



the LETTERS from the  
CAPTAIN'S WIFE





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Series no. 4

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9 LETTERS  
MANUSCRIPT



The Place: New Bedford, Massachusetts  
The Time: May 17, 1867

Shortly after sunup on this bright New England morning in early spring, a mythical ship took a mythical trip with a mythical crew aboard. On this voyage, Lucy, the Captain's wife, an avid recipe collector, wrote a series of letters to her cousin, Sarah, who remained in New Bedford. From these letters, the United States Department of the Interior's Bureau of Commercial Fisheries has captured all the romance and glamour of this century-old trip to the whaling grounds in announcing a new collection of Seafood Americana to today's busy homemaker.

From fabulous foods that reflect the opulence of famous Delmonico's in old New York City to the robust seafood meals of an Alaskan frontier come an unusual group of kitchen-tested recipes which reflect the charm of a bygone era, yet whisper of today's convenience.

So . . . take the trip with Lucy . . . peruse her letters carefully . . . and net a boatload of whale-sized ideas for oceans of eating enjoyment.



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# VOYAGE OF THE WHALER LUCY S







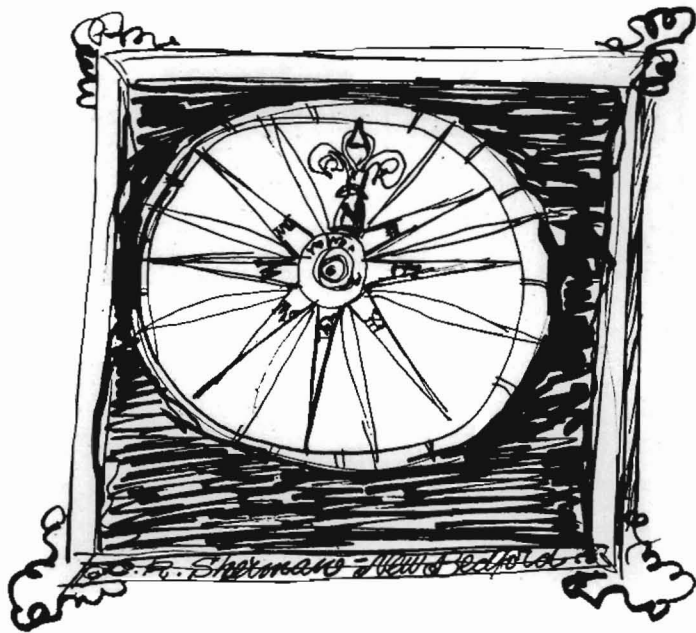
THE LETTERS BEGIN



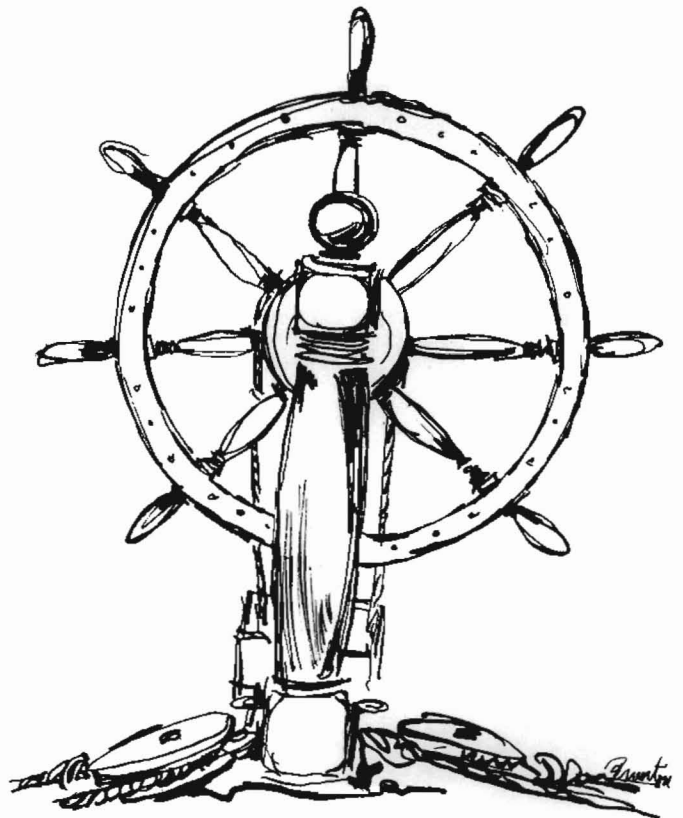
ARTIFACTS OF THE LUCY S



STERNBOARD DECORATION



SHERMAN COMPASS



STEERING WHEEL





ON THE WHALING GROUNDS





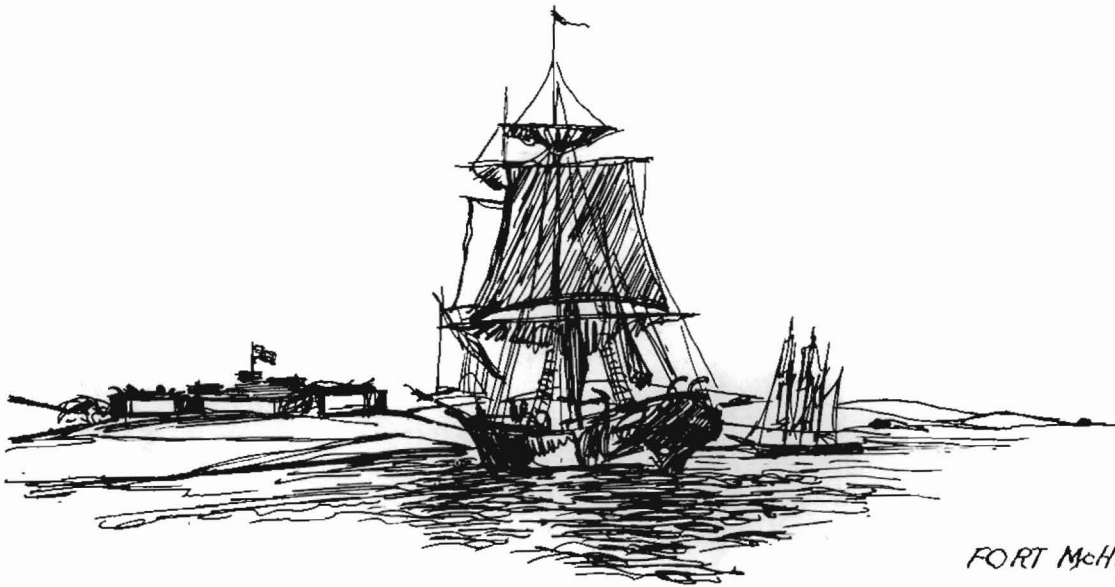
AT WHALING GROUND



SAN FRANCISCO - 1868



THE TRADING POST - ALASKA



FORT McHENRY FROM THE LUCY S.

