet Potatoes
 Jellied Lime Fruit Salad
 Butter or Margarine Milk
 Tapioca Pudding

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ___ portion recipe |
|--------------------|------------------------|------------------------|
| Catsup..... | 1-1/2 No. 10 can..... | |
| Mature onions..... | 13-1/2 oz. | |

TUNA SALAD SANDWICH

Protein-Rich Food/Bread

Sandwiches F-13

| Ingredients | 100 portions | | For _____ portions | Directions |
|---------------------------|----------------|--------------------------------|--------------------|---|
| | Weights | Measures | | |
| Canned tuna | 7 lb. | 17 cans (6-1/2 or 7 oz. each). | | 1. Drain and flake tuna. 2. Combine all ingredients except salt. Mix well. Add salt to taste. Chill. |
| ★Celery, chopped | 4 lb. | 3-3/4 qt | | |
| Mayonnaise | 2 lb. | 1 qt | | |
| Sweet pickle relish | 8-1/2 oz | 1 cup | | |
| ★Onions, chopped | 6 oz | 1 cup | | |
| Salt, to taste | | | | |
| Sandwich bread | | 200 slices | | 3. To prepare sandwiches see card F-1. 4. Portion with No. 16 scoop (1/4 cup). |
| Butter or margarine | 1 lb. | 2 cups | | |

PORTION: 1 sandwich - provides the equivalent of 1 ounce protein-rich food and a serving of bread.

Cost per portion _____.

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TUNA SALAD SANDWICH Continued

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VARIATIONS

- a. MACKEREL SALAD SANDWICH: Use 8 cans (15 oz. each) mackerel in place of tuna. Portion as in basic recipe.
- b. MAINE SARDINE SALAD SANDWICH: Use 10 cans (12 oz. each) Maine sardines in place of tuna. Portion as in basic recipe.
- c. PACIFIC SARDINE SALAD SANDWICH: Use 9 cans (15 oz. each) Pacific sardines in place of tuna. Portion as in basic recipe.
- d. SALMON SALAD SANDWICH: Use 8 cans (16 oz. each) salmon in place of tuna. Portion as in basic recipe.
- e. SHRIMP SALAD SANDWICH: Use 23 cans (4-1/2 oz. each) shrimp or 6 lb. 4 oz. cooked, peeled, and cleaned shrimp in place of tuna. Coarsely chop shrimp. Portion as in basic recipe.

MENU SUGGESTIONS

Tuna Salad Sandwich
Split Pea Soup Tomato Slices
Orange
Butter or Margarine Milk

Tuna Salad Sandwich
Pickled Beets/Sliced Egg
Buttered Collards Cheese-Apple Crisp
Butter or Margarine Milk

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ____ portion recipe |
|--------------------|------------------------|-------------------------|
| Celery..... | 5 lb. 6 oz..... | |
| Mature onions..... | 6-3/4 oz..... | |

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| | <i>Card No.</i> |
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| Quick tartar | G-4 |
| Tomato | G-5 |

CRANBERRY TARTAR SAUCE

Sauces G-1

| Ingredients | 100 portions | | For _____ portions | Directions |
|-------------------------------|---------------------|-----------------|--------------------|--|
| | Weights | Measures | | |
| Mayonnaise..... | 4 lb..... | 2 qt..... | | 1. Combine all ingredients. Chill. 2. Serve with fish or shellfish. Portion with 2 Tbsp. ladle. YIELD: 3-1/4 qt. |
| ★Jellied cranberry sauce..... | 2 lb. 1-1/2 oz..... | 3-1/2 cups..... | | |
| Sweet pickle relish..... | 8-1/2 oz..... | 1 cup..... | | |
| ★Onions, chopped..... | 6 oz..... | 1 cup..... | | |
| Ripe olives, chopped..... | 5-1/2 oz..... | 1 cup..... | | |
| ★Parsley, chopped..... | 1 oz..... | 1 cup..... | | |

PORTION: 2 tablespoons.
 Cost per portion _____.

★MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For _____ portion recipe |
|-----------------------------|------------------------|--------------------------|
| Canned cranberry sauce..... | 1/3 No. 10 can..... | |
| Mature onions..... | 6-3/4 oz..... | |
| Parsley..... | 1-1/2 oz..... | |

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UNIVERSITY OF OREGON LIBRARY CUCUMBER SAUCE
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Sauces G-1—Continued

| Ingredients | 100 portions | | For _____ portions | Directions |
|---------------------------------|---------------|--------------|--------------------|--|
| | Weights | Measures | | |
| ★ Cucumbers, pared, diced fine. | 3 lb..... | 2 qt..... | | 1. Drain cucumbers well. |
| Mayonnaise..... | 4 lb..... | 2 qt..... | | 2. Combine all ingredients. Chill. |
| Lemon juice..... | 4-1/2 oz..... | 1/2 cup..... | | 3. Serve with fish or shellfish. Portion with 2 Tbsp. ladle. |
| Salt..... | 1/2 oz..... | 1 Tbsp..... | | YIELD: 3-1/4 qt. |
| Paprika..... | | 2 tsp..... | | |

PORTION: 2 tablespoons.
Cost per portion _____.

★MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For _____ portion recipe |
|-------------------|------------------------|--------------------------|
| Cucumbers..... | 4 lb. 2 oz..... | |

LAMAZE SAUCE

Sauces G-2

| Ingredients | 100 portions | | For _____ portions | Directions |
|-------------------------------|---------------------|---------------------|-----------------------|---|
| | Weights | Measures | | |
| Mayonnaise..... | 4 lb..... | 2 qt..... | | 1. Combine all ingredients. Chill. 2. Serve with fish or shellfish. Portion with 2 Tbsp. ladle. YIELD: 3-1/4 qt. |
| Catsup..... | 1 lb. 3-1/2 oz..... | 2 cups..... | | |
| Sweet pickle relish..... | 1 lb. 1 oz..... | 2 cups..... | | |
| Hard-cooked eggs, chopped. | | 6 (large eggs)..... | | |

PORTION: 2 tablespoons.

Cost per portion _____.

VARIATION

a. LAMAZE SAUCE (using dried whole eggs): Prepare hard-cooked eggs using 3 oz. (1 cup) dried whole eggs (card C-8, oven method) and use in place of shell eggs. Portion as in basic recipe.

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| Ingredients | 100 portions | | For _____ portions | Directions |
|--------------------------|-----------------|-----------------|--------------------|---|
| | Weights | Measures | | |
| Butter or margarine..... | 2 lb..... | 1 qt..... | | 1. Melt fat; blend in flour and salt. 2. Stir into milk. 3. Cook and stir constantly until thickened. Removed from heat. |
| All-purpose flour..... | 1 lb..... | 1 qt..... | | |
| Salt..... | 1 oz..... | 2 Tbsp..... | | |
| Hot milk..... | | 1-1/4 gal..... | | |
| Prepared mustard..... | 1 lb. 2 oz..... | 2 cups..... | | 4. Slowly blend in mustard and lemon juice. |
| ★Lemon juice..... | 12 oz..... | 1-1/3 cups..... | | |
| ★Parsley, chopped..... | 2 oz..... | 2 cups..... | | 5. Add parsley. Heat. 6. Serve over fish or shellfish. Portion with 1/4 cup ladle. YIELD: 1-3/4 gal. |

PORTION: 1/4 cup.

Cost per portion _____.

★MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For _____ portion recipe |
|-------------------------|------------------------|--------------------------|
| Canned lemon juice..... | 1/4 No. 3 can..... | |
| Parsley..... | 3 oz..... | |

MUSHROOM SAUCE

Sauces G-3

| Ingredients | 100 portions | | For _____ portions | Directions |
|------------------------------------|------------------|----------------|--------------------|---|
| | Weights | Measures | | |
| ★ Canned mushroom pieces, drained. | 2 lb. 1 oz. | 1-1/2 qt. | | 1. Cook mushrooms and onions in fat until tender. Blend in flour and salt. Stir into milk. Cook and stir constantly until thickened. 2. Serve over fish or shellfish. Portion with 1/4 cup ladle. YIELD: 1-3/4 gal. |
| ★ Onions, chopped | 1-1/2 oz. | 1/4 cup | | |
| Butter or margarine | 1 lb. 8 oz. | 3 cups | | |
| All-purpose flour | 12 oz. | 3 cups | | |
| Salt | 1 oz. | 2 Tbsp. | | |
| Hot milk | | 1 gal | | |

PORTION: 1/4 cup.
 Cost per portion _____.

★MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For _____ portion recipe |
|------------------------------|------------------------|--------------------------|
| Canned mushroom pieces | 1/2 No. 10 can | |
| Mature onions | 1-3/4 oz. | |

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| Ingredients | 100 portions | | For _____ portions | Directions |
|--------------------------|-----------------|----------------|--------------------|---|
| | Weights | Measures | | |
| Butter or margarine..... | 1 lb. 8 oz..... | 3 cups..... | | 1. Melt fat; blend in flour and salt. 2. Stir into milk. 3. Cook and stir constantly until thickened. 4. Add parsley. 5. Serve over fish or shellfish. Portion with 1/4 cup ladle. YIELD: 1-3/4 gal. |
| All-purpose flour..... | 12 oz..... | 3 cups..... | | |
| Salt..... | 1 oz..... | 2 Tbsp..... | | |
| Hot milk..... | | 1-1/2 gal..... | | |
| ★ Parsley, chopped..... | 3 oz..... | 3 cups..... | | |

PORTION: 1/4 cup.
Cost per portion _____.

★MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For _____ portion recipe |
|-------------------|------------------------|--------------------------|
| Parsley..... | 4-1/2 oz..... | |

QUICK TARTAR SAUCE

Sauces G-4

| Ingredients | 100 portions | | For _____ portions | Directions |
|---------------------------|------------------|--------------------|-----------------------|--|
| | Weights | Measures | | |
| Mayonnaise | 4 lb. 8 oz. | 2-1/4 qt | | 1. Combine all ingredients. Chill. 2. Serve with fish or shellfish. Portion with 2 Tbsp. ladle. YIELD: 3-1/4 qt. |
| Sweet pickle relish | 2 lb. 6 oz. | 1 qt 1/2 cup | | |

PORTION: 2 tablespoons.

Cost per portion _____

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SPANISH SAUCE

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Sauces G-4--Continued

Vegetable

| Ingredients | 100 portions | | For _____ portions | Directions |
|------------------------------|-------------------|-----------------------|--------------------|---|
| | Weights | Measures | | |
| ★Onions, chopped | 2 lb..... | 1 qt. 1-1/3 cups..... | | 1. Cook onions and green peppers in fat until tender. Blend in flour. 2. Add tomatoes and seasonings. Cook and stir constantly until thickened. 3. Serve over fish or shellfish. Portion with 1/4 cup ladle. YIELD: 1-3/4 gal. |
| ★Green peppers, chopped..... | 10-1/2 oz..... | 2 cups..... | | |
| Oil or fat, melted..... | 12 oz..... | 1-1/2 cups..... | | |
| All-purpose flour..... | 10 oz..... | 2-1/2 cups..... | | |
| ★Canned tomatoes..... | 10 lb. 12 oz..... | 1- 1/4 gal..... | | |
| Salt..... | 2-3/4 oz..... | 1/3 cup..... | | |
| Sugar..... | 1-3/4 oz..... | 1/4 cup..... | | |
| Bay leaves, crushed..... | | 1/2 tsp..... | | |
| Ground cloves..... | | 1/4 tsp..... | | |

PORTION: 1/4 cup -provides 1/4 cup vegetable.
 Cost per portion _____.

★MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For _____ portion recipe |
|----------------------|------------------------|--------------------------|
| Mature onions..... | 2 lb. 4 oz..... | |
| Green peppers..... | 13 oz..... | |
| Canned tomatoes..... | 1 2/3 No. 10 cans..... | |

TARTAR SAUCE

Sauces G-5

| Ingredients | 100 portions | | For ____ portions | Directions |
|---------------------------|----------------|-----------------|-------------------|--|
| | Weights | Measures | | |
| Mayonnaise..... | 4 lb..... | 2 qt..... | | 1. Combine all ingredients. Chill. 2. Serve with fish or shellfish. Portion with 2 Tbsp. ladle. YIELD: 3-1/4 qt. |
| Sweet pickle relish..... | 12-3/4 oz..... | 1-1/2 cups..... | | |
| ★Onions, chopped..... | 9 oz..... | 1-1/2 cups..... | | |
| Ripe olives, chopped..... | 8-1/4 oz..... | 1-1/2 cups..... | | |
| ★Parsley, chopped..... | 1-1/2 oz..... | 1-1/2 cups..... | | |

PORTION: 2 tablespoons.
 Cost per portion _____.

★MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ____ portion recipe |
|--------------------|------------------------|-------------------------|
| Mature onions..... | 10 oz..... | |
| Parsley..... | 2-1/4 oz..... | |

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TOMATO SAUCE

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Sauces G-5—Continued

| Ingredients | 100 portions | | For _____ portions | Directions |
|-------------------------|-------------------|----------------------|--------------------|--|
| | Weights | Measures | | |
| ★Canned tomatoes..... | 15 lb. 12 oz..... | 1 gal. 3-1/2 qt..... | | 1. Cook tomatoes, onions, sugar, salt, and pepper about 10 minutes or until onions are tender. Put through a sieve or food mill. |
| ★Onions, chopped..... | 1 lb. 5 oz..... | 3-1/2 cups..... | | |
| Sugar..... | 1-3/4 oz..... | 1/4 cup..... | | |
| Salt..... | 1 oz..... | 2 Tbsp..... | | |
| Pepper..... | | 2 tsp..... | | |
| Cornstarch..... | 12 oz..... | 2-2/3 cups..... | | 2. Combine cornstarch and fat. 3. Add to tomato mixture; cook and stir constantly until thickened. 4. Serve over fish or shellfish. Portion with 1/4 cup ladle. YIELD: 1-3/4 gal. |
| Oil or fat, melted..... | 10 oz..... | 1-1/4 cups..... | | |

PORTION: 1/4 cup- provides 1/4 cup vegetable.
Cost per portion _____.

★MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For _____ portion recipe |
|----------------------|------------------------|--------------------------|
| Canned tomatoes..... | 2-1/2 No. 10 cans..... | |
| Mature onions..... | 1 lb. 8 oz..... | |

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MANHATTAN CLAM CHOWDER

Protein-Rich Food/Vegetable

Soups H-1

| Ingredients | 100 portions | | For _____ portions | Directions |
|---------------------|--------------|---------------------------|-----------------------|---|
| | Weights | Measures | | |
| Canned minced clams | 14 lb. 4 oz. | 4-1/2 cans (51 oz. each.) | | 1. Drain clams. Reserve liquid and use as part of the water. |
| ★ Onions, chopped | 2 lb. | 1 qt. 1-1/3 cups | | 2. Cook onions in fat until onions are clear but not brown. |
| Oil or fat, melted | 8 oz. | 1 cup | | |
| ★ Potatoes, diced | 8 lb. 8 oz. | 1-1/2 gal | | 3. Add potatoes, celery, and water. Cover and cook 15 minutes. |
| ★ Celery, chopped | 1 lb. 1 oz. | 1 qt. | | |
| Water | | 1-1/2 gal | | 4. Add tomato juice and clams. Continue cooking 5 to 10 minutes longer or until clams and potatoes are tender. Add salt to taste. |
| *Tomato juice | 25 lb. 8 oz. | 3 gal. | | |
| Salt, to taste | | | | |
| ★ Parsley, chopped | 1 oz. | 1 cup | | 5. Add parsley. 6. Portion with 1 cup ladle. |

PORTION: 1 cup—provides 1 ounce cooked fish and 1/2 cup vegetable.
Cost per portion _____.

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MANHATTAN CLAM CHOWDER—Continued

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VARIATIONS

- a. MANHATTAN FISH CHOWDER: Use 10 lb. cod, flounder, haddock, mahimahi, mullet, ocean perch, pollock, rockfish, whiting, or yellow perch fillets in place of clams. Thaw frozen fillets (card C-9). Remove skin if necessary. Cut into 1-inch pieces. Portion as in basic recipe.
- b. MANHATTAN SCALLOP CHOWDER: Use 10 lb. scallops (card C-9) in place of clams. Rinse with cold water to remove any shell particles. Coarsely chop scallops. Portion as in basic recipe.
- c. MANHATTAN SHRIMP CHOWDER: Use 6 lb. 4 oz. cooked, peeled, and cleaned shrimp in place of clams. Coarsely chop shrimp. Portion as in basic recipe.
- d. MANHATTAN TUNA CHOWDER: Use 17 cans (6 1/2 or 7 oz. each) tuna in place of clams. Drain tuna and break into large pieces. Portion as in basic recipe.

