

Composition of Cooked Fish Dishes

CIRCULAR 29

Fish and Wildlife Service
John L. Farley, Director
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ABSTRACT

Table 1 lists the content of protein, fat, carbohydrate, and ash, and the caloric value, per hundred grams and per serving portion, for 161 dishes containing many of the common varieties of fish and shellfish.

Table 2 lists the major ingredients used in the dishes. Information is included on how the data on food values can be used for dishes containing other fish or shellfish than those specifically mentioned.

COMPOSITION OF COOKED FISH DISHES

Proximate Analysis of Dishes Containing Fish and Shellfish

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Recently there has been a growing demand by physicians, dietitians, nutritionists, and others for information on the composition of foods. The tables in this report are a contribution towards supplying this need, particularly with respect to cooked or prepared fish and shellfish dishes. Rose G. Kerr, Jean Burtis, Dorothy M. Robey, and Nancy L. Shipley, home economists, Fish and Wildlife Service test kitchen at College Park, prepared the recipes, gathered data on size of serving portions, and selected many of the samples to be analysed.

REVIEW OF LITERATURE

The first extensive study of the proximate composition of foods was made by Atwater and associates (1888, 1899, and 1906) of the United States Department of Agriculture. A study of the tables on composition of foods in several books (Leach *et al.* 1920; Sherman 1924; Winton *et al.* 1937) still in use reveals that there have been revisions and additions to these data in the intervening years. However, much of the data on composition of fish has come down, through frequent repetition in various reports, from the original investigations that Atwater made before 1890. These reports contained data on the raw flesh of 64 species of fish including 11 types of shellfish, and in this respect are still the most comprehensive studies on the composition of fish.

The most recent release of the series of publications by the United States Department of Agriculture on the composition of foods is Handbook No. 8 by Watt and collaborators (1950). This publication lists data from many sources on proximate composition and on the content of calcium, phosphorus, iron, and some of the vitamins for 751 foods of all kinds, raw, processed, and prepared. In these lists, fish are represented by 48 analyses including 28 species. Twenty of these analyses are of raw fish, 20 are of processed fish, and 8 are of cooked fish. Of these last 2 groups, 2 are canned clam chowders and 2 are oyster stews.

A similar British publication by McCance and Widdowson (1947) contains 90 analyses of fish including 50 species among 609 listings for foods of all types. Although the data are based on experimental work in England, some of the material is useful in the United States. The information on the composition of fish, however, demonstrates the difficulty of utilizing the results of foreign investigations in this field; of the 50 species included in the table, 28 are fish (like skate, dogfish, monkfish, John dory, and gurnards) that are seldom used commercially in this country, though found here; or they are species (like torsk, megrim, pollan, and witch) that are not found at all in domestic markets. India, Spain, Japan, and the Scandinavian countries have also been active recently in the field of fishery research, but it is to be

expected that an even smaller proportion of the data from those sources would concern species used in the United States.

The book by McCance and Widdowson reflects to a greater extent than the Department of Agriculture Handbook a growing tendency to provide data on cooked rather than raw fish. It lists 77 analyses of cooked fish dishes and only 13 analyses of the raw flesh. The methods of cooking are the ones in common use for the species concerned. Generally, they involve minimum amounts of other ingredients. Steaming and frying seem to be the most popular methods of preparation. Frying is usually preceded by a dip in batter, crumbs, oatmeal, or flour, with carbohydrate, fat, and some protein added in the process.

Almost all earlier investigations on the composition of fish have been carried out on the raw flesh. These data have been valuable for interspecies comparison and for study of changes in composition due to environmental factors, but are of little direct value to the dietitian. It is desirable for uses in nutrition to obtain information directly with cooked fish and fish dishes, since cooking causes important changes in composition, and cooked or prepared dishes may include many other ingredients besides fish. Since fish are almost never eaten raw in this country, only information on these cooked dishes will be of direct value to dietitians and related groups. This report contains only data on dishes containing fish or shellfish that have been cooked and are ready to eat.

SOURCE OF SAMPLES

The number of species of commercially important fish is very large. Estimates range from 120 to 200 species, depending on what is included in the term "fish" and also on the definition of "commercial." Likewise, the number of nutrient elements considered important is large, having increased greatly since the days of Atwater. At the present time, a complete study of the nutritive factors of even a single species of fish would be a major project, as it should include the determination of the content of five or more mineral elements and at least as many vitamins, as well as the usual proximate-analysis components. When the scope of an investigation is extended to cooked fish dishes, almost infinite variety is introduced by cooking variables and recipe modifications. With these facts in mind, the lack of information on nutrients in cooked fish dishes is understandable, and the impossibility of complete coverage of the field is obvious.

All of the samples for analysis in this investigation have been the fish dishes prepared by the staff of home economists of the Fish and Wildlife Service test kitchen at College Park. This has resulted in what might appear to be odd emphasis on certain species. The function of the staff of home economists is to modify and improve old recipes and develop and test new recipes. Minor functions include retesting of recipes developed in the Fish and Wildlife Service test kitchens at Seattle, Wash., and Ketchikan, Alaska, and conducting short training programs for foreign exchange students. All of these functions have contributed samples included herein, but the bulk of the samples were derived from special test programs. The large groups of crab and shrimp recipes were prepared while information was being compiled for special cookbooks on these

shellfish. Tilefish, ocean perch, "little tuna," and California sardine were subjects of less extensive special studies. These 6 species account for 93 of the 161 dishes included. Fresh-water fish were represented by only 1 species. Thus, the number of analyses reported for the various species has no relation to the commercial importance of the species. Actually, selection of species to be included makes very little difference in many of the recipes, especially for a lean species or for a dish in which the fish is a relatively minor ingredient in the recipe. In such cases very nearly the same data on composition are obtained even though a number of different species of fish are used.

Analyses were limited to the determination of the usual proximate components: moisture, protein, fat, ash, and carbohydrate. The last was determined by difference. Inclusion of analyses for vitamins and mineral elements would have required limitation of the samples studied to a very small fraction of the samples included in the original series, and it was felt that greater value would be derived from proximate composition of a much larger and more representative group of samples.

METHODS OF SAMPLING AND ANALYSIS

Sampling—The method of sampling was influenced by the source of samples. As test-kitchen dishes, their primary purpose was for use in palatability tests by taste panels. They were judged for appearance, flavor, and texture. Ideal sampling for chemical tests would require grinding and mixing the entire dish before removal of sample aliquots. In the present investigation, the dish as served to the taste panel was necessarily also the source of samples for analysis. Consequently, from 10 to 20 percent or usually about 15 percent of the dish was available for testing. Roughly one serving portion was used in most instances. For such dishes as loaves, cakes, fritters, and most casseroles and salads, the ingredients were reasonably well mixed and this condition did not impose undue sampling error. For such dishes as soups, chowders, stews, stuffed fish, and curries or creoles, where a fish mixture is served in a rice ring, removal of a representative sample was difficult, and a greater range in analysis of duplicate samples was observed for dishes of this type.

