STARTING THE FIRE

Like the bottom of the fire bowl with heavy-duty aluminum foil for easier cleaning later. To prevent the grill from burning out, line the bottom of the fire box with a layer of small pebbles or vermiculite. This permits the fire to breathe, giving more heat from the coals. Make charcoal layer slightly wider all around than the food to be cooked on the grill. Start the fire sufficiently in advance so you will have a good bed of coals when you start barbecuing. One method used, which takes about 45 minutes, is to stack briquets in a pyramid, and soak lightly with any recommended charcoal lighting fluid. Let stand 1 minute, then light. Many commercial forms of lighting fluid, easily ignited salts, and other lighting aids are available. AT ALL TIMES, TAKE NECESSARY PRECAUTIONS WHEN LIGHTING THE FIRE. NEVER USE GASOLINE. When the surface is covered with a gray ash, spread the coals evenly and the fire is ready.

FOR SMOKY FLAVOR

Wood chips from apple, oak, hickory, and cherry give smoke flavor to the fish. Soak chips in water at least an hour before using, so they will give maximum smoke and not burn too rapidly. Add a few chips at a time to the charcoal while cooking. If chips flame up, add more wet chips. Remember—never overcook your fish. Fish should be cooked only until they flake easily when tested.

HOW TO BUY

Fish are marketed in various forms for different uses. Know these forms or "cuts" when you buy:

WHOLE—as the fish comes from the water. Before cooking, it must be eviscerated and scaled, usually the head, tail, and fins are also removed.

DRAWN—as the fish is drawn and scaled. Ready to use.

DRESSED or PAN-DRESSED—whale eviscerated and scaled fish. Usually the head, tail, and fins are removed. Ready to use.

STEAKS—cross-section slices from large dressed fish. Ready to use.

FILLETS—slices of the fish, cut lengthwise away from the backbone. Ready to use.

STICKS AND PORTIONS—pieces of fish cut from blocks of frozen fillets and having uniform size ranging in weight from one to several ounces. Ready to use.

CANNED FISH—includes many varieties of both fish and shellfish. Ready to use.

ASK YOUR DEALER'S HELP. When ordering fresh or frozen fish or shellfish tell your dealer how you plan to serve it. If you wish the fillets to be cut, tell the salesclerk to do it. If you wish the fish cut into steaks, ask your dealer to do it. He will also open oysters or clams ready for serving—or shuck them ready for cooking.

HOW MUCH TO BUY. A serving of fish is generally one-third to one-half pound of edible fish. Therefore, for whole fish allow about 1 pound per person for dressed fish allow one-half pound per person or 2 pounds per 6 people. For steaks, fillets or sticks, allow one-third pound per person or 2 pounds for 6 people.

HOW TO KNOW GOOD FISH. In selecting whole fresh fish, look for bright, clear, bulging eyes, redish, pink gills, and fins, elastic flesh, springing back when pressed.

UNITED STATES DEPARTMENT OF THE INTERIOR
Stewart L. Udall, Secretary
FISH AND WILDLIFE SERVICE Clarence F. Pottenger, Commissioner
BUREAU OF COMMERCIAL FISHERIES, Donald L. McKinney, Director

CIRCULAR 189

Created in 1849, the Department of the Interior is a Department of Conservation concerned with the management, conservation, and development of the Nation's water, fish, wildlife, mineral, forest, and park and recreational resources. It also has major responsibilities for Indian and Territorial affairs.

As the Nation's principal conservation agency, the Department works to ensure that renewable 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 enjoyment of the American people.
VERSATILE SEAFOODS COOKING ON A CHARCOAL GRILL. SUBTLY BLENDED WITH SUNSET AND SAUCES. WILL FIRMLY ESTABLISH YOUR REPUTATION AS A MASTER CHEF. SPECIALIST IN SATISFACTION. THE WONDERFUL WORLD OF SEAFOODS LENDS ITSELF PERFECTLY TO SPARKLING OUT-OF-DOOR GET-TOGETHERS, WITH EASY-TO-DO, EASY-TO-ENJOY RECIPES FEATURING FISHERY ITEMS THAT ARE IN GOOD SUPPLY DURING THE SUMMER AND FALL.