MENU SUGGESTIONS

Manhattan Clam Chowder
Sliced Egg/Asparagus Spears on Lettuce
Cornbread Butter or Margarine Milk
Bread Pudding

Manhattan Clam Chowder
Grilled Cheese Sandwich/Whole Wheat Bread
Cranberry Crunch
Butter or Margarine Milk

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ____ portion recipe |
|--------------------------|------------------------|-------------------------|
| Mature onions..... | 2 lb. 4 oz..... | |
| Potatoes..... | 10 lb. 8 oz..... | |
| Celery..... | 1 lb. 7 oz..... | |
| Canned tomato juice..... | 8-1/2 No. 3 cyl..... | |
| Parsley..... | 1-1/2 oz..... | |

NEW ENGLAND HADDOCK CHOWDER

Protein-Rich Food/Vegetable

Soups H-2

| Ingredients | 100 portions | | For _____ portions | Directions |
|------------------------------------|--------------|-----------|-----------------------|---|
| | Weights | Measures | | |
| Haddock fillets (fresh or frozen). | 10 lb | | | <ol style="list-style-type: none"> 1. Thaw frozen fillets (card C-9). Remove skin if necessary. Cut into 1-inch pieces. 2. Finely chop salt pork. 3. Fry salt pork until crisp. Add onions and cook until tender. 4. Add potatoes and water. Cover and cook 15 minutes. 5. Add fish and continue cooking 5 to 10 minutes longer or until fish and potatoes are tender. 6. Stir in milk. Heat. Add salt to taste. 7. Add parsley. 8. Portion with 1 cup ladle. |
| Salt pork | 1 lb. 8 oz. | | | |
| ★Onions, chopped | 3 lb | 2 qt | | |
| ★Potatoes, diced | 16 lb | 2-3/4 gal | | |
| Hot water | | 1-1/2 gal | | |
| Hot milk | | 2 gal | | |
| Salt, to taste | | | | |
| ★Parsley, chopped | 1 oz | 1 cup | | |

PORTION: 1 cup—provides 1 ounce cooked fish and 1/2 cup vegetable.

Cost per portion _____.

★See Marketing Guide on back of card.

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NEW ENGLAND HADDOCK CHOWDER- Continued

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VARIATIONS

- a. NEW ENGLAND CLAM CHOWDER: Use 4-1/2 cans (51 oz. each) drained minced clams in place of haddock fillets. Reserve clam liquid and use as part of the water. Portion as in basic recipe.
- b. NEW ENGLAND FISH CHOWDER: Use 10 lb. cod, flounder, mahimahi, mullet, ocean perch, pollock, rockfish, whiting, or yellow perch fillets in place of haddock fillets. Portion as in basic recipe.
- c. NEW ENGLAND SCALLOP CHOWDER: Use 10 lb. scallops (card C-9) in place of haddock fillets. Rinse with cold water to remove any shell particles. Coarsely chop scallops. Portion as in basic recipe.
- d. NEW ENGLAND SHRIMP CHOWDER: Use 6 lb. 4 oz. cooked, peeled, and cleaned shrimp in place of haddock fillets. Coarsely chop shrimp. Portion as in basic recipe.
- e. NEW ENGLAND TUNA CHOWDER: Use 17 cans (6-1/2 or 7 oz. each) tuna in place of haddock fillets. Drain tuna and break into large pieces. Portion as in basic recipe.

MENU SUGGESTIONS

New England Haddock Chowder
Sliced Egg & Tomato on Lettuce
Pumpkin Pie
Hard Roll Butter or Margarine Milk

New England Haddock Chowder
Grilled Cheese/Whole Wheat Bread
Peach-Citrus Fruit Salad
Butter or Margarine Milk
Brownie

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100-portion recipe | For ___ portion recipe |
|---------------------|------------------------|------------------------|
| Mature onions | 3 lb. 6 oz. | |
| Potatoes | 19 lb. 12 oz. | |
| Parsley | 1-1/2 oz. | |

TUNA-VEGETABLE SOUP

Protein-Rich Food/Vegetable

Soups H-3

| Ingredients | 100 portions | | For _____ portions | Directions |
|---|-------------------|--------------------------------|-----------------------|---|
| | Weights | Measures | | |
| Canned tuna | 7 lb | 17 cans (6-1/2 or 7 oz. each). | | 1. Drain tuna and break into large pieces. 2. Cook onions in fat until onions are clear but not brown. 3. Add carrots, celery, barley, thyme, and liquid. Cover and cook 40 to 50 minutes or until vegetables are tender. 4. Add tomato juice, cabbage, corn, green beans, and tuna. Continue cooking 5 to 10 minutes longer to blend flavors. Add salt to taste. 5. Add parsley. 6. Portion with 1 cup ladle. |
| ★ Onions, chopped | 2 lb | 1 qt. 1-1/3 cups | | |
| Oil or fat, melted | 8 oz | 1 cup | | |
| ★ Carrots, sliced | 1 lb. 14 oz. | 1-1/2 qt. | | |
| ★ Celery, chopped | 1 lb. 1 oz. | 1 qt. | | |
| Barley | 1 lb. 6 oz. | 3 cups | | |
| Whole thyme | | 1/4 cup | | |
| Water or vegetable liquid. | | 1-3/4 gal | | |
| ★ Tomato juice | 25 lb. 8 oz. | 3 gal. | | |
| ★ Cabbage, chopped | 2 lb. 4 oz. | 2-1/2 qt. | | |
| ★ Canned whole kernel corn, drained. | 2 lb. 4 oz. | 1-1/2 qt. | | |
| ★ Canned green beans, drained. | 1 lb. 14 oz. | 1-1/2 qt. | | |
| Salt, to taste | | | | |
| ★ Parsley, chopped | 1 oz. | 1 cup | | |

PORTION: 1 cup—provides 1 ounce cooked fish and 1/2 cup vegetable.

Cost per portion _____.

★ See Marketing Guide on back of card.

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TUNA-VEGETABLE SOUP - Continued

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VARIATIONS

- a. **CLAM-VEGETABLE SOUP:** Use 4 1/2 cans (51 oz. each) minced clams in place of tuna. Reserve clam liquid and use as part of the water. Portion as in basic recipe.
- b. **FISH-VEGETABLE SOUP:** Use 10 lb. cod, flounder, haddock, mahimahi, mullet, ocean perch, pollock, rockfish, whiting, or yellow perch fillets in place of tuna. Thaw frozen fillets (card C-9). Remove skin if necessary. Cut into 1-inch pieces. Portion as in basic recipe.
- c. **SCALLOP-VEGETABLE SOUP:** Use 10 lb. scallops (card C-9) in place of tuna. Rinse with cold water to remove any shell particles. Coarsely chop scallops. Portion as in basic recipe.
- d. **SHRIMP-VEGETABLE SOUP:** Use 6 lb. 4 oz. cooked, peeled, and cleaned shrimp in place of tuna. Coarsely chop shrimp. Portion as in basic recipe.

MENU SUGGESTIONS

Tuna-Vegetable Soup
Pineapple-Cottage Cheese Salad
Boston Brown Bread Butter or Margarine
Milk
Bread Pudding/Whipped Topping

Tuna-Vegetable Soup
Deviled Egg on Lettuce
Raisin Bread Butter or Margarine
Milk
White Cake/Blueberry Sauce

MARKETING GUIDE FOR SELECTED ITEMS

| Food as purchased | For 100 portion recipe | For ____ portion recipe |
|--------------------------------|------------------------|-------------------------|
| Mature onions | 2 lb. 4 oz. | |
| Carrots | 2 lb. 4-1/2 oz. | |
| Celery | 1 lb. 7 oz. | |
| Canned tomato juice | 8-1/2 No. 3 cyl. | |
| Cabbage | 2 lb. 14 oz. | |
| Canned whole kernel corn | 1/2 No. 10 can. | |
| Canned green beans | 1/2 No. 10 can. | |
| Parsley | 1-1/2 oz. | |

I—CLASSIFICATION OF RECIPES

Index

| | <i>Card No.</i> |
|--|-----------------|
| Summary listing of recipes contributing to the protein-rich food requirement of the Type A Lunch | I-1 |
| Summary listing of recipes contributing to the vegetable and fruit requirement of the Type A Lunch | I-9 |
| Summary listing of recipes contributing to the bread requirement of the Type A Lunch | I-11 |
| Summary listing of recipes without a specified contribution to the Type A Lunch | I-13 |

CLASSIFICATION OF RECIPES

Summary Listing of Recipes Contributing to the Protein-Rich Food Requirement of the Type A Lunch