The variability introduced in this way was smaller than would be expected, judged by the few dishes of this type for which 4 to 6 samples were available. Values that appeared to have appreciable sampling bias have been omitted from the averages. All values recorded in the tables have been rounded to the nearest one-tenth of a gram.

Grinding--A small hand or power grinder was used for most samples, and the ground material was passed through 2 or more times to improve mixing. The consistency of some samples such as chowders, bisques, and stews permitted the use of a blender for disintegration.

Moisture—From 5 to 15 grams of the ground and mixed samples were weighed in aluminum drying cans and dried overnight, about 20 hours, in an air oven at 105° C. The loss in weight was reported as moisture. Triplicate analyses normally checked within 0.5 percent.

Fat--The oven-dried samples from the moisture determination were combined for the determination of the fat content. The dry material was scraped loose, washed with ether into a large thimble, and extracted with ethyl ether in a Soxhlet extractor for 8 hours. The solvent was evaporated and the residue was dried for 30 minutes at 105° C. before being weighed. The major portion of the fat in most samples was from cream, milk, cheese, butter, or cooking fat and was readily extracted, since these types of fat do not oxidize appreciably during drying at this temperature.

Protein--Triplicate samples estimated to require about 10 ml. of 0.2 N hydrochloric acid each on titration were digested in 300 ml. Kjeldahl flasks with 15 ml. of sulfuric acid, 7 to 8 grams of sodium sulfate, and a small amount of copper sulfate as catalyst. The ammonia was collected in a 4-percent solution of boric acid and titrated directly. The usual factor of 6.25 was used to calculate the percent of protein.

Mineral matter--Duplicate samples of 5 to 15 grams were weighed rapidly in tared porcelain evaporating dishes. The samples were dried at about 250° C. in a muffle furnace equipped with a heat control. The heat was increased to 350° to 400° C. to char and drive off volatile matter and was then held at 600° C. until the ash was light in color. Check analyses were usually within 0.03 percent, except when bone fragments were present.

Carbohydrate--Total carbohydrate was calculated as the difference between 100 percent and the sum of the percent of moisture, protein, fat, and mineral matter. This value includes the small amounts of crude fiber, organic acids, and other miscellaneous substances that are present.

Food energy--The calories per 100 grams were calculated using the values of 4, 9, and 4 calories per gram for protein, fat, and carbohydrate, respectively.

Serving portions--Information on the size of individual serving portions, their food-energy value, and their content of protein, fat, and carbohydrate is of practical value to dietitians or clinicians. These data are tabulated in the right-hand section of table 1.

The most commonly used estimate of a serving portion of fish, 125 grams or 4 ounces, refers to an average serving of fried or broiled fillet or steak and has little significance for most of the dishes included in the table. Fortunately, most of the dishes were prepared on a 6-serving-portion basis, so that the size of an average portion was easily determined by dividing net weight of the cooked dish by 6. Serving portions were estimated on the basis of similar recipes for the few dishes for which data on net cooked weight were lacking.

Table 1 includes several samples of canapes and hors d'oeuvres which differ from the main-dish-of-the-meal type of dish in that they are more of a "snack" or extra. For this type, the serving portion was based on the unit weight per snack rather than on a 6-portion basis. Although the portions are small, usually 20 to 40 grams, this type is frequently very high in energy value, so that even these small portions contribute significantly to the diet.

All values for calories and size of serving portion have been rounded to the nearest multiple of 5. This approximates the practical significance of these data.

DISCUSSION OF DATA

In table 1, the dishes are listed under the species of fish or shellfish that they contain. The species are listed alphabetically under the main headings of marine fish, fresh-water fish, and shellfish. Recipes are numbered consecutively throughout. The recipe names are those in common use for the dish and in most cases are sufficiently descriptive, but in table 2, under the same number and recipe name, the major ingredients of each dish are listed. This section will be of value chiefly where ambiguous names and less familiar dishes are used. All recipes with the exception of the hors d'oeuvres are based on 6-serving portions.

Minor ingredients, mainly seasonings, were considered to be any components used in less than tablespoon quantities and have been omitted, as have all cooking directions. These eliminations were considered practical, since this information is common knowledge to the home economists and the nutritionists for which this section is intended. Additional information on recipes is contained in a series of publications of the Fish and Wildlife Service.

An attempt has been made to list the usual market forms with the name of each species. It is evident that all market forms cannot be used interchangeably in every recipe. Canned pollock flakes, for example, cannot substitute for pollock fillets with almond sauce. These exceptions are self-evident, and the simplicity derived from elimination of separate listings for all market forms and for subspecies more than offset any possible confusion from this source.

The grouping of fish dishes under the species was felt to be the form permitting maximum ease of reference, but it might again be emphasized that species varying insignificantly in proximate composition can be used interchangeably in a given recipe with no significant effect upon the proximate composition or the energy value of the dish. Consideration of this fact will broaden the application of the table to the extent that every dish has not been tried with each species. For example, weight-for-weight quantities of the following species of lean fish may safely be used interchangeably in any recipe listed under any one of the species: cod, flounder, haddock, ocean perch, pollock, west-coast rockfish, and tilefish.

In the group of moderately fat fish are included black sea bass, striped bass, bluefish, halibut, shad, some species of salmon, and swordfish. The fat content of these species will show somewhat more variation than any proximate component of the preceding group. However, species substitution in recipes listed for this group of fish will have little effect on proximate composition except in cases where the fish is the major component of the dish.

It is apparent from the preceding paragraphs that a grouping of more nutritional significance than that by species of fish would be one based on

protein content. Total protein ranges from a high of 28 percent for broiled or fried fish down to 3 percent in some chowders that have both a low solids content and a high proportion of vegetable ingredients. Based on protein content, fish dishes can be divided into four broad groups as follows:

1. Protein 21 to 28 percent: Fish is the major ingredient, with minor amounts of added sauce, crumbs, or fat.

Examples - Baked, fried, or broiled steaks or fillets, with sauce or stuffing as indicated; kabobs, except those including tomato.

2. Protein 14 to 21 percent: These dishes have fish as the major ingredient, but with a greater proportion of other ingredients. Eggs are frequently included as a contributing protein source of nutritional importance.

Examples - Stuffed fish and fillets with larger proportions of sauce and stuffing; kabobs with tomato; au gratin dishes; some casseroles and salads especially those including eggs; fish cakes and loaves in which the proportion of crumbs, potato, or rice filler is not excessive.