BACON-WRAPPED SMELT

2 pounds pan-dressed smelt or other small fish, fresh or frozen
2 tablespoons lemon juice
1 teaspoon salt
1/4 teaspoon pepper
1 slice bacon

Thaw frozen fish. Clean, wash, and dry fish. Brush inside of fish with lemon juice and sprinkle with salt and pepper. Wrap each fish with a slice of bacon. Place fish in well-greased, hinged wire grills. Cook about 3 inches from moderately hot coals for 10 to 15 minutes or until bacon is crisp. Turn and cook for 10 minutes longer or until bacon is crisp and fish flakes easily when tested with a fork. Serves 6.

BARBECUED HADDOCK FILLETS

2 pounds haddock fillets or other fish fillets, fresh or frozen
1/2 cup chopped onion
2 tablespoons chopped green pepper
1/2 teaspoon garlic powder
2 tablespoons melted fat

Thaw frozen fillets. Cook onion, green pepper, and garlic in fat until tender. Add remaining ingredients and simmer for 5 minutes, stirring occasionally. Cool. Cut fillets into serving-size portions and place in a single layer in a shallow baking dish. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish in well-greased, hinged wire grills. Cook about 3 inches from moderately hot coals for 8 minutes. Baste with sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

SCALLOP KABOBS

1 pound scallops, fresh or frozen
1 can (13 1/2 ounces) pineapple chunks, drained
1 can (4 ounces) button mushrooms, drained
1 green pepper, cut into 1-inch squares
1/2 cup salad oil
1/4 cup lemon juice
1/4 cup chives parsley
1/2 teaspoon salt
1/2 teaspoon pepper
12 slices bacon

Thaw frozen scallops. Rinse with cold water to remove any shell particles. Place pineapple, mushrooms, green pepper, and scallops in a bowl. Combine oil, lemon juice, parsley, any sauce, salt, and pepper. Pour sauce over scallop mixture and let stand for 30 minutes, stirring occasionally. Fry bacon until cooked but not crisp. Cut each slice in half. Using long skewers, alternate scallops, pineapple, mushrooms, green pepper, and bacon until skewers are filled. Cook about 4 inches from moderately hot coals for 6 minutes. Turn and cook for 4 to 6 minutes longer. Serves 6.

CHARCOAL BROILED SCALLOPS

2 pounds scallops, fresh or frozen
1/4 teaspoon salt
1/4 cup melted fat or oil
1/4 cup lemon juice

Thaw frozen scallops. Rinse with cold water to remove any shell particles. Place scallops in a bowl. Combine fat, lemon juice, salt, and pepper. Pour sauce over scallops and let stand for 30 minutes, stirring occasionally. Cut each slice of bacon in half lengthwise and then crosswise. Remove scallops, reserving sauce for basting. Wrap each scallop with a piece of bacon and fasten with a toothpick. Place scallops in well-greased, hinged wire grills. Sprinkle with paprika. Cook about 4 inches from moderately hot coals for 5 minutes. Baste with sauce and sprinkle with paprika. Turn and cook for 5 to 7 minutes longer or until bacon is crisp. Serves 6.

CHESAPEAKE BAY CLAM BAKE

6 dozen self-shell clams
12 small onions
6 medium baking potatoes
4 ears of corn, in husks

Wash clam shells thoroughly. Peel onions and wash potatoes. Parboil onions and potatoes for 15 minutes. Drain. Remove corn slips from corn and replace husks. Cut 12 pieces of cheesecloth and 12 pieces of heavy duty aluminum foil. 4 1/2 inches each. Place 2 pieces of cheesecloth on top of 2 pieces of foil. Place 2 onions, a potato, ear of corn, 2 clams, and 2 crabs on cheesecloth. Tie the cheesecloth up over the food. Pour 1 cup of water over the package. Bring edges of foil together and seal tightly. Make 6 packages. Place packages about 4 inches from hot coals. Cover with hood or aluminum foil. Cook for 40 to 60 minutes or until onions and potatoes are cooked. Serve with lemon wedges and butter. Serves 6.