Classification of Recipes I-1

PROTEIN-RICH FOOD

| MAIN DISHES | <i>Card No.</i> | MAIN DISHES—Continued | <i>Card No.</i> |
|--|-----------------|---|-----------------|
| Baked cod fillets..... | D-5a | Baked mahimahi fillets with bread stuffing. | D-1a |
| Baked cod fillets in Spanish sauce..... | D-4a | Baked mahimahi fillets with crispy cheese topping. | D-3a |
| Baked cod fillets with bread stuffing..... | D-1 | Baked mahimahi fillets with puffy cheese sauce. | D-2a |
| Baked cod fillets with crispy cheese topping. | D-3a | Baked mullet fillets..... | D-5a |
| Baked cod fillets with puffy cheese sauce. | D-2a | Baked mullet fillets in Spanish sauce..... | D-4a |
| Baked flounder fillets..... | D-5a | Baked mullet fillets with bread stuffing..... | D-1a |
| Baked flounder fillets in Spanish sauce..... | D-4a | Baked mullet fillets with crispy cheese topping. | D-3a |
| Baked flounder fillets with bread stuffing..... | D-1a | Baked mullet fillets with puffy cheese sauce. | D-2a |
| Baked flounder fillets with crispy cheese topping. | D-3a | Baked ocean perch fillets..... | D-5a |
| Baked flounder fillets with puffy cheese sauce. | D-2 | Baked ocean perch fillets in Spanish sauce. | D-4a |
| Baked haddock fillets..... | D-5a | Baked ocean perch fillets with bread stuffing. | D-1a |
| Baked haddock fillets in Spanish sauce..... | D-4a | Baked ocean perch fillets with crispy cheese topping. | D-3a |
| Baked haddock fillets with bread stuffing..... | D-1a | Baked ocean perch fillets with puffy cheese sauce. | D-2a |
| Baked haddock fillets with crispy cheese topping. | D-3 | | |
| Baked haddock fillets with puffy cheese sauce. | D-2a | | |
| Baked mahimahi fillets..... | D-5a | | |
| Baked mahimahi fillets in Spanish sauce..... | D-4a | | |

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PROTEIN-RICH FOOD—Continued

| MAIN DISHES—Continued | | Card No. | MAIN DISHES—Continued | | Card No. |
|--|------|----------|--|------|----------|
| Baked pollock fillets..... | D-5a | | Baked yellow perch fillets in Spanish sauce. | D-4a | |
| Baked pollock fillets in Spanish sauce.... | D-4a | | Baked yellow perch fillets with bread stuffing. | D-1a | |
| Baked pollock fillets with bread stuffing.. | D-1a | | Baked yellow perch fillets with crispy cheese topping. | D-3a | |
| Baked pollock fillets with crispy cheese topping. | D-3a | | Baked yellow perch fillets with puffy cheese sauce. | D-2a | |
| Baked pollock fillets with puffy cheese sauce. | D-2a | | Baked yellow perch fillets with puffy cheese sauce. | D-2a | |
| Baked rockfish fillets..... | D-5a | | Cereal oven-fried cod fillets..... | D-6 | |
| Baked rockfish fillets in Spanish sauce.. | D-4 | | Cereal oven-fried flounder fillets..... | D-6a | |
| Baked rockfish fillets with bread stuffing.. | D-1a | | Cereal oven-fried haddock fillets..... | D-6a | |
| Baked rockfish fillets with crispy cheese topping. | D-3a | | Cereal oven-fried mahimahi fillets..... | D-6a | |
| Baked rockfish fillets with puffy cheese sauce. | D-2a | | Cereal oven-fried mullet fillets..... | D-6a | |
| Baked whiting fillets..... | D-5 | | Cereal oven-fried ocean perch fillets..... | D-6a | |
| Baked whiting fillets in Spanish sauce.. | D-4a | | Cereal oven-fried pollock fillets..... | D-6a | |
| Baked whiting fillets with bread stuffing.. | D-1a | | Cereal oven-fried rockfish fillets..... | D-6a | |
| Baked whiting fillets with crispy cheese topping. | D-3a | | Cereal oven-fried scallops..... | D-6b | |
| Baked whiting fillets with puffy cheese sauce. | D-2a | | Cereal oven-fried whiting fillets..... | D-6a | |
| Baked yellow perch fillets..... | D-5a | | Cereal oven-fried yellow perch fillets.... | D-6a | |
| | | | Cheesy oven-fried cod fillets..... | D-7a | |
| | | | Cheesy oven-fried flounder fillets..... | D-7a | |
| | | | Cheesy oven-fried haddock fillets..... | D-7a | |

(continued on next card)

Summary Listing of Recipes Contributing to the Protein-Rich Food Requirement of the Type A Lunch—Continued

Classification of Recipes I-2

PROTEIN-RICH FOOD—Continued

| MAIN DISHES—Continued | <i>Card No.</i> | MAIN DISHES—Continued | <i>Card No.</i> |
|---|-----------------|---|-----------------|
| Cheesy oven-fried mahimahi fillets..... | D-7a | Fried fish portions with egg sauce..... | D-17d |
| Cheesy oven-fried mullet fillets..... | D-7a | Fried fish portions with egg sauce (using | D-17d & a |
| Cheesy oven-fried ocean perch fillets..... | D-7a | dried whole eggs). | |
| Cheesy oven-fried pollock fillets..... | D-7 | Fried fish sticks..... | D-9a |
| Cheesy oven-fried rockfish fillets..... | D-7a | Fried fish sticks with cheese sauce..... | D-10c |
| Cheesy oven-fried scallops..... | D-7b | Fried fish sticks with egg sauce..... | D-17e |
| Cheesy oven-fried whiting fillets..... | D-7a | Fried fish sticks with egg sauce (using | D-17e & a |
| Cheesy oven-fried yellow perch fillets.... | D-7a | dried whole eggs). | |
| Deep-fat fried fish portions..... | D-8a | Italian oven-fried cod fillets..... | D-11a |
| Deep-fat fried fish portions with cheese | D-10a | Italian oven-fried flounder fillets..... | D-11a |
| sauce. | | Italian oven-fried haddock fillets..... | D-11a |
| Deep-fat fried fish portions with egg..... | D-17b | Italian oven-fried mahimahi fillets..... | D-11a |
| Deep-fat fried fish portions with egg | D-17b & a | Italian oven-fried mullet fillets..... | D-11a |
| sauce (using dried whole eggs). | | Italian oven-fried ocean perch fillets.... | D-11 |
| Deep-fat fried fish sticks..... | D-8 | Italian oven-fried pollock fillets..... | D-11a |
| Deep-fat fried fish sticks with cheese | D-10b | Italian oven-fried rockfish fillets..... | D-11a |
| sauce. | | Italian oven-fried scallops..... | D-11b |
| Deep-fat fried fish sticks with egg sauce.. | D-17c | Italian oven-fried whiting fillets..... | D-11a |
| Deep-fat fried fish sticks with egg sauce | D-17c & a | Italian oven-fried yellow perch fillets.... | D-11a |
| (using dried whole eggs). | | Mackerel cakes..... | D-12 |
| Fried fish portions..... | D-9 | Mackerel-cheese biscuit roll..... | D-28a |
| Fried fish portions with cheese sauce.... | D-10 | Mackerel cornbread..... | D-20b |

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PROTEIN-RICH FOOD—Continued

| MAIN DISHES—Continued | | Card No. | MAIN DISHES—Continued | | Card No. |
|--|-----------|----------|---|-------|----------|
| Mackerel cornbread (using dried whole eggs). | D-20b & a | | Oven-fried fish sticks with cheese sauce. | D-10e | |
| Mackerel loaf | D-21b | | Oven-fried fish sticks with egg sauce. | D-17 | |
| Mackerel loaf (using dried whole eggs) | D-21b & a | | Oven-fried fish sticks with egg sauce (using dried whole eggs). | D-17a | |
| Mackerel-macaroni and cheese | D-14a | | Oven-fried flounder fillets | D-18a | |
| Mackerel-noodle casserole | D-13 | | Oven-fried haddock fillets | D-18a | |
| Mackerel-potato casserole | D-15a | | Oven-fried mahimahi fillets | D-18a | |
| Mackerel-rice loaf | D-29b | | Oven-fried mullet fillets | D-18a | |
| Mackerel-rice loaf (using dried whole eggs). | D-29b & a | | Oven-fried ocean perch fillets | D-18a | |
| Maine sardine cakes | D-12a | | Oven-fried pollock fillets | D-18a | |
| Maine sardine cornbread | D-20c | | Oven-fried rockfish fillets | D-18a | |
| Maine sardine cornbread (using dried whole eggs). | D-20c & a | | Oven-fried scallops | D-18b | |
| Maine sardine-macaroni and cheese | D-14 | | Oven-fried whiting fillets | D-18a | |
| Maine sardine-noodle casserole | D-13a | | Oven-fried yellow perch fillets | D-18 | |
| Maine sardine-potato casserole | D-15 | | Pacific sardine-noodle casserole | D-13b | |
| Oven-fried cod fillets | D-18a | | Salmon a la king | D-19 | |
| Oven-fried fish portions | D-16 | | Salmon a la king (using dried whole eggs). | D-19a | |
| Oven-fried fish portions with cheese sauce. | D-10d | | Salmon cakes | D-12b | |
| Oven-fried fish portions with egg sauce | D-17f | | Salmon-cheese biscuit roll | D-28b | |
| Oven-fried fish portions with egg sauce (using dried whole eggs) | D-17f & a | | Salmon cornbread | D-20 | |
| Oven-fried fish sticks | D-16a | | Salmon cornbread (using dried whole eggs). | D-20a | |
| | | | Salmon loaf | D-21 | |
| | | | Salmon loaf (using dried whole eggs) | D-21a | |