3. Protein 9 to 14 percent: In this group the carbohydrate foods like bread, potato, rice, or crumbs are usually high in proportion to the fish; included also are dishes, such as salads and souffles, in which the total solids are comparatively low because of the large amounts of milk or vegetables used. Examples - Fish cakes and loaves not included in group 2; sandwiches and canapes; most of the hors d'oeuvres; most of the casserole dishes; salads (except those with eggs, group 2, and the jellied salads, group 4); most of the special dishes such as the a la kings, Newbergs, and thermidors.

4. Protein 3 to 9 percent: In this group are the dishes in which the fish is diluted with large proportions of milk, tomato, gelatin, or starchy ingredients.

Examples - Almost all the chowders, stews, soups, and bisques, with low solids content; salads with a gelatin base; creoles, curries, and jambalayas with a large proportion of rice.

The fat content of fish dishes shows an even greater extreme range than does the protein content. A few dishes such as aspic salads, kabobs, and loaves, or lean fish baked with tomato sauce, have less than 2 percent fat. At the other extreme, baked filled pastries and some of the fried fish dishes contain as much as 20 percent fat (30.7 percent in one case). However, the great majority of fish dishes are in a middle range, having a fat content of 6 to 13 percent, so that a broad classification of the dishes by fat content is not as practical as the grouping according to the protein content.

The carbohydrate content of fish dishes is determined entirely by the nonfish ingredients, since, with the exception of oysters and other shellfish containing glycogen, fish contain virtually no carbohydrate. Consequently, carbohydrates range from zero for fish baked or broiled without crumbs, up to as much as 17 to 25 percent for pastries, bread dishes, and fritters. The fillers most commonly used are bread crumbs, rice, spaghetti or noodles, and potatoes. The proportions in which they are usually blended result in a carbohydrate content of 6 to 12 percent.

The energy value per 100 grams of the fish dishes ranged from about 70 or 75 calories for some chowders to 350 calories for pastries, fritters, and a few other dishes with both a high dry-matter and fat content. Generally, the size of serving portion and energy value appeared to vary in an inverse ratio. That is, high-energy dishes were usually served in small portion and vice versa. As a result, the energy value per serving portion for most of the dishes, exclusive of the hors d'oeuvres, was in a middle range of from 150 to 250 calories.

SUMMARY

Data are tabulated in table 1 for the proximate composition, energy value, and size of serving portion for a large number of different cooked or prepared dishes containing fish or shellfish. Table 1 also includes data on the protein, fat, carbohydrate content, and energy value, on a serving-portion basis.

The analyses in table 1 have been classified according to the species of fish or shellfish used. A classification of dishes according to their protein content is of greater nutritional significance, and a general descriptive grouping by type of dish and recipe name within 4 ranges of protein content between the extremes of 3 to 28 percent has been indicated.

Recipe information, as regards ingredients used in amounts of more than 1 tablespoon, is listed in table 2.

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Table 1. -- Proximate composition of fish dishes

Species of fish Market form Recipe number Description of dish	Number of analyses	Per 100 grams				Per serving portion						
		Mois- ture Grams	Pro- tein Grams	Fat Grams	Carbo- hydrate Grams	Ash Grams	Food energy Calories	Portion Grams	Pro- tein Grams	Fat Grams	Carbo- hydrate Grams	Food energy Calories
MARINE FISH												
Bass, black sea, fresh or frozen												
1 Baked stuffed sea bass	1	52.9	16.2	15.8	11.4	3.7	255	125	20.3	19.7	14.2	320
Bass, striped, fresh or frozen												
2 Baked striped bass fillets with shrimp stuffing	2	67.4	19.6	5.6	5.6	1.8	150	150	29.4	8.4	8.4	225
3 Oven-fried striped bass fillets	1	60.8	21.5	8.5	6.7	2.5	190	120	25.8	10.2	8.4	230
Bluefish, fresh or frozen												
4 Baked bluefish fillets	1	69.2	27.2	4.2	-	.8	145	125	34.0	5.2	-	180
5 Broiled bluefish fillets	1	66.7	25.2	6.3	-	2.1	160	125	31.5	7.9	-	200
6 Fried bluefish fillets	1	60.8	22.7	9.8	4.7	2.0	200	125	28.4	12.2	5.9	250
7 Steamed bluefish fillets with shrimp sauce	1	73.0	19.7	4.5	0.9	1.9	125	160	31.5	7.2	1.4	200
Cod, fresh, frozen or canned flakes												
8 Cod fillets baked in Spanish sauce	1	74.9	19.3	1.4	2.5	1.9	100	150	29.0	2.1	3.8	150
9 Cod kabobs	1	71.8	17.4	6.3	2.7	1.8	135	125	21.8	7.9	3.4	170
10 Cod kabobs with tomato sauce	1	67.3	20.5	3.5	6.5	2.2	140	90	18.4	3.3	5.9	125
11 Cod rice loaf	1	72.6	14.7	2.8	7.8	2.1	115	170	25.0	4.8	13.3	195
Flounder, fresh or frozen												
12 Baked flounder fillets	1	58.1	30.0	8.2		2.2	195	135	40.5	11.1	-	265
13 Baked flounder fillets with shrimp stuffing	1	66.3	19.5	6.5	5.2	2.5	155	150	29.3	9.8	7.8	235

Table 1. — Proximate composition of fish dishes—Continued

Species of fish -Market form Recipe number Description of dish	Number of analyses	Per 100 grams					Per serving portion					
		Mois- ture	Pro- tein	Fat	Carbo- hydrate	Ash	Food energy	Portion	Pro- tein	Fat	Carbo- hydrate	Food energy
		Grams	Grams	Grams	Grams	Grams	Calories	Grams	Grams	Grams	Grams	Calories
14 Boiled flounder fillets with egg sauce	1	74.4	19.9	3.3	1.6	0.8	115	160	31.8	5.3	2.6	185
15 Flounder birds	1	62.5	21.1	8.7	5.6	2.1	185	160	33.8	13.9	9.0	295
16 Molded flounder salad	1	76.2	11.9	6.5	3.9	1.5	120	150	17.9	9.8	2.3	180
Groundfish, canned flakes												
17 Fish cakes	1	66.0	14.7	8.0	9.3	2.0	170	120	17.6	9.6	11.2	205
18 Fishburgers	1	57.6	13.6	3.9	23.3	1.6	185	140	19.0	5.5	32.6	260
19 Fish loaf	2	72.2	14.1	3.7	7.3	2.7	120	130	18.3	4.8	9.5	155
20 Fish rice loaf	2	75.5	11.3	2.2	9.0	2.0	100	160	18.1	3.5	14.4	160
21 Hot fish sandwiches	1	62.1	13.6	5.2	17.9	1.2	175	140	19.0	7.3	25.1	245
Haddock, fresh or frozen												
22 Baked stuffed haddock fillets	1	62.2	19.5	9.9	5.7	2.7	190	130	25.4	12.9	7.4	245
23 Fried haddock fillets	1	67.7	20.2	6.0	4.2	1.9	150	100	20.2	6.0	4.2	150
24 Haddock fillets in mustard sauce	1	74.5	16.2	5.5	2.0	1.8	120	120	19.4	6.6	2.4	145
25 Oven-fried haddock fillets	1	66.1	17.2	5.0	9.8	1.9	155	100	17.2	5.0	9.8	155
Halibut, fresh or frozen fillets or steaks												
26 Broiled halibut steaks	2	66.6	25.2	7.0	-	1.7	165	125	31.5	8.8	-	205
27 Halibut à la Mexicana	1	73.1	12.4	7.1	5.7	1.7	135	140	17.4	9.9	8.0	190
28 Halibut and olive roll	1	69.8	10.0	6.5	11.4	2.3	145	135	13.5	8.8	15.4	195
29 Halibut piquante	1	66.9	19.9	10.9	0.7	1.6	180	120	23.9	13.1	0.8	215
30 Halibut rarebit casserole	1	69.6	10.2	4.7	13.6	1.9	140	160	16.3	7.5	21.8	225
Mackerel, fresh, frozen or canned												
31 Broiled mackerel fillets	3	61.6	21.8	15.8	-	1.6	230	130	28.3	20.5	-	300