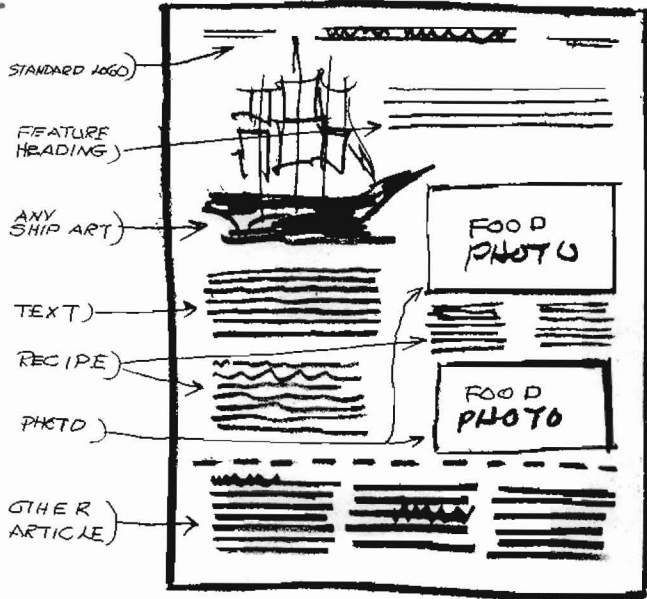




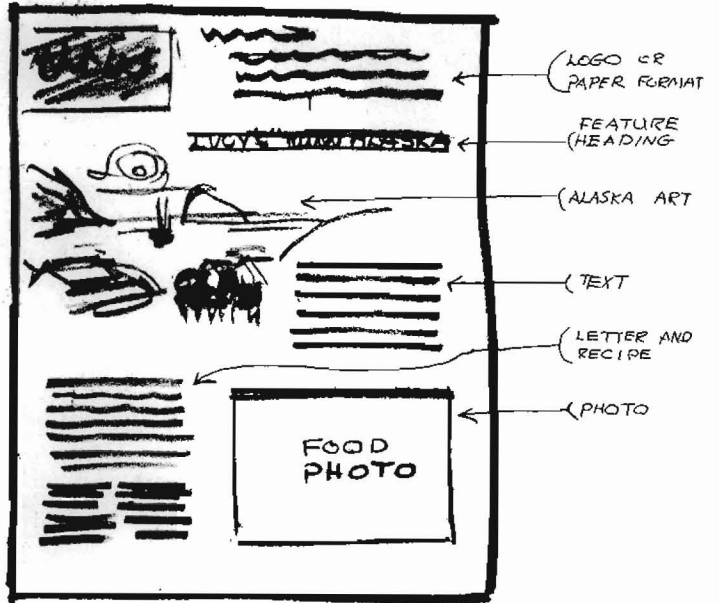
NATIVES GREET THE WHALER AT HAWAII

# SUGGESTED LAYOUTS

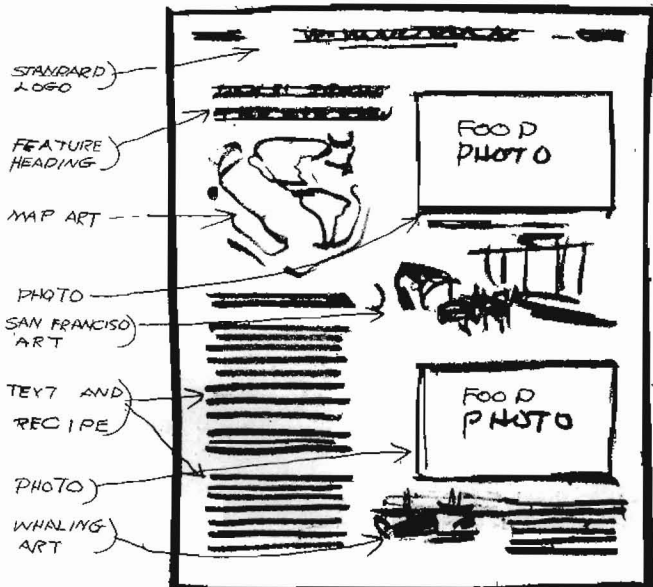
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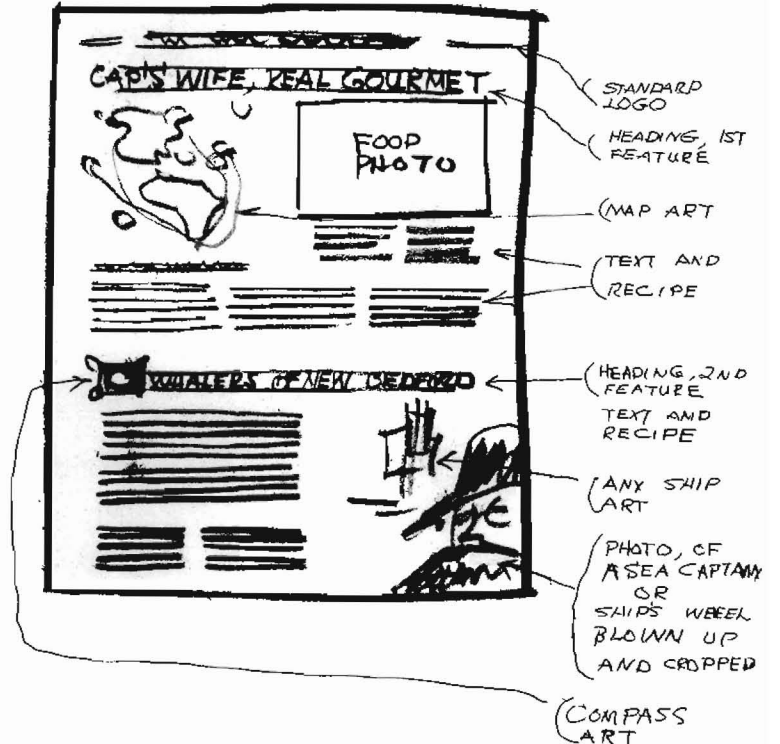
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Aboard the Lucy S. out of New Bedford, Massachusetts