(continued on next card)

Summary Listing of Recipes Contributing to the Protein-Rich Food Requirement of the Type A Lunch—Continued

Classification of Recipes I-3

PROTEIN-RICH FOOD—Continued

| MAIN DISHES—Continued | <i>Card No.</i> | MAIN DISHES—Continued | <i>Card No.</i> |
|---|-----------------|---|-----------------|
| Salmon-macaroni and cheese..... | D-14b | Saucy oven-fried yellow perch fillets . . . | D-22a |
| Salmon-noodle casserole..... | D-13c | Scallop a la king..... | D-19b |
| Salmon pie..... | D-23a | Scallop a la king (using dried whole | D-19b & a |
| Salmon-potato casserole..... | D-15b | eggs). | |
| Salmon rarebit..... | D-24a | Scallop-cheese biscuit roll..... | D-28c |
| Salmon-rice loaf..... | D-29c | Scallop-noodle casserole..... | D-13d |
| Salmon-rice loaf (using dried whole | D-29c & a | Scallop pie..... | D-23 |
| eggs). | | Scallop rarebit..... | D-24b |
| Salmon shortcake..... | D-30b | Scallop shortcake..... | D-30c |
| Salmon shortcake (using dried whole | D-30b & a | Scallop shortcake (using dried whole | D-30c & a |
| eggs). | | eggs). | |
| Salmon wiggle..... | D-31a | Scallop wiggle..... | D-31b |
| Saucy oven-fried cod fillets..... | D-22a | Shrimp a la king..... | D-19c |
| Saucy oven-fried flounder fillets..... | D-22a | Shrimp a la king (using dried whole eggs). | D-19c & a |
| Saucy oven-fried haddock fillets..... | D-22a | Shrimp-cheese biscuit roll..... | D-28d |
| Saucy oven-fried mahimahi fillets..... | D-22 | Shrimp-macaroni and cheese..... | D-14c |
| Saucy oven-fried mullet fillets..... | D-22a | Shrimp-noodle casserole..... | D-13c |
| Saucy oven-fried ocean perch fillets..... | D-22a | Shrimp pie..... | D-23b |
| Saucy oven-fried pollock fillets..... | D-22a | Shrimp rarebit..... | D-24 |
| Saucy oven-fried rockfish fillets..... | D-22a | Shrimp-rice loaf..... | D-29d |
| Saucy oven-fried scallops..... | D-22b | Shrimp-rice loaf (using dried whole eggs). | D-29d & a |
| Saucy oven-fried whiting fillets..... | D-22a | Shrimp shortcake..... | D-30d |

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747 Summary Listing of Recipes Contributing to the Protein-Rich Food Requirement of the Type A Lunch - Continued

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PROTEIN-RICH FOOD—Continued

MAIN DISHES—Continued

Card No.

| | |
|---|-----------|
| Shrimp shortcake (using dried whole eggs). | D-30d & a |
| Shrimp wiggle..... | D-31c |
| Southern baked cod fillets..... | D-25a |
| Southern baked flounder fillets..... | D-25a |
| Southern baked haddock fillets..... | D-25a |
| Southern baked mahimahi fillets..... | D-25a |
| Southern baked mullet fillets..... | D-25 |
| Southern baked ocean perch fillets..... | D-25a |
| Southern baked pollock fillets..... | D-25a |
| Southern baked rockfish fillets..... | D-25a |
| Southern baked whiting fillets..... | D-25a |
| Southern baked yellow perch fillets..... | D-25a |
| Spicy oven-fried cod fillets..... | D-26a |
| Spicy oven-fried cod fillets (using chili powder). | D-26a & c |
| Spicy oven-fried cod fillets (using dry mustard). | D-26a & d |
| Spicy oven-fried cod fillets (using poultry seasoning). | D-26a & e |
| Spicy oven-fried flounder fillets..... | D-26a |
| Spicy oven-fried flounder fillets (using chili powder). | D-26a & c |
| Spicy oven-fried flounder fillets (using dry mustard). | D-26a & d |

MAIN DISHES—Continued

Card No.

| | |
|--|-----------|
| Spicy oven-fried flounder fillets (using poultry seasoning). | D-26a & e |
| Spicy oven-fried haddock fillets..... | D-26a |
| Spicy oven-fried haddock fillets (using chili powder). | D-26a & c |
| Spicy oven-fried haddock fillets (using dry mustard). | D-26a & d |
| Spicy oven-fried haddock fillets (using poultry seasoning). | D-26a & e |
| Spicy oven-fried mahimahi fillets..... | D-26a |
| Spicy oven-fried mahimahi fillets (using chili powder). | D-26a & c |
| Spicy oven-fried mahimahi fillets (using dry mustard). | D-26a & d |
| Spicy oven-fried mahimahi fillets (using poultry seasoning). | D-26a & e |
| Spicy oven-fried mullet fillets..... | D-26a |
| Spicy oven-fried mullet fillets (using chili powder). | D-26a & c |
| Spicy oven-fried mullet fillets (using dry mustard). | D-26a & d |
| Spicy oven-fried mullet fillets (using poultry seasoning). | D-26a & e |
| Spicy oven-fried ocean perch fillets..... | D-26 |

(continued on next card)

Summary Listing of Recipes Contributing to the Protein-Rich Food Requirement of the Type A Lunch -Continued

Classification of Recipes I-4

PROTEIN-RICH FOOD—Continued

| MAIN DISHES -Continued | <i>Card No.</i> | MAIN DISHES—Continued | <i>Card No.</i> |
|---|-----------------|--|-----------------|
| Spicy oven-fried ocean perch fillets (using chili powder). | D-26c | Spicy oven-fried scallops (using chili powder). | D-26b & c |
| Spicy oven-fried ocean perch fillets (using dry mustard). | D-26d | Spicy oven-fried scallops (using dry mustard). | D-26b & d |
| Spicy oven-fried ocean perch fillets (using poultry seasoning). | D-26c | Spicy oven-fried scallops (using poultry seasoning). | D-26b & e |
| Spicy oven-fried pollock fillets..... | D-26a | Spicy oven-fried whiting fillets..... | D-26a |
| Spicy oven-fried pollock fillets (using chili powder). | D-26a & c | Spicy oven-fried whiting fillets (using chili powder). | D-26a & c |
| Spicy oven-fried pollock fillets (using dry mustard). | D-26a & d | Spicy oven-fried whiting fillets (using dry mustard). | D-26a & d |
| Spicy oven-fried pollock fillets (using poultry seasoning). | D-26a & e | Spicy oven-fried whiting fillets (using poultry seasoning). | D-26a & e |
| Spicy oven-fried rockfish fillets..... | D-26a | Spicy oven-fried yellow perch fillets..... | D-26a |
| Spicy oven-fried rockfish fillets (using chili powder). | D-26a & c | Spicy oven-fried yellow perch fillets (using chili powder). | D-26a & c |
| Spicy oven-fried rockfish fillets (using dry mustard). | D-26a & d | Spicy oven-fried yellow perch fillets (using dry mustard). | D-26a & d |
| Spicy oven-fried rockfish fillets (using poultry seasoning). | D-26a & e | Spicy oven-fried yellow perch fillets (using poultry seasoning). | D-26a & e |
| Spicy oven-fried scallops..... | D-26b | Topsy turvy mackerel cornbread..... | D-27b (over) |

PROTEIN-RICH FOOD -Continued

MAIN DISHES—Continued

Card No.