32	Fried mackerel fillets	2	57.5	22.1	13.0	5.5	1.9	225	135	29.8	17.6	7.4	305
33	Mackerel salad	1	68.6	11.9	14.3	3.4	1.8	190	155	18.4	22.2	5.3	295
34	Ocean perch, fresh or frozen	2	69.3	24.0	5.1	--	1.8	140	125	30.0	6.4	--	175
35	Baked ocean perch fillets	4	59.0	19.0	13.3	6.8	1.9	225	115	21.8	15.3	7.8	255
36	Molded ocean perch fillets	1	75.1	10.8	6.1	6.1	1.9	125	155	16.7	9.5	9.5	195
37	Molded ocean perch salad	1	77.9	10.1	4.9	5.4	1.7	105	240	24.2	11.8	13.0	255
38	New England ocean perch chowder	2	78.7	14.5	3.4	1.9	1.5	95	150	21.8	5.1	2.9	145
39	Ocean perch baked in Spanish sauce	1	70.0	21.4	5.8	0.5	2.3	140	90	19.3	5.2	0.5	125
40	Ocean perch kabobs with mushrooms	1	76.8	13.7	5.2	2.1	2.2	110	120	16.4	6.2	2.5	130
Pollock, fresh, frozen or canned flakes													
41	Creamed pollock	1	74.7	13.9	5.9	4.0	1.5	125	125	17.4	7.4	5.0	155
42	Fried pollock fillets with almond sauce	2	71.9	18.5	5.9	1.4	2.3	135	180	33.3	10.6	2.5	245
43	Pollock cakes	1	58.5	11.9	16.8	10.3	2.5	240	90	10.7	15.1	9.3	215
44	Pollock loaf	3	69.8	15.2	4.1	8.6	2.3	130	130	19.8	5.3	11.2	170
45	Pollock rice loaf	2	74.0	12.7	2.2	8.6	2.5	105	160	20.3	3.5	13.8	170
46	Pollock salad	1	69.2	15.5	10.9	2.1	2.3	170	150	23.3	16.4	3.2	255
47	Pollock shortcake	1	67.1	12.8	5.1	12.7	2.3	150	200	25.6	10.2	25.4	300
Rockfish, western, fresh or frozen													
48	Baked stuffed rockfish fillets	1	70.1	21.3	3.4	3.6	1.6	130	160	34.1	5.4	5.8	210
49	Over-steamed rockfish fillets	1	75.4	18.1	2.5	1.9	2.1	105	130	23.5	3.3	2.5	135
50	Rockfish cocktail	1	74.6	15.9	0.9	6.2	2.4	95	50	8.0	0.5	3.1	50
Salmon, canned													
51	Molded salmon salad	1	69.9	15.1	9.2	3.7	2.1	160	150	22.7	13.8	5.6	240
52	Salmon à la king in puff shells (hors d'oeuvres)	1	59.4	15.8	14.5	7.9	2.4	225	40	6.3	5.8	3.2	90
53	Salmon loaf	10	66.9	16.0	6.4	8.4	2.3	155	135	21.6	8.6	11.3	210

Table 1. — Proximate composition of fish dishes—Continued

Species of fish Market form Recipe number Description of dish	Number of analyses	Per 100 grams					Per serving portion					
		Moisture		Protein	Fat	Carbo- hydrate	Ash	Food energy	Portion		Carbo- hydrate	Food energy
		Grams	Percentage						Grams	Grams		
54 Salmon rice loaf	8	74.4	12.0	4.5	7.3	1.8	120	170	20.4	7.7	12.4	205
55 Smoked salmon rolls (hors d'oeuvres)	1	31.1	15.0	30.7	20.2	3.0	415	20	3.0	6.1	4.0	85
Salmon, fresh or frozen steaks												
56 Baked salmon steaks	1	67.6	26.1	3.8	-	1.6	140	125	32.6	4.8	-	175
57 Broiled salmon steaks	2	59.3	28.0	10.9	-	1.6	210	110	30.8	12.0	-	230
Sardine, California, natural pack, canned												
58 California sardine appetizers	1	51.7	20.7	14.3	11.1	2.2	255	30	6.2	4.3	3.3	75
59 California sardine and apple salad	3	66.6	13.6	12.0	5.9	1.9	185	90	12.2	10.8	5.3	165
60 California sardine and noodle casserole	6	66.5	11.4	9.4	10.7	2.0	175	175	20.0	16.5	18.7	305
61 California sardine salad	3	70.7	12.1	11.7	3.7	1.8	170	95	11.5	11.1	3.5	160
62 California sardine salad sandwiches	1	60.5	9.2	8.3	20.4	1.6	195	160	14.7	13.3	32.6	310
63 Toasted California sardine cheese sandwiches	3	48.7	19.3	14.9	13.9	3.2	265	95	18.3	14.1	13.2	250
Shad, fresh dressed and roe												
64 Baked shad	1	64.0	23.2	11.3	-	1.4	195	200	46.4	22.6	-	390
65 Broiled shad roe	1	71.5	19.9	2.4	4.2	2.0	120	100	19.9	2.4	4.2	120
66 Shad creole	1	73.3	15.0	8.7	1.6	1.4	145	225	33.8	19.6	3.6	325
Swordfish, fresh or frozen steaks												
67 Broiled swordfish steaks	1	64.8	27.4	6.8	-	1.7	170	130	35.6	8.8	-	220
68 Broiled swordfish steaks with cheese	1	62.7	28.1	8.4	-	2.1	190	135	37.9	11.3	-	255

