Since the days of the voyageurs and copper miners, the Great Lakes have provided delectable fish for man's table. When the white man first penetrated into the rich interior of the St. Lawrence Valley, Indians introduced him to the abundance and excellence of whitefish caught with spears and crude nets in the rivers that connected the Lakes. These vast inland seas soon thereafter provided many thousands of pounds of whitefish for the gourmets of growing cities such as Detroit, Chicago, and New York. Early commercial fishermen sought the whitefish with little concern for sturgeon and lake trout that then were abundant nuisances.

Immigrants to the heartland of northern United States traveled from New York and New England via the Lakes because of the ease that water transport provided. As they debarked into the middlewest, their memories of the Lakes as sources of choice fish went with them. Some sought and made their fortunes in the lake trout, whitefish, and sturgeon from these cold, pure waters. By 1865, vigorous commercial fisheries were supplying millions of pounds annually to national markets. The settlers were quick to realize the advantages the Great Lakes offered in resources, commerce, transportation, and water supply. Cities of major importance soon developed. Their demands on the fishery resources caused rapid and colorful expansion. The turn of the century saw these Lake fisheries in full development. It was not uncommon for 140-150 million pounds to be produced each year. Great Lakes fish became, and still are traditionally highly valued products in the markets of the nation.

Today, the Lakes produce close to 75 million pounds of choice fish annually.

In this publication, Home Economists of the United States Department of the Interior's Bureau of Commercial Fisheries have developed 24 refreshing ways to prepare the fish that made the Great Lakes great.
PARADE-DRESSED WHITEFISH

2 pounds whitefish fillets or other fish fillets, fresh or frozen
1 teaspoon salt
Dash pepper

Cheese Stuffing
Paprika
2 tablespoons melted fat or oil

Thaw frozen fillets. Sprinkle fillets with salt and pepper. Place half of fillets, skin side down, in a well-greased baking dish, 12 x 8 x 2 inches. Place stuffing on fish and cover with remaining fillets. Brush fish with fat and sprinkle with paprika. Bake in a moderate oven, 350° F., for 30 to 35 minutes or until fish flakes easily when tested with a fork. Serves 6.

CHEESE STUFFING

1 cup chopped onion
1/4 cup melted fat or oil
2 cups toasted or dry bread cubes
1 cup grated cheddar cheese
2 tablespoons chopped parsley
2 teaspoons powdered mustard
1/2 teaspoon salt
Dash pepper

Cook onion in fat until tender. Add to remaining ingredients and mix thoroughly.
BAKED PICKEREL SUPREME

2 pounds pickerel fillets or other fish fillets, fresh or frozen
1 1/2 teaspoons salt
1/4 teaspoon pepper
2 cans (4 ounces each) sliced mushrooms, drained
1/4 cup chopped onion
2 tablespoons melted fat or oil
1/2 cup chopped parsley
1 egg, beaten
1 tablespoon lemon juice
1 1/2 cups soft bread crumbs
1 large tomato, cut into 6 slices
1/4 teaspoon salt
Dash pepper
1/4 cup grated cheese

Thaw frozen fillets. Skin fillets and cut into serving-size portions. Sprinkle both sides with salt and pepper. Place in a single layer in a well-greased baking dish, 12 x 8 x 2 inches. Cook mushrooms and onion in fat until tender; add parsley. Combine egg and lemon juice. Brush fish with egg mixture. Top with crumbs. Arrange tomatoes over crumbs; sprinkle with salt and pepper. Spread mushroom mixture over tomatoes; sprinkle with cheese. Bake in a moderate oven, 350° F., for 30 to 40 minutes or until fish flakes easily when tested with a fork. Serves 6.