| | |
|--|-----------|
| Topsy turvy mackerel cornbread (using dried whole eggs). | D-27b & a |
| Topsy turvy salmon cornbread..... | D-27c |
| Topsy turvy salmon cornbread (using dried whole eggs). | D-27c & a |
| Topsy turvy scallop cornbread..... | D-27d |
| Topsy turvy scallop cornbread (using dried whole eggs). | D-27d & a |
| Topsy turvy shrimp cornbread..... | D-27e |
| Topsy turvy shrimp cornbread (using dried whole eggs). | D-27e & a |
| Topsy turvy tuna cornbread..... | D-27 |
| Topsy turvy tuna cornbread (using dried whole eggs). | D-27a |
| Tuna a la king..... | D-19d |
| Tuna a la king (using dried whole eggs). | D-19d & a |
| Tuna cakes..... | D-12c |
| Tuna-cheese biscuit roll..... | D-28 |
| Tuna cornbread..... | D-20d |
| Tuna cornbread (using dried whole eggs). | D-20d & a |
| Tuna loaf..... | D-21c |
| Tuna loaf (using dried whole eggs)..... | D-21c & a |
| Tuna-macaroni and cheese..... | D-14d |
| Tuna-noodle casserole..... | D-13f |

MAIN DISHES—Continued

Card No.

| | |
|--|----------|
| Tuna pie..... | D-23c |
| Tuna-potato casserole..... | D-15c |
| Tuna rarebit..... | D-24c |
| Tuna-rice loaf..... | D-29 |
| Tuna-rice loaf (using dried whole eggs). | D-29a |
| Tuna shortcake..... | D-30 |
| Tuna shortcake (using dried whole eggs). | D-30a |
| Tuna wiggle..... | D-31 |
| SALADS | |
| Jellied scallop-tomato salad..... | E-2 |
| Jellied shrimp-tomato salad..... | E-2a |
| Jellied tuna-tomato salad..... | E-2b |
| Mackerel-apple salad..... | E-8a |
| Mackerel-macaroni salad..... | E-5a |
| Mackerel-potato salad..... | E-7b |
| Mackerel-potato salad (using dried whole eggs). | E-7b & a |
| Mackerel salad..... | E-3 |
| Mackerel salad (using dried whole eggs). | E-3a |
| Mackerel slaw..... | E-4a |
| Maine sardine-macaroni salad..... | E-5b |
| Maine sardine-potato salad..... | E-7c |
| Maine sardine-potato salad (using dried whole eggs). | E 7c & a |

(continued on next card)

Summary Listing of Recipes Contributing to the Protein-Rich Food Requirement of the Type A Lunch—Continued

Classification of Recipes I-5

PROTEIN-RICH FOOD—Continued

| SALADS—Continued | <i>Card No.</i> | SALADS—Continued | <i>Card No.</i> |
|---|-----------------|---|-----------------|
| Maine sardine salad | E-3b | Shrimp salad (using dried whole eggs) .. | E-3d & a |
| Maine sardine salad (using dried whole eggs) .. | E-3b & a | Shrimp slaw | E-4c |
| Maine sardine slaw | E-4 | Tuna-apple salad | E-8 |
| Pacific sardine-apple salad | E-8b | Tuna-kidney bean salad | E-6c |
| Salmon-apple salad | E-8c | Tuna-macaroni salad | E-5d |
| Salmon-kidney bean salad | E-6a | Tuna-potato salad | E-7e |
| Salmon-macaroni salad | E-5 | Tuna-potato salad (using dried whole eggs) .. | E-7e & a |
| Salmon-potato salad | E-7d | Tuna salad | E-3e |
| Salmon-potato salad (using dried whole eggs) .. | E-7d & a | Tuna salad (using dried whole eggs) | E-3e & a |
| Salmon salad | E-3c | Tuna slaw | E-4d |
| Salmon salad (using dried whole eggs) .. | E-3c & a | SANDWICHES | |
| Salmon slaw | E-4b | Fish burger (using deep-fat fried fish portions) .. | F-2a |
| Scallop-kidney bean salad | E-6b | Fish burger (using fried fish portions) | F-2c |
| Shrimp-apple salad | E-8d | Fish burger (using oven-fried fish portions) .. | F-2e |
| Shrimp-kidney bean salad | E-6 | Fish-cheeseburger (using deep-fat fried fish portions) .. | F-3a |
| Shrimp-macaroni salad | E-5c | Fish-cheeseburger (using fried fish portions) .. | F-3c |
| Shrimp-potato salad | E-7 | | |
| Shrimp-potato salad (using dried whole eggs) .. | E-7a | | |
| Shrimp salad | E-3d | | |

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747 Summary Listing of Recipes Contributing to the Protein-Rich Food Requirement of the Type A
Lunch- Continued

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PROTEIN-RICH FOOD—Continued

SANDWICHES—Continued

| | <i>Card No.</i> |
|---|-----------------|
| Fish-cheeseburger (using oven-fried fish portions). | F-3d |
| Fish stick burger | F-2 |
| Fish stick burger (using deep-fat fried fish sticks). | F-2b |
| Fish stick burger (using fried fish sticks) | F-2d |
| Fish stick-cheeseburger | F-3 |
| Fish stick-cheeseburger (using deep-fat fried fish sticks). | F-3b |
| Fish stick-cheeseburger (using oven-fried fish sticks). | F-3c |
| Mackerel barbecue | F-11a |
| Mackerel-egg salad sandwich | F-4b |
| Mackerel-egg salad sandwich (using dried whole eggs). | F-4b & a |
| Mackerel pizza | F-12a |
| Mackerel salad sandwich | F-13a |
| Mackerel-slaw sandwich | F-6a |
| Mackerel western sandwich | F-7b |
| Mackerel western sandwich (using dried whole eggs). | F-7b & a |
| Maine sardine barbecue | F-11b |

SANDWICHES—Continued

| | <i>Card No.</i> |
|--|-----------------|
| Maine sardine burger | F-2f |
| Maine sardine-cheeseburger | F-3f |
| Maine sardine-egg salad sandwich | F-4 |
| Maine sardine-egg salad sandwich (using dried whole eggs). | F-4a |
| Maine sardine pizza | F-12b |
| Maine sardine salad sandwich | F-13b |
| Maine sardine seawich | F-8a |
| Maine sardine submarine sandwich | F-5 |
| Pacific sardine salad sandwich | F-13c |
| Salmon barbecue | F-11c |
| Salmon-egg salad sandwich | F-4c |
| Salmon-egg salad sandwich (using dried whole eggs). | F-4c & a |
| Salmon pizza | F-12c |
| Salmon salad sandwich | F-13d |
| Salmon-slaw sandwich | F-6 |
| Salmon submarine sandwich | F-5a |
| Salmon western sandwich | F-7 |
| Salmon western sandwich (using dried whole eggs). | F-7a |
| Seawich | F-8 |

(continued on next card)

Summary Listing of Recipes Contributing to the Protein-Rich Food Requirement of the Type A Lunch -Continued

Classification of Recipes I-6

PROTEIN-RICH FOOD- Continued

| SANDWICHES- -Continued | <i>Card No.</i> | SANDWICHES—Continued | <i>Card No.</i> |
|--|-----------------|--|-----------------|
| Seawich (using deep-fat fried fish portions). | F-8b | Tangy fish stick-cheese sandwich (using oven-fried fish sticks). | F-9e |
| Seawich (using fried fish portions)..... | F-8c | Toasted mackerel-cheese sandwich..... | F-10a |
| Shrimp-egg salad sandwich..... | F-4d | Toasted Maine sardine-cheese sandwich.. | F-10b |
| Shrimp-egg salad sandwich (using dried whole eggs). | F-4d & a | Toasted Pacific sardine-cheese sandwich.. | F-10 |
| Shrimp pizza..... | F 12d | Toasted salmon-cheese sandwich..... | F 10c |
| Shrimp salad sandwich..... | F-13e | Toasted shrimp-cheese sandwich..... | F-10d |
| Shrimp-slaw sandwich..... | F-6b | Toasted tuna-cheese sandwich..... | F-10e |
| Shrimp submarine sandwich..... | F-5b | Tuna barbecue..... | F-11 |
| Shrimp western sandwich..... | F-7c | Tuna-egg salad sandwich..... | F 4e |
| Shrimp western sandwich (using dried whole eggs). | F-7c & a | Tuna-egg salad sandwich (using dried whole eggs). | F-4e & a |
| Tangy fish-cheese sandwich..... | F-9 | Tuna pizza..... | F 12 |
| Tangy fish-cheese sandwich (using deep-fat fried fish portions). | F-9a | Tuna salad sandwich..... | F-13 |
| Tangy fish-cheese sandwich (using fried fish portions). | F-9c | Tuna-slaw sandwich..... | F-6c |
| Tangy fish stick-cheese sandwich (using deep-fat fried fish sticks). | F-9b | Tuna submarine sandwich..... | F 5c |
| Tangy fish stick-cheese sandwich (using fried fish sticks). | F-9d | Tuna western sandwich..... | F-7d |
| | | Tuna western sandwich (using dried whole eggs). | F-7d & a |
| | | SOUPS | |
| | | Clam-vegetable soup..... | H-3a |
| | | Cod-vegetable soup..... | H-3b |
| | | | (over) |