June 2, 1867

Baltimore, Maryland



Dear Cousin Sarah,

The Captain had ordered a new set of extra sails on his last voyage, so yesterday we sailed up Chesapeake Bay into Baltimore to pick them up. I sat on deck in a cool breeze and observed the lovely homes on the Eastern Shore of Maryland. We passed Fort McHenry where Francis Scott Key wrote the Star-Spangled Banner in 1814, such an important part of our history and freedom.

The Captain hired a carriage and took me to see the row houses and white marble steps that are characteristic of this lovely city. We had dinner at a fine restaurant and I was surprised to find such a variety of seafoods on the menu, altogether different from what we have in New Bedford. We enjoyed wonderful Chesapeake Bay oysters and crab meat and, for the main course, a local favorite called Baltimore Broiled Shad. The chef said that shad was a favorite of George Washington's and it is easy to see why. It is such a tasty fish and the flavor is enhanced with horseradish, lemon juice and a little mustard. The chef was kind enough to share the recipe with me and I am writing it down for you.

### Baltimore Broiled Shad

2 pounds shad fillets or other fish	2 tablespoons lemon juice
fillets, fresh or frozen	2 teaspoons prepared mustard
$\frac{1}{4}$ cup melted fat or oil	1 teaspoon salt
2 tablespoons horseradish	$\frac{1}{4}$ teaspoon pepper
	Paprika

Thaw frozen fillets. Cut into serving-size portions. Combine remaining ingredients except paprika. Place the fish, skin side up, on a well-greased broiler pan. Brush with sauce. Broil about 3 inches from source of heat for 4 to 5 minutes. Turn carefully and brush with sauce. Broil 4 to 5 minutes longer or until fish flakes easily when tested with a fork. Sprinkle with paprika. Serves 6.

Most affectionately,  
Lucy

Aboard the Lucy S. out of New Bedford, Massachusetts

August 11, 1867

Key West, Florida

(the farthest point south in the United States)



Dear Cousin Sarah,

What a time we have had! After we passed Cape Platteras, a tropical storm came up and we were blown many miles off course. Fortunately we were on the edge of the storm, but considerable damage was done to the Lucy S. We have been in Key West for three weeks and the Captain thinks all of the repairs will be completed soon.

We have really enjoyed our stay here. It is beautiful, with gently swaying palm trees, and so much coral everywhere, just like the Stereoscope views. Strange and delicious fruits are grown here too, among them are oranges and pineapples. I am finding new and unusual seafoods every place we make port. We have especially enjoyed new fish and shellfish dishes here and I was fortunate in getting three new recipes for our collection.

The first recipe (which I named myself) is Key West Shrimp Salad, and it is a taste delight. The large, tender shrimp are combined with fresh vegetables (so abundant here) and a delightful marinade; then set aside just long enough for the flavors to mingle.

### Key West Shrimp Salad

1 pound cooked, peeled, cleaned  
shrimp, fresh or frozen

or

4 cans (4- $\frac{1}{2}$  ounces each) shrimp  
1 can (1 pound) cut green beans, drained  
1 cup sliced raw cauliflower

1 cup sliced celery

$\frac{1}{4}$  cup chopped onion

$\frac{1}{4}$  cup chopped green pepper

1 tablespoon chopped pimiento

Marinade

Lettuce

Thaw frozen shrimp or drain canned shrimp. Rinse canned shrimp with cold water. Cut large shrimp in half. Combine all ingredients except lettuce. Cover and let stand in refrigerator for at least 1 hour. Drain. Serve on lettuce. Serves 6.