69	Swordfish baked in sour cream	2	69.6	22.1	6.0	0.7	1.6	145	32.1	8.7	1.0	210
70	Swordfish kabobs	1	56.9	23.7	14.1	3.3	2.0	235	28.4	16.9	4.0	280
71	Swordfish kabobs with mushrooms	2	57.1	21.7	17.7	1.5	2.0	250	25.0	20.4	1.7	285
Tilefish, fresh or frozen steaks												
72	Baked tilefish steaks	1	71.6	24.5	3.7	-	1.1	135	25.7	4.1	-	140
73	Boiled tilefish steaks with egg sauce	1	72.4	18.6	5.4	2.3	1.4	130	23.3	6.9	2.9	165
74	Broiled tilefish steaks with cheese	1	63.3	23.3	9.6	2.4	1.4	190	25.6	10.6	2.6	210
75	Broiled tilefish steaks with pickle relish	1	67.0	26.1	5.1	-	1.8	150	28.7	5.6	-	165
76	Tilefish au gratin	1	68.7	16.1	7.8	5.7	1.7	155	21.7	10.5	7.7	220
77	Tilefish casserole	1	73.1	12.3	6.5	6.0	2.1	130	21.5	11.4	10.5	230
78	Tilefish patties	1	57.2	18.9	13.2	8.9	1.8	230	17.9	12.5	8.5	220
79	Tilefish timbales	1	71.0	16.5	7.1	3.4	2.0	145	22.3	9.6	4.6	195
Tuna, canned												
80	Tuna salad	1	68.1	15.2	12.1	2.6	2.0	180	22.8	18.2	3.9	270
Tuna, "Little," Eastern, fresh or frozen steaks												
81	Baked "little tuna" in creole sauce	2	75.4	15.4	3.8	3.7	1.7	110	25.4	6.3	6.1	185
82	Baked "little tuna" supreme	2	63.5	13.3	11.0	10.3	1.9	195	21.3	17.6	16.5	310
83	Baked stuffed "little tuna" steaks	1	58.1	21.7	9.1	9.0	2.1	205	28.2	11.8	11.7	265
84	Boiled "little tuna" with egg sauce	1	67.9	22.2	6.1	2.3	1.5	155	36.6	10.1	3.8	255
85	"Little tuna" baked in Spanish sauce	1	74.7	17.0	3.8	3.2	1.3	115	33.2	7.4	6.2	225
86	"Little tuna" cakes	2	62.5	12.8	11.3	12.0	1.4	200	17.9	15.8	16.8	280
87	"Little tuna" croquettes	1	53.0	18.3	14.4	12.6	1.7	255	18.3	14.4	12.6	255
88	"Little tuna" noodle casserole	2	71.2	8.9	5.9	12.5	1.5	140	17.8	11.8	25.0	280
89	"Little tuna" pie	1	68.0	9.8	7.5	12.6	2.1	155	18.6	14.3	23.9	295
90	"Little tuna" salad	1	71.5	14.0	8.9	4.4	1.2	155	31.5	20.0	9.9	350

Table 1. -- Proximate composition of fish dishes--Continued

Species of fish Market form Recipe number Description of dish	Number of analyses	Per 100 grams					Per serving portion									
		Moisture		Fat		Ash	Protein		Carbo- hydrate		Food energy	Carbo- hydrate		Food energy		
		Grams	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Calories	Calories
91 "Little tuna" shepherd's pie	1	71.2	8.6	6.9	11.2	2.1	140	240	20.6	16.6	26.9	335				
92 "Little tuna" slaw	1	74.0	11.5	9.3	3.9	1.3	145	235	27.0	21.9	9.2	340				
93 Manhattan "little tuna" chowder	1	82.3	8.3	4.0	4.1	1.3	85	275	22.8	11.0	11.3	235				
94 New England "little tuna" chowder	2	80.8	10.0	3.6	4.7	0.9	90	225	22.5	8.1	10.6	200				
FRESH WATER FISH																
Whitefish, fresh or frozen																
95 Baked stuffed whitefish	2	63.2	15.2	14.0	5.8	1.8	210	200	30.4	28.0	11.6	420				
SHELLFISH																
Crab, fresh or canned																
96 Avacado crab salad in ring mold	1	78.6	6.8	11.0	2.3	1.3	135	250	17.0	27.5	5.8	340				
97 Avacado stuffed with crab salad	2	70.9	8.3	13.5	5.3	2.0	175	175	14.5	23.6	9.3	305				
98 Baked crab meat	1	69.6	12.8	10.6	4.7	2.3	165	100	12.8	10.6	4.7	165				
99 Barbequed crab sandwiches	1	51.9	10.1	9.9	25.2	2.9	230	100	10.1	9.9	25.2	230				
100 Chesapeake crab chowder	1	83.7	4.5	3.7	6.9	1.2	80	270	12.2	10.0	18.6	215				
101 Crab appetizers	2	61.8	15.7	12.3	7.9	2.3	205	25	3.9	3.1	2.0	50				
102 Crab bisque	3	80.8	8.8	4.7	3.9	1.8	95	250	22.0	11.8	9.7	235				
103 Crab cakes	1	64.6	18.4	9.8	4.9	2.3	180	60	11.0	5.9	2.9	110				
104 Crab canapes	2	57.3	17.0	10.4	12.6	2.7	210	25	4.3	2.6	3.2	55				
105 Crab casserole	3	64.7	11.3	14.4	7.9	1.7	205	150	17.0	21.6	11.9	305				
106 Crab jambalaya	2	79.5	8.2	4.4	6.6	1.3	100	240	19.7	10.6	15.8	235				