PROTEIN-RICH FOOD--Continued

| SOUPS--Continued | | Card No. | SOUPS--Continued | | Card No. |
|-------------------------------------|------|----------|---------------------------------------|------|----------|
| Flounder-vegetable soup..... | H-3b | | New England flounder chowder..... | H-2b | |
| Haddock-vegetable soup..... | H-3b | | New England haddock chowder..... | H-2 | |
| Mahimahi-vegetable soup..... | H-3b | | New England mahimahi chowder..... | H-2b | |
| Manhattan clam chowder..... | H-1 | | New England mullet chowder..... | H-2b | |
| Manhattan cod chowder..... | H-1a | | New England ocean perch chowder..... | H-2b | |
| Manhattan flounder chowder..... | H-1a | | New England pollock chowder..... | H-2b | |
| Manhattan haddock chowder..... | H-1a | | New England rockfish chowder..... | H-2b | |
| Manhattan mahimahi chowder..... | H-1a | | New England scallop chowder..... | H-2c | |
| Manhattan mullet chowder..... | H-1a | | New England Shrimp chowder..... | H-2d | |
| Manhattan ocean perch chowder..... | H-1a | | New England tuna chowder..... | H-2e | |
| Manhattan pollock chowder..... | H-1a | | New England whiting chowder..... | H-2b | |
| Manhattan rockfish chowder..... | H-1a | | New England yellow perch chowder..... | H-2b | |
| Manhattan scallop chowder..... | H-1b | | Ocean perch-vegetable soup..... | H-3b | |
| Manhattan shrimp chowder..... | H-1c | | Pollock-vegetable soup..... | H-3b | |
| Manhattan tuna chowder..... | H-1d | | Rockfish-vegetable soup..... | H-3b | |
| Manhattan whiting chowder..... | H-1a | | Scallop-vegetable soup..... | H-3c | |
| Manhattan yellow perch chowder..... | H-1a | | Shrimp-vegetable soup..... | H-3d | |
| Mullet-vegetable soup..... | H-3b | | Tuna-vegetable soup..... | H-3 | |
| New England clam chowder..... | H-2a | | Whiting-vegetable soup..... | H-3b | |
| New England cod chowder..... | H-2b | | Yellow perch-vegetable soup..... | H-3b | |

(continued on next card)

Summary Listing of Recipes Contributing of the Vegetable and Fruit Requirement of the Type A Lunch

Classification of Recipes I-7

VEGETABLE AND FRUIT

| MAIN DISHES | <i>Card No.</i> | SALADS -Continued | <i>Card No.</i> |
|-------------------------------------|-----------------|--|-----------------|
| Mackerel cakes..... | D-12 | Mackerel-potato salad..... | E-7b |
| Mackerel-potato casserole..... | D-15a | Mackerel-potato salad (using dried whole eggs). | E-7b & a |
| Maine sardine cakes..... | D-12a | Mackerel slaw..... | E-4a |
| Maine sardine-potato casserole..... | D-15 | Maine sardine-macaroni salad..... | E-5b |
| Salmon cakes..... | D-12b | Maine sardine-potato salad..... | E-7c |
| Salmon pie..... | D-23a | Maine sardine potato salad (using dried whole eggs). | E-7c & a |
| Salmon-potato casserole..... | D-15b | Maine sardine slaw..... | E-4 |
| Salmon wiggle..... | D-31a | Pacific sardine-apple salad..... | E-8b |
| Scallop pie..... | D-23 | Salmon-apple salad..... | E-8c |
| Scallop wiggle..... | D-31b | Salmon-macaroni salad..... | E-5 |
| Shrimp pie..... | D-23b | Salmon-potato salad..... | E-7d |
| Shrimp wiggle..... | D-31c | Salmon-potato salad (using dried whole eggs). | E-7d & a |
| Tuna cakes..... | D-12c | Salmon slaw..... | E-4b |
| Tuna pie..... | D-23c | Shrimp-apple salad..... | E-8d |
| Tuna-potato casserole..... | D-15c | Shrimp-macaroni salad..... | E-5c |
| Tuna wiggle..... | D-31 | Shrimp-potato salad..... | E-7 |
| SALADS | | Shrimp-potato salad (using dried whole eggs). | E-7a |
| Jellied scallop-tomato salad..... | E-2 | Shrimp slaw..... | E-4c |
| Jellied shrimp-tomato salad..... | E-2a | | (over) |
| Jellied tuna-tomato salad..... | E-2b | | |
| Mackerel-apple salad..... | E-8a | | |
| Mackerel-macaroni salad..... | E-5a | | |

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Summary Listing of Recipes Contributing to the Vegetable and Fruit Requirement of the Type A Lunch-Continued

VEGETABLE AND FRUIT Continued

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| SALADS -Continued | Card No. | SOUPS | Card No. |
|---|----------|--------------------------------------|----------|
| Tuna-apple salad | E-8 | Clam-vegetable soup | H-3a |
| Tuna-macaroni salad | E-5d | Cod-vegetable soup | H-3b |
| Tuna-potato salad | E-7e | Flounder-vegetable soup | H-3b |
| Tuna-potato salad (using dried whole eggs) | E-7e & a | Haddock-vegetable soup | H-3b |
| Tuna slaw | E-4d | Mahimahi-vegetable soup | H-3b |
| SANDWICHES | | Manhattan clam chowder | H-1 |
| Mackerel-slaw sandwich | F-6a | Manhattan cod chowder | H-1a |
| Maine sardine seawich | F-8a | Manhattan flounder chowder | H-1a |
| Maine sardine submarine sandwich | F-5 | Manhattan haddock chowder | H-1a |
| Salmon-slaw sandwich | F-6 | Manhattan mahimahi chowder | H-1a |
| Salmon submarine sandwich | F-5a | Manhattan mullet chowder | H-1a |
| Seawich | F-8 | Manhattan ocean perch chowder | H-1a |
| Seawich (using deep-fat fried fish portions) | F-8b | Manhattan pollock chowder | H-1a |
| Seawich (using fried fish portions) | F-8c | Manhattan rockfish chowder | H-1a |
| Shrimp-slaw sandwich | F-6b | Manhattan scallop chowder | H-1b |
| Shrimp submarine sandwich | F-5b | Manhattan shrimp chowder | H-1c |
| Tuna-slaw sandwich | F-6c | Manhattan tuna chowder | H-1d |
| Tuna submarine sandwich | F-5c | Manhattan whiting chowder | H-1a |
| SAUCES | | Manhattan yellow perch chowder | H-1a |
| Spanish sauce | G-4 | Mullet-vegetable soup | H-3b |
| Tomato sauce | G-5 | New England clam chowder | H-2a |
| | | New England cod chowder | H-2b |

(continued on next card)

Summary Listing of Recipes Contributing to the Vegetable and Fruit Requirement of the Type A Lunch--Continued

Classification of Recipes I-8

VEGETABLE AND FRUIT--Continued

SOUPS--Continued

| | <i>Card No.</i> |
|---------------------------------------|-----------------|
| New England flounder chowder | H-2b |
| New England haddock chowder | H-2 |
| New England mahimahi chowder | H-2b |
| New England mullet chowder | H-2b |
| New England ocean perch chowder | H-2b |
| New England pollock chowder | H-2b |
| New England rockfish chowder | H-2b |
| New England scallop chowder | H-2c |
| New England shrimp chowder | H-2d |
| New England tuna chowder | H-2e |

SOUPS--Continued

| | <i>Card No.</i> |
|--|-----------------|
| New England whiting chowder | H-2b |
| New England yellow perch chowder | H-2b |
| Ocean perch-vegetable soup | H-3b |
| Pollock-vegetable soup | H-3b |
| Rockfish-vegetable soup | H-3b |
| Scallop-vegetable soup | H-3c |
| Shrimp-vegetable soup | H-3d |
| Tuna-vegetable soup | H-3 |
| Whiting-vegetable soup | H-3b |
| Yellow perch-vegetable soup | H-3b |

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Summary Listing of Recipes Contributing to the Bread Requirement of the Type A Lunch