### Marinade

$\frac{1}{2}$  cup vinegar

1 tablespoon sugar

$\frac{1}{2}$  teaspoon celery seed

$\frac{1}{4}$  teaspoon salt

Dash pepper

$\frac{1}{4}$  cup olive oil or salad oil



Combine vinegar, sugar, and seasonings. Add oil gradually, blend thoroughly. Makes  $\frac{2}{3}$  cup marinade.

The second new recipe is Florida Snapper Delight. Snapper is completely new to me and it is one of the most delicious fish I have ever tasted. It is prepared with fresh orange juice and highlighted with soy sauce, then broiled until flaky and golden.

### Florida Snapper Delight

2 pounds snapper fillets or other fish fillets, fresh or frozen	$\frac{1}{4}$ cup butter or margarine, melted
$\frac{1}{3}$ cup frozen orange juice concentrate	1 tablespoon soy sauce
	1 teaspoon salt
	Dash pepper

Thaw frozen fillets. Cut into serving-size portions. Combine remaining ingredients and mix thoroughly. Place fish, skin side up, on a well-greased broiler pan and brush with sauce. Broil about 3 inches from source of heat for 4 to 5 minutes. Turn carefully and brush with sauce. Broil 4 to 5 minutes longer, basting occasionally, until fish flakes easily when tested with a fork. Serves 6.

The third new recipe is Crab Pineapple Imperial, a combination we have never tried in New Bedford. Chunks of crab are mixed with mayonnaise and seasonings, then baked on pineapple slices with a crispy crumb topping. M-m-m-m! good!

### Crab Pineapple Imperial

1 pound king crab meat or other crab meat, fresh or frozen	$\frac{1}{2}$ teaspoon Worcestershire sauce
or	3 drops liquid hot pepper sauce
3 cans ( $6\frac{1}{2}$ or $7\frac{1}{2}$ ounces each) crab meat	6 large pineapple slices, drained
$\frac{1}{4}$ cup mayonnaise or salad dressing	$\frac{2}{3}$ cup fine corn flake crumbs
1 teaspoon chopped pimiento	1 tablespoon melted fat or oil
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup fine corn flake crumbs

Thaw frozen crab meat. Drain crab meat. Remove any remaining shell or cartilage from crab meat. Flake the crab meat. Combine mayonnaise, pimiento, and seasonings. Add to crab meat and mix lightly. Dip both sides of pineapple slices in crumbs. Place in a well-greased baking dish,  $12 \times 7\frac{1}{2} \times 2$  inches. Place  $\frac{1}{3}$  cup crab mixture on top of each pineapple slice. Combine fat and crumbs; sprinkle over top of crab mixture. Bake in a moderate oven,  $350^{\circ}\text{F.}$ , for 20 to 25 minutes or until crumbs are lightly browned. Serves 6.

With great affection,  
Lucy

Aboard the Lucy S. out of New Bedford, Massachusetts

March 3, 1868

San Francisco, California



Dear Cousin Sarah,

It was good to find letters awaiting us here, and several from you among them! We were pleased to have news of friends and activities at home.

After leaving Key West we sailed thousands of miles around Cape Horn and up the coast of South America. We are now in San Francisco and what a grand feeling it is to be ashore. We saw many fishing boats as we came into the Bay and I can hardly wait to try all of the different kinds of seafoods that are available here.

The Captain has taken me to see many things in this wonderful city. In a colorful section called Chinatown, we bought some intricate and lovely fans (one of which is for you) and I am keeping them safe in the camphor wood chest. The sunsets over the Bay are beautiful, and I have been sight seeing on the horsecars up and down the steep hills of the city.

Last night we went to the theatre. The Captain wore his dress uniform and looked so distinguished! He gave me a new gold brooch to wear on the bodice of my red velvet dress. Afterwards we had dinner at our hotel, The Lick House on Montgomery Street, which is very nice and has an elegant dining room. The head waiter prevailed upon the Chef for two delightful recipes from the Lick House and here they are:

The Chef named this recipe San Francisco Sole Superb and it is truly superb! The sole fillets are simmered in an exciting butter sauce with onion and white wine. Then, for that special touch, the sole is broiled with the thickened sauce to which cream and seedless California green grapes have been added. Need I say more?