SMOKED FISH STUFFED TOMATOES

1 pound smoked whitefish or other smoked fish
6 large tomatoes
1 teaspoon salt
1 cup cooked rice
3/4 cup grated cheese
1 egg, beaten
Dash pepper
1 tablespoon melted fat or oil
1/4 cup dry bread crumbs

Remove skin and bones from fish. Flake the fish. Wash tomatoes. Remove stem ends and centers; sprinkle with salt. Combine rice, cheese, egg, pepper, and fish. Fill tomatoes with fish mixture and place in a well-greased baking dish, 10 x 6 x 2 inches. Add fat to crumbs; sprinkle over top of tomatoes. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until tomatoes are tender. Serves 6.
TANGY BAKED LAKE HERRING

6 pan-dressed lake herring or other small dressed fish, fresh or frozen
1 teaspoon salt
¼ teaspoon pepper
¼ cup butter or margarine, softened
2 tablespoons drained horseradish
2 teaspoons lemon juice
2 teaspoons prepared mustard
1 cup crushed potato chips

Thaw frozen fish. Clean, wash, and dry fish. Sprinkle inside and out with salt and pepper. Combine butter, horseradish, lemon juice, and mustard; mix thoroughly. Spread inside of each fish with approximately 1½ teaspoons seasoned butter. Place fish in a well-greased baking dish, 12 x 8 x 2 inches. Spread remaining butter over top of fish. Sprinkle with chips and paprika. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until fish flakes easily when tested with a fork. Serves 6.

YELLOW PERCH BURGERS

1½ pounds yellow perch fillets or other fish fillets, fresh or frozen
1 quart boiling water
1 tablespoon salt
3 eggs, beaten
½ cup grated Parmesan cheese
1 tablespoon chopped parsley
1 clove garlic, finely chopped
½ teaspoon salt
Dash pepper
½ cup dry bread crumbs
6 toasted sesame seed rolls

Thaw frozen fillets. Place fillets in boiling salted water. Cover and return to the boiling point. Reduce heat and simmer for 7 to 10 minutes or until fish flakes easily when tested with a fork. Drain. Remove skin and bones; flake. Combine egg, cheese, parsley, garlic, salt, pepper, and fish. Chill. Shape into 6 burgers and roll in crumbs. Fry in hot fat at moderate heat until brown on one side. Turn carefully and brown the other side. Cooking time approximately 6 to 8 minutes. Drain on absorbent paper. Place burger on bottom half of roll. Top with Tartar Sauce and top half of roll. Serves 6.
DEVILED WHITEFISH

2 pounds whitefish fillets or other fish fillets, fresh or frozen
1/4 cup chili sauce
2 tablespoons melted fat or oil
2 tablespoons prepared mustard

2 tablespoons grated onion
1 tablespoon lemon juice
1 teaspoon salt
1 teaspoon Worcestershire sauce
Dash pepper
Chopped parsley

Thaw frozen fillets. Cut into serving-size portions. Combine remaining ingredients except parsley; 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 other side with sauce. Broil 4 to 5 minutes longer, basting occasionally, until fish flakes easily when tested with a fork. Serves 6.

OVEN FRIED YELLOW PERCH

2 pounds yellow perch fillets or other fish fillets, fresh or frozen
1/2 cup milk
2 teaspoons salt
1 can (3 1/2 ounces) French fried onions

1/2 cup dry bread crumbs, toasted
2 tablespoons chopped parsley
2 tablespoons melted fat or oil
1 tablespoon lemon juice

Thaw frozen fillets. Skin fillets. Combine milk and salt. Crush onions and combine with crumbs and parsley. Dip fillets in milk. Put 2 fillets together, sandwich fashion, and roll in crumb mixture. Place on a well-greased cookie sheet, 15 x 12 inches. Sprinkle any remaining crumb mixture over top of fish. Combine fat and lemon juice; drizzle over fish. Bake in an extremely hot oven, 500° F., for 8 to 12 minutes or until fish flakes easily when tested with a fork. Serves 6.
SMOKED FISH POTATO SALAD

1 pound smoked whitefish or other smoked fish
2 cups diced, cooked potatoes
1 cup chopped celery
1/2 cup chopped, peeled cucumber
1/2 cup sliced ripe olives
1/4 cup grated carrot
1/4 cup chopped onion
2 tablespoons chopped parsley
1/2 cup mayonnaise or salad dressing
1 tablespoon prepared mustard
1 teaspoon lemon juice
1 teaspoon vinegar
1/2 teaspoon salt
1/4 teaspoon celery seed
Dash pepper
Salad greens
Tomato wedges

LEMON RICE STUFFED WHITEFISH
(Center Photo)

3 or 4 pounds dressed whitefish or other dressed fish, fresh or frozen
1½ teaspoons salt

Lemon Rice Stuffing
2 tablespoons melted fat or oil


LEMON RICE STUFFING

3/4 cup chopped celery
1/2 cup chopped onion
1/4 cup melted fat or oil
1 1/2 cups water
2 tablespoons grated lemon rind
1 teaspoon paprika
1 teaspoon salt
Dash thyme
1 1/2 cups precooked rice
1/2 cup sour cream
1/4 cup diced peeled lemon

Cook celery and onion in fat until tender. Add water, lemon rind, salt, paprika, and thyme; bring to a boil. Add rice and stir to moisten. Cover and remove from heat. Let stand 5 to 10 minutes or until liquid is absorbed. Add sour cream and lemon; mix lightly.