107	Crab mousse	2	77.8	10.4	9.0	1.6	1.2	130	150	15.6	13.5	2.4	195
108	Crab Newberg	6	66.3	13.7	12.2	5.8	2.0	190	160	21.9	19.5	9.3	300
109	Crab potato cakes	1	72.7	11.1	5.7	8.5	2.0	130	130	14.4	7.4	11.1	170
110	Crab puffs	2	72.3	12.1	11.4	2.5	1.7	160	135	16.3	15.4	3.4	215
111	Crab ravigote	1	75.1	12.4	6.1	3.8	2.6	120	95	11.8	5.8	3.6	115
112	Crab salad in eggs (hors d'oeuvre)	2	75.2	9.4	7.9	6.0	1.5	135	40	3.8	3.2	2.4	55
113	Crab salad in puff shells (hors d'oeuvre)	2	57.5	11.1	17.9	10.6	2.9	250	30	3.3	5.4	3.2	75
114	Crab salad in tomato aspic ring	4	81.9	8.4	4.6	3.3	1.8	90	200	16.8	9.2	6.6	180
115	Crab souffle	4	70.0	13.3	8.9	5.3	2.5	155	125	16.6	11.1	6.6	195
116	Crab stew	2	81.2	8.4	4.3	4.2	1.9	90	210	17.6	9.0	8.8	185
117	Cream of crab soup	3	82.7	7.2	3.7	4.8	1.6	80	210	15.1	7.8	10.1	170
118	Creole crab soup	3	84.5	6.3	3.0	4.6	1.6	70	240	15.1	7.2	11.0	170
119	Deviled crab	2	63.3	11.4	9.4	13.3	2.6	185	160	18.2	15.0	21.3	295
120	Eastern crab cakes	4	60.9	16.4	12.8	7.9	2.0	210	110	18.0	14.1	8.7	230
121	Fried soft-shell crabs	4	48.8	16.4	18.4	13.3	3.1	285	65	10.7	12.0	8.6	185
122	Hot crab sandwiches	1	52.2	10.4	12.3	22.6	2.5	245	120	12.5	14.8	27.1	295
123	Imperial crab	5	71.9	14.6	7.6	3.9	2.0	140	110	16.1	8.4	4.3	155
124	Jellied crab salad	2	75.2	9.4	7.3	6.3	1.8	130	140	13.2	10.2	8.8	180
125	Molded crab salad	5	76.5	10.3	9.3	2.1	1.8	135	150	15.5	13.9	3.2	200
126	Quick crab casserole	2	75.0	11.9	4.9	6.2	2.0	115	140	16.7	6.9	8.7	160
127	Tomatoes stuffed with crab	1	77.7	11.3	8.4	0.5	2.1	125	150	17.0	12.6	0.8	185
Clams, hard, fresh or canned													
128	Clam cheese appetizers	1	63.1	10.9	19.3	4.7	2.0	235	25	2.7	4.8	1.2	60
129	Clam fritters	2	40.3	11.4	15.0	30.9	2.4	305	90	10.3	13.5	27.8	275
130	Clam loaf	2	65.0	10.4	11.2	11.3	2.1	190	120	13.4	14.4	14.6	240
131	New England clam chowder	1	84.6	3.8	1.7	8.8	1.1	65	240	9.1	4.1	21.1	160
132	Puget Sound clam chowder	1	83.1	3.8	2.5	9.0	1.6	75	240	9.1	6.0	21.6	175
Lobster, fresh or canned meat													
133	Lobster Newberg	2	64.0	18.5	10.6	5.1	1.8	190	150	27.8	15.9	7.7	285
134	Lobster salad	1	80.3	10.1	6.4	2.3	0.9	105	205	20.7	13.1	4.7	215
Oysters, shucked, fresh or frozen													
135	Fried oysters	1	54.7	8.6	13.9	18.6	1.5	235	80	6.9	11.1	14.9	185

Table 1. — Proximate composition of fish dishes—Continued

Species of fish Market form Recipe number Description of dish	Number of analyses	Per 100 grams				Per serving portion						
		Mois- ture	Pro- tein	Fat	Carbo- hydrate	Ash	Food energy	Portion	Pro- tein	Fat	Carbo- hydrate	Food energy
		Grams	Grams	Grams	Grams	Grams	Calories	Grams	Grams	Grams	Grams	Calories
Scallops, fresh or frozen												
136 Scallops kabobs with pineapple	2	72.2	15.2	1.1	10.0	1.5	110	95	14.4	1.0	9.5	105
137 Scallops kabobs with tomato	2	80.7	14.0	1.1	2.8	1.4	75	80	11.2	0.9	2.2	60
Shrimp, fresh, frozen or canned												
138 Curried shrimp	4	74.0	9.9	4.2	10.4	1.5	120	220	21.8	9.3	22.9	260
139 French fried shrimp	1	54.2	20.4	12.5	11.1	1.8	240	75	15.3	9.4	8.3	180
140 French fried shrimp in batter	2	60.4	21.1	9.6	7.0	1.9	200	75	15.8	7.2	5.3	150
141 Green pepper stuffed with shrimp	2	79.9	10.4	2.6	5.4	1.7	85	150	15.6	3.9	8.1	135
142 Shrimp a la king	4	71.9	12.5	5.2	8.7	1.7	130	145	18.1	7.5	12.6	190
143 Shrimp and apple salad	2	73.9	7.4	11.2	5.7	1.8	155	120	8.9	13.4	6.8	185
144 Shrimp au gratin	4	66.3	15.4	9.8	6.2	2.3	175	130	20.0	12.7	8.1	225
145 Shrimp au gratin with tomato juice	4	67.8	14.9	8.5	6.5	2.3	160	130	19.4	11.1	8.4	210
146 Shrimp bisque	3	78.4	9.9	6.2	3.9	1.6	110	210	20.8	13.0	8.2	235
147 Shrimp canapes	3	59.5	13.9	6.0	17.9	2.7	180	30	4.2	1.8	5.4	55
148 Shrimp casserole	4	71.9	11.3	7.6	7.1	2.1	140	140	15.8	10.6	9.9	200
149 Shrimp creole	6	79.2	6.2	2.8	10.2	1.6	90	240	14.9	6.7	24.5	220
150 Shrimp in tomato aspic	3	83.9	11.3	0.9	1.8	2.1	60	130	14.7	1.2	2.3	80
151 Shrimp Jambalaya	3	79.7	7.7	2.5	8.6	1.5	90	240	18.5	6.0	20.6	215
152 Shrimp kabobs	2	69.6	22.1	5.1	—	3.1	135	80	17.7	4.1	—	110
153 Shrimp meuniere	1	57.3	24.2	16.1	—	2.5	240	60	14.5	9.7	—	145
154 Shrimp mousse	2	76.1	10.9	8.9	2.5	1.6	135	135	14.7	12.0	3.4	180
155 Shrimp Newberg	2	66.5	15.4	11.8	4.5	1.8	185	110	16.9	13.0	4.9	205
156 Shrimp salad	5	74.0	15.2	6.4	2.6	1.8	130	100	15.2	6.4	2.6	130

157	Shrimp sauce	1	74.9	9.8	3.7	9.7	1.9	110	80	7.8	3.0	7.8	90
158	Shrimp thermidor	2	72.9	14.0	6.7	4.3	2.1	135	150	21.0	10.1	6.5	205
159	Shrimp turnovers	3	34.1	14.6	19.5	28.5	3.3	350	20	2.9	3.9	5.7	70
160	Shrimp wiggle	2	71.9	11.1	5.4	9.8	1.8	130	160	17.8	8.6	15.7	211
161	Tomatoes stuffed with shrimp	2	81.1	8.5	2.7	6.0	1.7	80	150	12.8	4.1	9.0	120

Table 2—Major ingredients of fish dishes, cross referenced to table 1, tabulating proximate composition

In general, only ingredients of the recipes used in quantities of one table-
 spoon or more have been listed, since lesser amounts have negligible influence on
 the proximate composition or food value. This means that almost all seasonings,
 such as salt, pepper, cayenne, nutmeg, mustard, horse radish, curry powder, and
 Worcestershire and tobasco sauces, are omitted.