### San Francisco Sole Superb

2 pounds sole fillets or other thin fish fillets, fresh or frozen	$\frac{1}{4}$ cup grape liquid
1 teaspoon salt	$\frac{1}{4}$ cup dry white wine
Dash white pepper	$\frac{3}{4}$ cup half and half cream
1 can (8- $\frac{3}{4}$ ounces) seedless green grapes	1 egg yolk, beaten
2 tablespoons butter or margarine	1 tablespoon flour
$\frac{1}{2}$ cup chopped onion	$\frac{1}{4}$ teaspoon salt
	Dash nutmeg
	Paprika

Thaw frozen fillets. Skin fillets. Sprinkle both sides with salt and pepper. Roll fillets and secure with toothpicks. Drain grapes, reserving liquid. Melt butter in a 10 inch fry pan. Add onion and cook until tender. Place fish rolls in pan. Add grape liquid and wine. Cover and simmer for 8 to 10 minutes or until fish flakes easily when tested with a fork. Place fish on an oven glass or metal serving platter; remove toothpicks. Keep fish warm. Combine cream, egg yolk, flour, salt, and nutmeg. Add gradually to hot liquid and cook until thickened, stirring constantly. Add grapes. Pour sauce over fish and sprinkle with paprika. Broil about 5 inches from source of heat for 4 or 5 minutes or until lightly browned. Serves 6.

Smoky Tuna Potage is a specialty in this State. It is an interesting combination of green pea soup with big chunks of tuna (a delicious new taste treat for us), sliced carrots, and a delightful spice called marjoram. Try this on a cold New England night!

### Smoky Tuna Potage

2 cans (6- $\frac{1}{2}$ or 7 ounces each) tuna	1 teaspoon liquid smoke
2 cans (10- $\frac{1}{2}$ or 11- $\frac{1}{4}$ ounces each) condensed green pea soup	$\frac{1}{2}$ teaspoon marjoram
2 cups water	$\frac{1}{4}$ teaspoon salt
1 can (8 ounces) sliced carrots	Paprika

Blend soup and water in a 2-quart saucepan. Add remaining ingredients except paprika; mix thoroughly. Cover pan and simmer for 15 minutes. Sprinkle with paprika. Serves 6.

Our provisions are stored and we sail tomorrow for new whaling grounds. We are taking good memories of our stay in San Francisco with us!

Your loving cousin,  
Lucy



Aboard the Lucy S. out of New Bedford, Massachusetts

April 4, 1868  
Astoria, Oregon



Dear Cousin Sarah,

Here we are in Astoria, Oregon, a bustling city, named after John Jacob Astor. We hadn't intended to make port here but the Captain needed some good harpooners in the crew and has word of the great prowess of the Indians around Astoria with this weapon. I came in with him on the pilot boat.

I had always thought the mighty Columbia River, so cold and fast moving, was famous for salmon alone, but we have just tasted another delicious fish from its waters. For lunch we enjoyed a sandwich made from tiny Columbia River smelt. It was very tasty, so I asked for the recipe. This appetizing little fish is rolled in egg and seasoned crumbs, fried in deep fat, and served in rolls with tartar sauce. I will enclose the recipe with this hurried note. The Captain says the pilot boat is waiting to take us and our two new crewmen to the Lucy S.

Love,  
Lucy

### Columbia River Smelt Sandwich

1 pound pan-dressed smelt or other small pan-dressed fish, fresh or frozen	2 teaspoons paprika
1 egg, beaten	2 teaspoons dried thyme
1 tablespoon milk	$\frac{1}{2}$ teaspoon salt
1 cup dry bread crumbs	6 hot dog rolls, heated
	Tartar sauce

Thaw frozen fish. Clean, wash, and dry fish. Combine egg and milk. Combine crumbs and seasonings. Dip fish in egg mixture and roll in crumb mixture. Place in single layer in a fry basket. Fry in deep fat, 350° F., for 2 to 3 minutes or until brown and fish flakes easily when tested with a fork. Drain on absorbent paper. Spread rolls with tartar sauce. Place 3 or 4 fried fish in each roll. Serve with additional tartar sauce. Serves 6.