FISH FRY

2 pounds yellow perch or other fish fillets, fresh or frozen
1/4 cup flour
1/4 cup white or corn meal
1 teaspoon paprika
1 cup evaporated milk
1/3 teaspoon salt
1/4 cup melted fat or oil

Thaw frozen fillets. Combine milk, salt, and pepper. Combine flour, corn meal, and paprika. Dip fish in milk mixture and roll in flour mixture. Place fillets in a heavy frying pan. Place pan about 4 inches from hot coals and heat until fat is hot but not smoking. Add fish and fry for 4 minutes. Turn carefully and fry for 3 to 4 minutes longer or until fish is brown and flakes easily when tested with a fork. Drain on absorbent paper. Serves 6.
**SESAME RAINBOW TROUT**

- 6 pan-dressed rainbow trout
- 1/4 cup sesame seeds
- 2 tablespoons lemon juice
- 1/4 cup melted fat or oil
- Dash pepper

Thaw frozen fish. Clean, wash, and dry fish. Combine remaining ingredients. Place fish in well-greased, hinged wire grills. Baste fish with sauce. Cook about 4 inches from moderately hot coals for 5 to 8 minutes. Baste with sauce. Turn and cook for 5 to 8 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

**SWORDFISH CAPER**

- 2 pounds swordfish steaks or other fish steaks, fresh or frozen
- 1/2 cup melted fat or oil
- 1/2 cup chopped onion
- 2 tablespoons capers
- 2 tablespoons catsup
- 1 teaspoon paprika
- 1/4 cup lemon juice
- 1/4 cup Worcestershire sauce
- 1/2 cup melted fat or oil
- 2 tablespoons sugar
- 1/2 teaspoon black pepper
- 1/2 teaspoon cloves

Thaw frozen steaks. Cut into serving-size portions and place in a single layer in a shallow baking dish. Combine remaining ingredients, except paprika. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish in well-greased, hinged wire grills. Sprinkle with paprika. Cook about 4 inches from moderately hot coals for 8 minutes. Baste with sauce and sprinkle with paprika. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

**SPICY FLOUNDER FILLETS**

- 2 pounds flounder fillets or other fish fillets, fresh or frozen
- 1/2 cup melted fat or oil
- 1/2 cup water
- 1/3 cup lemon juice
- 1/3 cup Worcestershire sauce
- 1/2 cup grated onion
- 2 tablespoons brown sugar
- 2 teaspoons salt
- 1 teaspoon powdered mustard
- 1 clove garlic, finely chopped
- 1/4 teaspoon pepper
- Paprika

Thaw frozen fillets. Combine remaining ingredients except paprika and simmer for 5 minutes, stirring occasionally. Cool. Cut fillets into serving-size portions and place in a single layer in a shallow baking dish. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish in well-greased, hinged wire grills. Sprinkle with paprika. Cook about 4 inches from moderately hot coals for 8 minutes. Baste with sauce and sprinkle with paprika. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

**ZESTY MULLET FILLETS**

- 2 pounds mullet fillets or other fish fillets, fresh or frozen
- 1/3 cup French dressing
- 1 tablespoon lemon juice
- 1 tablespoon grated onion
- 1/3 cup catsup
- 1/2 cup melted fat or oil
- 2 tablespoons salt
- Paprika
- Dash pepper


**SHRIMP SUPREME**

- 3 pounds shrimp, fresh or frozen
- 2 cans (4 ounces each) sliced mushrooms, drained
- 2/3 cup butter or margarine, melted
- 1/2 cup chopped parsley
- 1/4 cup chopped onion
- 2 tablespoons lemon juice
- 2 tablespoons chili sauce
- 1 tablespoon salt
- 1/2 teaspoon garlic salt
- Worcestershire sauce
- Tabasco

Thaw frozen shrimp. Peel shrimp and remove sand veins. Wash and drain on absorbent paper. Cut 6 squares of heavy duty aluminum foil, 12 inches each. Divide shrimp into 6 portions. Place each portion of shrimp on one half of each square of foil. Place mushrooms on top of shrimp. Combine remaining ingredients. Pour sauce over mushrooms, dividing shrimp and seal edges by making double folds in the foil. Place packages about 4 inches from moderately hot coals. Cook about 20 minutes or until shrimp is tender. To serve, cut around edges and fold the foil back. Serves 6.