SOUTHERN FRIED PICKEREL

2 pounds pickerel fillets or other fish fillets, fresh or frozen
1/4 teaspoon crushed tarragon (optional)
1/2 cup tarragon vinegar
1/2 cup corn meal
1/2 cup flour
2 teaspoons onion salt
1/2 teaspoon salt
1/4 teaspoon pepper
Lemon wedges

Thaw frozen fillets. Skin fillets and cut into serving-size portions. Add tarragon to vinegar. Combine corn meal, flour, and seasonings. Dip fish in vinegar and roll in corn meal mixture. Fry in hot fat at moderate heat until brown on one side. Turn carefully and brown the other side. Cooking time approximately 8 to 10 minutes, depending on thickness of the fish. Drain on absorbent paper. Serve with lemon wedges. Serves 6.
BUFFALOFISH LOUIS

(Center Photo)

2 cups flaked buffalo fish or other flaked fish
1 head lettuce
2 hard-cooked eggs, sliced

2 tomatoes, sliced
1 small cucumber, sliced

Louis Dressing

Shred lettuce and place in a shallow salad bowl. Place flaked fish in the center of the lettuce. Around the edge place alternate slices of eggs, tomatoes, and cucumber. Spread Louis Dressing over fish. Serves 6.

LOUIS DRESSING

½ cup mayonnaise or salad dressing
2 tablespoons half and half cream
2 tablespoons chili sauce
2 tablespoons chopped green onions
2 tablespoons chopped green pepper
1 tablespoon chopped olives
½ teaspoon lemon juice
Dash salt
Dash pepper

Combine all ingredients and mix thoroughly. Chill.

PLANKED LAKE TROUT

(Center Photo)

3 or 4 pounds dressed lake trout or other dressed fish, fresh or frozen
1½ teaspoons salt
Dash pepper
2 tablespoons melted fat or oil

Seasoned hot mashed potatoes
Seasoned hot cooked vegetables (broccoli, carrots, cauliflower, onions, or tomatoes)

Thaw frozen fish. Clean, wash, and dry fish. Sprinkle inside and out with salt and pepper. Place fish on a plank or well-greased bake and serve platter, 16 x 10 inches. Brush with fat. Bake in a moderate oven, 350° F., for 40 to 60 minutes or until fish flakes easily when tested with a fork. Remove from oven and arrange border of hot mashed potatoes around fish. Broil about 8 inches from source of heat for 6 to 8 minutes or until potatoes are lightly browned. Remove from broiler and arrange two or more hot vegetables around fish. Serves 6.
CRISPY SMELT

(Center Photo)

2 pounds pan-dressed smelt (approximately 15 per pound) or other small dressed fish, fresh or frozen
Salt Pepper

1½ cups flour
½ cup grated Parmesan cheese
1 can (15 ounces) tomato sauce
Cocktail Sauce
Lemon wedges

Thaw frozen fish. Clean, wash, and dry fish. Sprinkle inside with salt and pepper. Combine flour and cheese. Dip fish in tomato sauce and roll in flour mixture. Place in a single layer in a fry basket. Fry in deep fat, 350°F, for 3 to 4 minutes or until brown and fish flakes easily when tested with a fork. Drain on absorbent paper. Serve with Cocktail Sauce and lemon wedges. Serves 6.