Marine Fish

- | | |
|--|--|
| <p>Bass, black sea, fresh or frozen</p> <p>(1) Baked stuffed sea bass fillets
 2 pounds sea bass fillets
 3 slices bacon
 1/4 cup butter or other fat</p> <p>Bread stuffing
 3 tablespoons chopped onion
 3/4 cup chopped celery
 6 tablespoons butter or
 other fat
 4 cups soft bread cubes</p> <p>Bass, striped, fresh or frozen</p> <p>(2) Baked striped bass fillets with
 shrimp stuffing
 2 pounds striped bass fillets</p> <p>Shrimp stuffing
 1/2 pound shrimp, fresh or frozen
 1/4 cup chopped onion
 2 tablespoons chopped parsley
 3 tablespoons butter or
 other fat
 1 egg, beaten
 2 tablespoons milk
 3 cups soft bread cubes</p> <p>(3) Oven-fried striped bass fillets
 2 pounds striped bass fillets
 1 cup milk
 1 tablespoon salt
 1 cup dry bread crumbs
 1/4 cup butter or other fat</p> <p>Bluefish, fresh or frozen</p> <p>(4) Baked bluefish fillets
 2 pounds bluefish fillets
 1/4 cup butter or other fat
 2 tablespoons lemon juice</p> | <p>(5) Broiled bluefish fillets
 2 pounds bluefish fillets
 1/4 cup butter or other fat</p> <p>(6) Fried bluefish fillets
 2 pounds bluefish fillets
 1 egg, beaten
 1 tablespoon milk or water
 1 cup dry bread crumbs</p> <p>(7) Steamed bluefish fillets with
 shrimp sauce
 2 pounds bluefish fillets</p> <p>Shrimp sauce
 1/2 pound cooked shrimp
 2 tablespoons butter or other fat
 2 tablespoons flour
 1 cup milk
 3 hard-cooked eggs, chopped</p> <p>Cod, fresh, frozen or canned flakes</p> <p>(8) Cod fillets baked in Spanish sauce
 2 pounds cod fillets</p> <p>Spanish sauce
 1/4 cup chopped onion
 3 tablespoons butter or
 other fat
 2 tablespoons flour
 2 cups canned tomatoes
 1/4 cup chopped green pepper</p> <p>(9) Cod kabobs
 2 pounds cod fillets
 6 slices bacon
 4 tomatoes
 1/4 cup French dressing</p> |
|--|--|

(10) Cod kabobs with tomato sauce
2 pounds cod fillets
1 cup tomato catsup
1/4 cup brown sugar
1/4 cup vinegar
6 tablespoons butter or
other fat

(11) Cod rice loaf
1 14-ounce can flaked cod
1/3 cup uncooked rice
3/4 cup water
1 cup milk
1 cup soft bread cubes
5 eggs, beaten
2 tablespoons chopped parsley
2 tablespoons chopped
green pepper
1 tablespoon lemon juice

Flounder, fresh or frozen

(12) Baked flounder fillets
2 pounds flounder fillets
prepared as in recipe No. 4

(13) Baked flounder fillets with
shrimp stuffing
2 pounds flounder fillets
Shrimp stuffing, see recipe No. 2

(14) Boiled flounder fillets with
egg sauce
2 pounds flounder fillets

Egg sauce
2 tablespoons butter or other fat
2 tablespoons flour
1 cup milk
3 hard-cooked eggs, chopped

(15) Flounder birds
2 pounds flounder fillets
1/4 cup butter or other fat
3 slices bacon
Bread stuffing, see recipe No. 1

(16) Molded flounder salad
2 cups flaked flounder
1 tablespoon gelatin
3/4 cup water
1/2 cup mayonnaise or
salad dressing
1/4 cup catsup
2 tablespoons lemon juice
1/2 cup chopped celery
2 tablespoons chopped
sweet pickle
2 tablespoons chopped olives

Groundfish, canned flakes

(17) Fish cakes
1 14-ounce can flaked fish
2 cups mashed potato
1 egg, beaten

(18) Fishburgers
1 14-ounce can flaked fish
2 cups dry bread crumbs
1/3 cup liquid
1 egg
1/4 cup catsup
2 tablespoons chopped onion
6 buns

(19) Fish loaf
2 14-ounce cans flaked fish
3 cups soft bread cubes
2 eggs, beaten
1 1/3 cups canned tomatoes
3 tablespoons chopped onion
2 tablespoons butter or
other fat
1/2 cup dry bread crumbs

(20) Fish rice loaf
1 14-ounce can flaked fish
prepared as in recipe No. 11

(21) Hot fish sandwiches
1 14-ounce can flaked fish
1/4 cup chopped green pepper
1/2 cup milk
5 hard-cooked eggs, chopped
2 tablespoons chopped onion
2 tablespoons butter or
other fat
6 buns

Haddock, fresh or frozen

- (22) Baked stuffed haddock fillets
2 pounds haddock fillets
prepared as in recipe No. 1
- (23) Fried haddock fillets
2 pounds haddock fillets
prepared as in recipe No. 6
- (24) Haddock fillets in mustard sauce
2 pounds haddock fillets
- Mustard sauce
1 cup milk
1 tablespoon butter or other fat
2 tablespoons flour
1/2 cup mayonnaise or
salad dressing
2 tablespoons prepared mustard
- (25) Oven-fried haddock fillets
2 pounds haddock fillets
prepared as in recipe No. 3

Halibut, fresh or frozen fillets or steaks

- (26) Broiled halibut steaks
2 pounds halibut steaks
prepared as in recipe No. 5
- (27) Halibut a la Mexicana
2 cups flaked halibut
1/4 cup butter or other fat
1/4 cup flour
1 3/4 cups milk
1/4 cup orange juice
2 tablespoons lemon juice
1 egg, beaten
- (28) Halibut and olive roll
1 1/4 pounds halibut fillets
1/2 cup chopped ripe olives
1/4 cup butter or other fat
2 tablespoons lemon juice
2 tablespoons chopped onion
1/2 cup water
2 tablespoons milk
2 cups biscuit mix

- (29) Halibut piquante
2 pounds halibut fillets
1 medium-sized onion, sliced
1 lemon, sliced
1 cucumber, sliced
1 cup mayonnaise or
salad dressing
1/4 cup catsup
1/4 cup chopped chives

- (30) Halibut rarebit casserole
2 cups flaked halibut
1 cup peas
3 cups cooked spaghetti
1/2 cup grated cheddar cheese
1/4 cup chopped green pepper
3 tablespoons butter or
other fat
3 tablespoons flour
1 1/2 cups milk
2 tablespoons butter or
other fat
1/2 cup dry bread crumbs