**WESTERN STYLE SEA BASS STEAKS**

- 2 pounds sea bass steaks or other fish steaks, fresh or frozen
- 1/2 cup melted fat or oil
- 1/2 cup orange juice
- 1/4 cup soy sauce
- 2 tablespoons catsup
- 2 tablespoons melted fat or oil
- 2 tablespoons chopped parsley
- 1 tablespoon lemon juice
- 1 clove garlic, finely chopped
- 1/2 teaspoon oregano
- 1/2 teaspoon pepper

Thaw frozen steaks. Cut into serving-size portions and place in a single layer in a shallow baking dish. Combine remaining ingredients. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish in well-greased, hinged wire grills. Cook about 4 inches from moderately hot coals for 8 minutes. Baste with sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.
GRILLED YELLOW PIKE FILLETS

2 pounds yellow pike fillets or other fish fillets, fresh or frozen
1/2 cup melted fat or oil
1/4 cup lemon juice
2 teaspoons salt
1/2 teaspoon Worcestershire sauce
1/4 teaspoon white pepper
Dash tabasco
Paprika

Thaw frozen fillets. Cut into serving-size portions. Combine remaining ingredients, except paprika. Place fish in well-greased, hinged wire grills. Baste fish with sauce and sprinkle with paprika. Cook about 4 inches from moderately hot coals for 8 minutes. Baste with sauce and sprinkle with paprika. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

MARINATED MACKEREL FILLETS

2 pounds mackerel fillets or other fish fillets, fresh or frozen
1/2 cup vinegar
1/4 cup melted fat or oil
1/4 cup lemon juice
2 tablespoons grated lemon rind
2 teaspoons salt
1/2 teaspoon Worcestershire sauce
1/2 teaspoon brown sugar
2 bay leaves
Dash white pepper
Dash tabasco

Thaw frozen fillets. Combine remaining ingredients and heat until mixture comes to the boiling point. Cool. Cut fillets into serving-size portions and place in a single layer in a shallow baking dish. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving 1/2 cup of sauce for basting. Place fish in well-greased, hinged wire grills. Cook about 4 inches from moderately hot coals for 8 minutes. Baste with sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

ITALIAN STYLE HALIBUT STEAKS

2 pounds halibut steaks or other fish steaks, fresh or frozen
2 cups Italian dressing
2 tablespoons lemon juice
2 teaspoons salt
1/2 teaspoon pepper
Paprika

Thaw frozen steaks. Cut into serving-size portions and place in a single layer in a shallow baking dish. Combine remaining ingredients except paprika. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish in well-greased, hinged wire grills. Sprinkle with paprika. Cook about 4 inches from moderately hot coals for 8 minutes. Baste with sauce and sprinkle with paprika. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

GRILLED SPINY LOBSTER TAILS

6 spiny lobster tails (8 ounces each), fresh or frozen
1/4 teaspoon pepper
Melted butter or margarine
2 tablespoons lemon juice
1/2 teaspoon salt

Thaw frozen lobster tails. Cut in half lengthwise. Remove swimmerettes and sharp edges. Cut 6 squares of heavy-duty aluminum foil, 12 inches each. Place each lobster tail on one half of each square of foil. Combine butter, lemon juice, and salt. Baste lobster meat with sauce. Fold other half of foil over lobster tail and seal edges by making double folds in the foil. Place packages, shell side down, about 5 inches from coals. Cook for 20 minutes. Remove lobster tails from the foil. Place lobster tails on grill, flesh side down, and cook for 2 to 3 minutes longer or until lightly browned. Serve with melted butter. Serves 6.

LOUISIANA SHRIMP BOIL

5 lbs. shrimp, fresh or frozen
1 lemon, sliced
1 small onion, sliced
1/2 cup prepared seafood seasoning
1 clove garlic, sliced
1 gallon water
1/2 cup salt
Peppy Seafood Sauce

Thaw frozen shrimp. Tie the lemon, onion, seafood seasoning, and garlic in a piece of cheesecloth. Pour water into a large container. Add salt and bag of seasonings. Cover and bring to the boiling point over a hot fire. Add shrimp and return to the boiling point. Cover and cook for 5 minutes or until shrimp is tender. Drain. Serve with Peppy Seafood Sauce. Serves 6.

LEMON-BUTTER SALMON STEAKS

2 pounds salmon steaks or other fish steaks, fresh or frozen
1/2 cup butter or margarine, melted
2 tablespoons lemon juice
1 tablespoon chopped parsley
1 tablespoon liquid smoke
2 teaspoons salt
Dash pepper


PEPPY SEAFOOD SAUCE

1/2 cup catsup
1/2 cup chili sauce
3 tablespoons lemon juice
1 tablespoon horseradish
1 tablespoon mayonnaise or salad dressing
1 teaspoon Worcestershire sauce
1/2 teaspoon grated onion
1/4 teaspoon salt
3 drops tabasco
Dash pepper

Combine all ingredients; chill. Makes approximately 1 1/2 cups sauce. Serves 6.