SMOKY FISH DIP

(Center Photo)

¾ pound smoked whitefish or other smoked fish
1 package (8 ounces) cream cheese, softened
2 tablespoons half and half cream
2 tablespoons lemon juice
½ teaspoon liquid smoke
¼ teaspoon garlic salt
Assorted crackers or chips

Remove skin and bones from fish. Flake the fish. Combine all ingredients except crackers; mix thoroughly. Chill. Serve with assorted crackers or chips. Makes approximately 2 cups of dip.
SMOKED FISH VINAIGRETTE SALAD

1 pound smoked whitefish or other smoked fish
1 quart shredded cabbage
¼ cup chopped onion
¼ cup chopped parsley
2 hard-cooked eggs, chopped
Vinaigrette Dressing
Salad greens
Paprika


VINAIGRETTE DRESSING

½ cup olive or salad oil
3 tablespoons vinegar
1 teaspoon salt
¼ teaspoon paprika
Dash cayenne pepper
1 tablespoon chopped green pepper
1 tablespoon chopped pimiento
1 tablespoon chopped sweet pickle or drained pickle relish

Combine oil, vinegar, salt, paprika, and pepper in a small jar. Shake jar until mixture is thoroughly blended. Add remaining ingredients.

SMOKY BROILED SMELT

2 pounds pan-dressed smelt (approximately 15 per pound) or other small dressed fish, fresh or frozen
½ cup melted fat or oil
2 tablespoons lemon juice
1 tablespoon grated onion
1 tablespoon liquid smoke
2½ teaspoons salt
¼ teaspoon pepper
Lemon wedges

Thaw frozen fish. Clean, wash, and dry fish. Combine remaining ingredients, except lemon wedges. Brush inside of fish with sauce and let stand for 15 minutes. Place fish on a well-greased broiler pan and brush with sauce. Broil about 3 inches from source of heat for 3 to 4 minutes. Turn carefully and brush with sauce. Broil 3 to 4 minutes longer or until fish flakes easily when tested with a fork. Serve with lemon wedges. Serves 6.
BUFFALOFISH CHOWDER

1 pound buffalofish fillets, or other fish fillets, fresh or frozen

1/4 cup chopped bacon or salt pork

1/2 cup chopped onion

1/2 cup chopped green pepper

1 cup chopped celery

2 cups boiling water

1 cup diced potatoes

1/4 teaspoon thyme

1 teaspoon salt

Dash cayenne pepper

2 cups tomato juice

Thaw frozen fillets. Skin fillets and cut into 1/2 inch pieces. Fry bacon until lightly browned. Add onion, green pepper, and celery; cook until tender. Add water, potatoes, seasonings, and fish. Cook about 15 minutes or until potatoes are tender. Add tomato juice; heat. Serves 6.
TROUT ITALIANO

6 pan-dressed rainbow trout or other small dressed fish, fresh or frozen
1/2 cup tomato sauce
2 packages (3/4 ounce each) garlic-cheese salad dressing mix
2 tablespoons melted fat or oil
2 tablespoons chopped parsley
2 tablespoons grated Parmesan cheese

Thaw frozen fish. Clean, wash, and dry fish. Combine remaining ingredients except cheese. Brush fish inside and out with sauce. Place in a well-greased baking dish, 14 x 9 x 2 inches. Brush with remaining sauce and sprinkle with cheese. Let stand for 30 minutes. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until fish flakes easily when tested with a fork. Turn oven control to broil. Place fish about 3 inches from source of heat and broil for 1 to 2 minutes or until crisp and lightly browned. Serves 6.

CATFISH GUMBO

1 pound skinned catfish fillets or other skinned fish fillets, fresh or frozen
1/2 cup chopped celery
1/2 cup chopped green pepper
1/2 cup chopped onion
1 clove garlic, finely chopped
1/4 cup melted fat or oil
2 beef bouillon cubes
2 cups boiling water
1 can (1 pound) tomatoes
1 package (10 ounces) frozen okra, sliced
2 teaspoons salt
1/4 teaspoon pepper
1/4 teaspoon thyme
1 whole bay leaf
Dash liquid hot pepper seasoning
1 1/2 cups hot cooked rice

Thaw frozen fillets. Cut into 1 inch pieces. Cook celery, green pepper, onion, and garlic in fat until tender. Dissolve bouillon cubes in water. Add bouillon, tomatoes, okra, and seasonings. Cover and simmer for 30 minutes. Add fish. Cover and simmer for 15 minutes longer or until fish flakes easily when tested with a fork. Remove bay leaf. Place 1/4 cup rice in each of 6 soup bowls. Fill with gumbo. Serves 6.
FRIED CATFISH & HUSH PUPPIES