Classification of Recipes I-9

BREAD

| MAIN DISHES | <i>Card No.</i> | MAIN DISHES--Continued | <i>Card No.</i> |
|--|-----------------|---|-----------------|
| Mackerel-cheese biscuit roll..... | D-28a | Shrimp-cheese biscuit roll..... | D-28d |
| Mackerel cornbread..... | D-20b | Shrimp rarebit..... | D-24 |
| Mackerel cornbread (using dried whole eggs)..... | D-20b & a | Shrimp shortcake..... | D-30d |
| Maine sardine cornbread..... | D-20c | Shrimp shortcake (using dried whole eggs)..... | D-30d & a |
| Maine sardine cornbread (using dried whole eggs)..... | D-20c & a | Shrimp wiggle..... | D-31c |
| Salmon-cheese biscuit roll..... | D-28b | Topsy turvy mackerel cornbread..... | D-27b |
| Salmon cornbread..... | D-20 | Topsy turvy mackerel cornbread (using dried whole eggs)..... | D-27b & a |
| Salmon cornbread (using dried whole eggs)..... | D-20a | Topsy turvy salmon cornbread..... | D-27c |
| Salmon rarebit..... | D-24a | Topsy turvy salmon cornbread (using dried whole eggs)..... | D-27c & a |
| Salmon shortcake..... | D-30b | Topsy turvy scallop cornbread..... | D-27d |
| Salmon shortcake (using dried whole eggs)..... | D-30b & a | Topsy turvy scallop cornbread (using dried whole eggs)..... | D-27d & a |
| Salmon wiggle..... | D-31a | Topsy turvy shrimp cornbread..... | D-27e |
| Scallop-cheese biscuit roll..... | D-28c | Topsy turvy shrimp cornbread (using dried whole eggs)..... | D-27e & a |
| Scallop rarebit..... | D-24b | Topsy turvy tuna cornbread..... | D-27 |
| Scallop shortcake..... | D-30c | Topsy turvy tuna cornbread (using dried whole eggs)..... | D-27a |
| Scallop shortcake (using dried whole eggs)..... | D-30c & a | Tuna-cheese biscuit roll..... | D-28 |
| Scallop wiggle..... | D-31b | | (over) |

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BREAD--Continued

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MAIN DISHES--Continued

| | Card No. |
|--|-----------|
| Tuna cornbread..... | D-20d |
| Tuna cornbread (using dried whole eggs)..... | D-20d & a |
| Tuna rarebit..... | D-24c |
| Tuna shortcake..... | D-30 |
| Tuna shortcake (using dried whole eggs)..... | D-30a |
| Tuna wiggle..... | D-31 |

SANDWICHES

| | |
|---|------|
| Fish burger (using deep-fat fried fish portions)..... | F-2a |
| Fish burger (using fried fish portions)..... | F-2c |
| Fish burger (using oven-fried fish portions)..... | F-2e |
| Fish-cheeseburger (using deep-fat fried fish portions)..... | F-3a |
| Fish-cheeseburger (using fried fish portions)..... | F-3c |
| Fish-cheeseburger (using oven-fried fish portions)..... | F-3d |
| Fish stick burger..... | F-2 |
| Fish stick burger (using deep-fat fried fish sticks)..... | F-2b |
| Fish stick burger (using fried fish sticks)..... | F-2d |
| Fish stick-cheeseburger..... | F-3 |
| Fish stick-cheeseburger (using deep-fat fish sticks)..... | F-3b |

SANDWICHES--Continued

| | Card No. |
|--|----------|
| Fish stick-cheeseburger (using oven-fried fish sticks)..... | F-3e |
| Mackerel barbecue..... | F-11a |
| Mackerel-egg salad sandwich..... | F-4b |
| Mackerel-egg salad sandwich (using dried whole eggs)..... | F-4b & a |
| Mackerel pizza..... | F-12a |
| Mackerel salad sandwich..... | F-13a |
| Mackerel-slaw sandwich..... | F-6a |
| Mackerel western sandwich..... | F-7b |
| Mackerel western sandwich (using dried whole eggs)..... | F-7b & a |
| Maine sardine barbecue..... | F-11b |
| Maine sardine burger..... | F-2f |
| Maine sardine-cheeseburger..... | F-3f |
| Maine sardine-egg salad sandwich..... | F-4 |
| Maine sardine-egg salad sandwich (using dried whole eggs)..... | F-4a |
| Maine sardine pizza..... | F-12b |
| Maine sardine salad sandwich..... | F-13b |
| Maine sardine seawich..... | F-8a |
| Maine sardine submarine sandwich..... | F-5 |
| Pacific sardine salad sandwich..... | F-13c |
| Salmon barbecue..... | F-11c |
| Salmon-egg salad sandwich..... | F-4c |

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Summary Listing of Recipes Contributing to the Bread Requirement of the Type A Lunch--Continued
Classification of Recipes I-10

BREAD Continued

| SANDWICHES--Continued | <i>Card No.</i> | SANDWICHES--Continued | <i>Card No.</i> |
|---|-----------------|--|-----------------|
| Salmon-egg salad sandwich (using dried dried whole eggs). | F-4c & a | Shrimp western sandwich (using dried whole eggs). | F-7c & a |
| Salmon pizza..... | F-12c | Tangy fish-cheese sandwich..... | F-9 |
| Salmon salad sandwich..... | F-13d | Tangy fish-cheese sandwich (using deep-fat fried fish portions). | F-9a |
| Salmon-slaw sandwich..... | F-6 | Tangy fish-cheese sandwich (using fried fish portions). | F-9c |
| Salmon submarine sandwich..... | F-5a | Tangy fish stick-cheese sandwich (using deep-fat fried fish sticks). | F-9b |
| Salmon western sandwich..... | F-7 | Tangy fish stick-cheese sandwich (using fried fish sticks). | F-9d |
| Salmon western sandwich (using dried whole eggs). | F-7a | Tangy fish stick-cheese sandwich (using oven-fried fish sticks). | F-9e |
| Seawich..... | F-8 | Toasted mackerel-cheese sandwich..... | F-10a |
| Seawich (using deep-fat fried fish portions). | F-8b | Toasted Maine sardine-cheese sandwich. | F-10b |
| Seawich (using fried fish portions)..... | F-8c | Toasted Pacific sardine-cheese sandwich. | F-10 |
| Shrimp-egg salad sandwich..... | F-4d | Toasted salmon-cheese sandwich..... | F-10c |
| Shrimp-egg salad sandwich (using dried whole eggs). | F-4d & a | Toasted shrimp-cheese sandwich..... | F-10d |
| Shrimp pizza..... | F-12d | | (over) |
| Shrimp salad sandwich..... | F-13e | | |
| Shrimp-slaw sandwich..... | F-6b | | |
| Shrimp submarine sandwich..... | F-5b | | |
| Shrimp western sandwich..... | F-7c | | |

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Summary Listing of Recipes Contributing to the Bread Requirement of the Type A Lunch—Continued

BREAD—Continued

| SANDWICHES—Continued | | Card No. | SANDWICHES—Continued | | Card No. |
|---|--|----------|---|--|----------|
| Toasted tuna-cheese sandwich | | F-10e | Tuna salad sandwich | | F-13 |
| Tuna barbecue | | F-11 | Tuna-slaw sandwich | | F-6c |
| Tuna-egg salad sandwich | | F-4e | Tuna submarine sandwich | | F-5c |
| Tuna-egg salad sandwich (using dried whole eggs) | | F-4e & a | Tuna western sandwich | | F-7d |
| Tuna pizza | | F-12 | Tuna western sandwich (using dried whole eggs) | | F-7d & a |

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Summary Listing of Recipes Without a Specified Contribution to the Type A Lunch

Classification of Recipes I-11

| | <i>Card No.</i> |
|-----------------------------|-----------------|
| SAUCES | |
| Cranberry tartar..... | G-1 |
| Cucumber..... | G-1 |
| Lamaze..... | G-2 |
| Using dried whole eggs..... | G-2a |
| Lemon-mustard..... | G-2 |
| Mushroom..... | G-3 |
| Parsley..... | G-3 |
| Quick tartar..... | G-4 |
| Tartar..... | G-5 |

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TEST KITCHEN SERIES

- No. 1—Fish Cookery for One Hundred, by Rose G. Kerr. Price 30 cents.
- No. 2—Basic Fish Cookery, by Rose G. Kerr. Price 25 cents.
- No. 3—How to Cook Oysters, by Rose G. Kerr and Jean Burtis. Price 20 cents.
- No. 4—How to Cook Salmon, by Kathryn L. Osterhaug and Rose G. Kerr. Price 20 cents.
- No. 6—How to Cook Ocean Perch, by Dorothy M. Robey and Rose G. Kerr. Price 20 cents.
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As the Nation's principal conservation agency, the Department works to assure that nonrenewable resources are developed and used wisely, that park and recreational resources are conserved for the future, and that renewable resources make their full contribution to the progress, prosperity, and security of the United States—now and in the future.