Aboard the Lucy S. out of New Bedford, Massachusetts



May 17, 1867

Dear Cousin Sarah,

We are underway at last, on my first journey aboard the Lucy S. Our trip to the whaler was loudly proclaimed by flocks of gulls as we left port on the pilot boat. In the distance, my home for the next two years sat at anchor in Buzzards Bay.

We are now settled in our new quarters and I have just unpacked the trunks. The living space is far more commodious than I had imagined possible aboard a whaling ship.

As I look back at New Bedford through the porthole, I can see the church steeple gleaming in the sunlight. Everything looks so serene and peaceful, almost like a painting. I am feeling a little wistful and lonely as I think of home. At the same time, I am excited over the adventures awaiting me, and the recipes which I hope to acquire for our collection.

The pilot boat is ready to leave and I will give this note to the captain to post to you.

With affection,  
Lucy

Aboard the Lucy S. out of New Bedford, Massachusetts

May 22, 1867

New York City, New York



Dear Cousin Sarah,

I couldn't wait to write and tell you the exciting news! The Captain thought to surprise me so he didn't say we were to make port in New York City. But here we are, and we are taking on a nephew of the Captain's, whose parents wish him to have some whaling experience.

Last night the Captain took me to famous Delmonico's for dinner and I have never tasted food cooked in such an interesting way. Cape Cod cranberries are a familiar dish with New England folk; but the way Delmonico's prepared the haddock was so different and the result was most pleasing. The combination of lemon juice, grated onion, and hot pepper sauce brought out the delicious flavor of the fish, and the Chef called it Haddock Delmonico. As a special favor he gave me the recipe for our collection. I'm sure you will enjoy it.

### Haddock Delmonico

2 pounds haddock fillets or other fish fillets, fresh or frozen	1 teaspoon salt
$\frac{1}{4}$ cup butter or margarine, melted	$\frac{1}{8}$ teaspoon liquid hot pepper sauce
2 tablespoons lemon juice	Dash pepper
1 teaspoon grated onion	Chopped parsley
	1 can (1 pound) whole cranberry sauce

Thaw frozen fillets. Skin fillets. Cut into serving-size portions and place in a well-greased baking dish,  $12 \times 7\frac{1}{2} \times 2$  inches. Combine butter, lemon juice, onion and seasonings; pour over fish. Bake in a moderate oven,  $350^{\circ}\text{F.}$ , for 25 to 30 minutes or until fish flakes easily when tested with a fork. Sprinkle with parsley and serve with cranberry sauce. Serves 6.

I must hurry now to post this as we sail on the morning tide.

Your loving cousin,  
Lucy



Aboard the Lucy S. out of New Bedford, Massachusetts



Dear Cousin Sarah,

The fog is very thick today, as it has been off and on the past two weeks. Yesterday we knew another ship was near as we could hear its horn. The Captain went on deck to fire the gun and strike the bell, and soon the visitor came alongside. It was a beautiful clipper ship out of New Bedford! We have been visiting most of the time, listening to their adventures and the news from home.

This is a vast and interesting land that Secretary of State William H. Seward purchased for the United States last year. I hope to see more of it. We made port in Sitka when we first reached Alaska in June and we stayed at a trading post with some old friends of the Captain. They took us to see dog sleds, husky dogs, and the totem poles carved by Eskimos.

Our friends served Smoked Fish Cakes, a wonderful new taste, and a simple yet hearty breakfast for this climate. It made me wonder why no one had ever thought of it in New Bedford! This is the recipe:

### Smoked Fish Cakes

- |  |                                    |
|--|------------------------------------|
| 1 pound smoked whitefish or other<br>smoked fish | 2 cups cold mashed potatoes        |
| $\frac{1}{2}$ cup chopped onions                 | $\frac{1}{4}$ cup chopped parsley  |
| 2 tablespoons melted fat or oil                  | 1 egg, beater                      |
|  | Dash pepper                        |
|  | $\frac{1}{2}$ cup dry bread crumbs |

Remove skin and bones from fish. Flake the fish. Cook onion in fat until tender. Combine all ingredients except crumbs. Shape fish mixture into 6 cakes and roll in crumbs. Fry in hot fat at moderate heat for 3 to 4 minutes or until brown. Turn carefully and fry 3 to 4 minutes longer or until brown. Serves 6.