(Back Cover)

2 pounds skinned catfish fillets
or other skinned fish fillets,
fresh or frozen
2 tablespoons lemon juice
1 egg, beaten
1 tablespoon milk

1 teaspoon salt
Dash pepper
1 cup dry bread crumbs
Hush Puppies
Tartar Sauce

Thaw frozen fillets. Cut into serving-size portions. Sprinkle with lemon juice and let stand 15 minutes. Combine egg, milk, salt, and pepper. Dip fish in egg mixture and roll in crumbs. Fry in deep fat, 350°F., for 3 to 5 minutes or until fish is golden brown and flakes easily when tested with a fork. Drain on absorbent paper. Serve with Hush Puppies and Tartar Sauce. Serves 6.

HUSH PUPPIES

1½ cups white corn meal
½ cup sifted flour
2½ teaspoons baking powder
1 teaspoon salt
¼ teaspoon pepper
½ cup finely chopped onion
¼ cup milk
1 egg, beaten
3 tablespoons melted fat or oil

Sift dry ingredients together. Add remaining ingredients and stir only until blended. Drop by tablespoonsful into deep fat, 350°F., and fry for 2 to 3 minutes or until golden brown. Drain on absorbent paper. Makes 18 hush puppies.

WHITEFISH AMANDINE

(Back Cover)

2 pounds whitefish fillets or
other fish fillets,
fresh or frozen
2 tablespoons lemon juice
2 teaspoons salt
Dash pepper

½ cup flour
½ cup melted fat or oil
½ cup blanched silvered almonds
2 tablespoons chopped parsley

PICKLED LAKE HERRING SALAD

(Back Cover)

2 pounds lake herring fillets  ½ cup water
or other fish fillets, 1 tablespoon mixed
fresh or frozen pickling spices
2 teaspoons salt 1 teaspoon sugar
2 thin slices lemon 1 small bay leaf
2 thin slices onion, Lettuce
separated into rings Sour Cream Dressing

½ cup vinegar


SOUR CREAM DRESSING

½ cup sour cream 1 tablespoon lemon juice
2 tablespoons ½ teaspoon horseradish
chopped ripe olives ¼ teaspoon salt

Combine all ingredients. Chill.

YELLOW PERCH JAMBALAYA

(Yellow Perch Jambalaya)

1 pound yellow perch fillets 1 can (1 pound) tomatoes
or other fish fillets, 1 can (8 ounces)
fresh or frozen tomato sauce
½ cup chopped bacon 1 cup uncooked rice
1 cup chopped onion ¼ cup chopped parsley
½ cup chopped green pepper 1 teaspoon salt
1 clove garlic, ¼ teaspoon thyme
finely chopped Dash ground cloves
1 chicken bouillon cube Dash nutmeg
1 cup boiling water Dash cayenne pepper

Thaw frozen fillets. Skin fillets and cut into 1-inch pieces. Cook bacon until crisp. Add onion, green pepper, and garlic, and cook until tender. Dissolve bouillon cube in boiling water. Combine all ingredients and pour into a well-greased 2-quart casserole. Cover and bake in a moderate oven, 350° F., for 50 to 60 minutes or until rice is tender and fish flakes easily when tested with a fork. Serves 6.
ISLAND FRIED CATFISH

2 pounds skinned catfish fillets or other skinned fish fillets, fresh or frozen

1/4 cup soy sauce
1/2 cup cornstarch
1/2 cup flour

1 tablespoon baking powder
1 teaspoon salt
1/4 teaspoon pepper
1 cup water
1 egg, beaten

Pineapple Sauce

Thaw frozen fillets. Cut fillets into strips, approximately 1 x 2 inches. Place fish in a shallow baking dish. Pour soy sauce over fish and let stand for 30 minutes, turning once. Sift dry ingredients together. Combine water and egg; blend into flour mixture. Dip fish in batter. Fry immediately in deep fat, 350°F., for 5 to 6 minutes or until brown and fish flakes easily when tested with a fork. Drain on absorbent paper. Keep warm. Pour Pineapple Sauce on a warm platter. Place fish on top. Serves 6.

PINEAPPLE SAUCE

1 can (1 pound 41/2 ounces) pineapple tidbits
2 tablespoons cornstarch
1/4 cup cold water

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