The fog has cleared again and I must hurry on deck as I hear the call "There blows" and it is so interesting to watch the whales as they spout all around-throwing the white water into the air.

Affectionately,  
Lucy

Aboard the Lucy S. out of New Bedford, Massachusetts

October 12, 1868  
Island of Oahu, Hawaii



Dear Cousin Sarah,

What a wonderful welcome awaited us here! Native men and women came out to the Lucy S. in their outrigger canoes to greet us. Orchid leis were placed around our necks as we came ashore. They are such friendly, vibrant people and so interesting too. They have told us of their many legends. One legend is that the islands are the children of the gods, and that Pele, goddess of fire, brought the waters of the Pacific to surround them.

The climate here is wonderfully mild and temperate because of the trade winds and the nearness of cool currents from the Bering Sea. Tropical fruits and nuts abound here and the seafoods are very good and different from any I have ever eaten.

We were entertained at a native feast, which they call a luau. I have never seen so many elaborate dishes, but my favorite was Ono Ono Mahimahi, a fish that is native to tropical waters. The mahimahi fillets are broiled with butter and lemon juice. When flaky and golden, they are served with a luscious sauce of Macadamia nuts (also native of Hawaii) which have been browned in butter. This is the recipe:

Ono Ono Mahimahi  
(Delicious Dolphin)

2 pounds mahimahi fillets or other fish fillets, fresh or frozen	$\frac{1}{4}$ cup butter or margarine, melted
1 teaspoon salt	2 tablespoons lemon juice
Dash pepper	Macadamia Nut Sauce

Thaw frozen fillets. Skin fillets and cut into serving-size portions. Sprinkle with salt and pepper. Combine butter and lemon juice. Place fish on a well-greased broiler pan and brush with sauce. Broil about 3 inches from source of heat for 4 to 5 minutes. Turn carefully and brush with sauce. Broil 4 to 5 minutes longer or until fish flakes easily when tested with a fork. Place fish on a warm serving platter. Pour Macadamia Nut Sauce over fish. Serves 6.

Macadamia Nut Sauce

1 cup Macadamia nuts, coarsely chopped

$\frac{1}{2}$  cup butter or margarine, melted

1 tablespoon chopped parsley

Brown nuts in butter. Add parsley. Makes 1 cup sauce.

The Captain says that we have almost as much whale oil as the ship will hold - so we will be starting home before long. I am anxious to be home again - but I am reluctant to leave this beautiful island!

Love,  
Lucy



Aboard the Lucy S. out of New Bedford, Massachusetts

December 9, 1868



Dear Cousin Sarah,

We are at a small uncharted island in the Pacific, thirty days southeast of Hawaii. The natives have received us kindly and supplied many necessities, including water, the reason for making port here.

Although you'll find it hard to believe of this primitive area, last night we were royally entertained. Our host, a Frenchman, has lived here many years and has brought much culture to the island. The repast he had prepared for us was most delightful. Seafood was served - apparently a shellfish very similar to the Bay scallops we have in New Bedford. I have named this exotic dish - Sweet-Sour Barbecued Scallops. Can you imagine -- it has a combination of mustard and brown sugar. Our host was kind enough to give me the recipe. Try it with some New England scallops, you'll be pleasantly surprised.

### Sweet-Sour Barbecued Scallops

2 pounds scallops, fresh or frozen	2 tablespoons lemon juice
$\frac{1}{4}$ cup butter or margarine, melted	2 teaspoons powdered mustard
$\frac{1}{4}$ cup grated onion	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup brown sugar	Dash pepper

Thaw frozen scallops. Rinse with cold water to remove any shell particles. Cut large scallops in half. Place in a well-greased baking pan,  $11 \times 7 \times 1\frac{1}{2}$  inches. Combine remaining ingredients and pour over scallops. Broil about 3 inches from source of heat for 12 to 15 minutes or until brown, stirring occasionally. Serves 6.

The Captain says we sail in the morning and this time we are heading for home!

With love,  
Lucy



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