Mackerel, fresh, frozen or canned

- (31) Broiled mackerel fillets
2 pounds mackerel fillets
prepared as in recipe No. 5
- (32) Fried mackerel fillets
2 pounds mackerel fillets
prepared as in recipe No. 6
- (33) Mackerel salad
1 15-ounce can mackerel
1 cup chopped celery
1/2 cup mayonnaise or
salad dressing
2 tablespoons chopped sweet
pickle
2 tablespoons chopped onion
3 hard-cooked eggs, chopped

Ocean perch, fresh or frozen

- (34) Baked ocean perch fillets
2 pounds ocean perch fillets
prepared as in recipe No. 4

(35) Fried ocean perch fillets
2 pounds ocean perch fillets
prepared as in recipe No. 6

(36) Molded ocean perch salad
2 cups flaked ocean perch
prepared as in recipe No. 17

(37) New England ocean perch chowder
1 pound ocean perch fillets
2 tablespoons chopped bacon
1/2 cup chopped onion
2 cups water
1 cup diced potato
2 cups rich milk

(38) Ocean perch baked in Spanish sauce
2 pounds ocean perch fillets
prepared as in recipe No. 8

(39) Ocean perch kabobs
2 pounds ocean perch fillets
prepared as in recipe No. 9

(40) Ocean perch kabobs with mushrooms
2 pounds ocean perch fillets
5 slices bacon
1 4-ounce can button
mushrooms, drained
2 tablespoons lemon juice
1/4 cup catsup
1/4 cup French dressing

Pollock, fresh, frozen or canned flakes

(41) Creamed pollock
2 cups flaked pollock
3 tablespoons flour
3 tablespoons butter or
other fat
1 1/2 cups milk

(42) Fried pollock fillets with
almond sauce
2 pounds pollock fillets

Almond sauce
1/4 cup butter or other fat
1 tablespoon flour
1 cup milk or light cream
1/4 cup chopped almonds

(43) Pollock cakes
1 14-ounce can flaked pollock
prepared as in recipe No. 17

(44) Pollock loaf
1 14-ounce can flaked pollock
3 cups soft bread cubes
1 1/2 tablespoons chopped parsley
1 tablespoon lemon juice
2 tablespoons chopped onion
3 tablespoons butter or other fat
2 eggs, beaten
3/4 cup milk

(45) Pollock rice loaf
1 pound can flaked pollock
prepared as in recipe No. 11

(46) Pollock salad
1 14-ounce can flaked pollock
prepared as in recipe No. 33

(47) Pollock shortcake
1 14-ounce can flaked pollock
2 1/2 tablespoons chopped onion
2 tablespoons butter or other fat
1/4 cup flour
2 cups milk
1/2 cup grated cheese
1 hard-cooked egg, sliced

Rockfish, western, fresh or frozen

(48) Baked stuffed rockfish fillets
2 pounds rockfish fillets
prepared as in recipe No. 1

(49) Oven-steamed rockfish fillets
2 pounds rockfish fillets
1 medium onion, sliced

(50) Rockfish cocktail
1 1/2 cups flaked rockfish
3/4 cup catsup
1/4 cup lemon juice
3 tablespoons chopped celery

Salmon, canned

- (51) Molded salmon salad
1 pound can salmon
2 hard-cooked eggs, chopped
1/2 cup pitted chopped ripe olives
1/2 cup chopped toasted almonds
1 tablespoon gelatin
1/4 cup water
1 cup mayonnaise or
salad dressing
1 cup sour cream
1 tablespoon grated onion
2 tablespoons lemon juice
1/2 cup chopped parsley
3 fresh tomatoes
1/3 cup chopped green pepper
2 tablespoons chopped onion
lettuce
- (52) Salmon à la king in puff shells
1 pound can salmon
1/4 cup chopped green pepper
2 tablespoons chopped pimento
3 tablespoons butter or other fat
3 tablespoons flour
1 cup milk
- Puff shells
1/2 cup flour
1/2 cup water
1/4 cup butter or other fat
2 eggs
- (53) Salmon loaf
1 pound can salmon
prepared as in recipe No. 44
- (54) Salmon rice loaf
1 pound can salmon prepared
as in recipe No. 11
- (55) Smoked salmon rolls
1 7-ounce can smoked salmon
2 tablespoons lemon juice
1/4 cup mayonnaise or
salad dressing
1 cup pastry mix

Salmon, fresh or frozen steaks

- (56) Baked salmon steaks
2 pounds salmon steaks
prepared as in recipe No. 4
- (57) Broiled salmon steaks
2 pounds salmon steaks
prepared as in recipe No. 5

Sardine, California, natural pack, canned

- (58) California sardine appetizers
1 15-ounce can California sardines
1 cup grated sharp cheese
2 tablespoons mayonnaise or
salad dressing
1 tablespoon grated onion
1 tablespoon lemon juice
2 teaspoons horseradish mustard
5 slices bread
- (59) California sardine and apple salad
1 15-ounce can California sardines
1 cup diced apples
1/2 cup chopped celery
1/4 cup raisins
1/4 cup mayonnaise or
salad dressing
- (60) California sardine and
noodle casserole
1 15-ounce can California sardines
3 tablespoons butter or other fat
3 tablespoons flour
2 tablespoons chopped green pepper
1 1/2 cups milk
3 tablespoons chopped onion
1 1/2 cups cooked noodles
1/2 cup grated cheese
2 tablespoons butter or other fat
1/2 cup dry bread crumbs

- (61) California sardine salad
1 15-ounce can California sardines
1 cup chopped celery
1/4 cup chopped sweet pickle
2 tablespoons chopped onion
1/2 cup mayonnaise or
salad dressing
3 hard-cooked eggs, chopped

- (62) California sardine
salad sandwiches
1 15-ounce can California sardines
prepared as in recipe No. 61
lettuce
12 slices bread

- (63) Toasted California sardine
cheese sandwiches
1 15-ounce can California sardines
1/4 cup butter or other fat
1 teaspoon prepared mustard
6 slices cheese
6 slices bread

Shad, fresh dressed and roe

- (64) Baked shad
3 or 4 pounds dressed shad
1/4 cup butter or other fat
3 slices bacon
- (65) Broiled shad roe
1 1/2 pounds shad roe
1/4 cup butter or other fat
2 tablespoons lemon juice
- (66) Shad creole
2 pounds shad fillets
2 tablespoons chopped onion
2 tablespoons chopped green pepper
2 cups canned tomatoes
3 tablespoons butter or other fat
3 tablespoons flour

Swordfish, fresh or frozen steaks

- (67) Broiled swordfish steaks
2 pounds swordfish steaks
prepared as in recipe No. 5

- (68) Broiled swordfish steaks
with cheese
2 pounds swordfish steaks
1/4 cup butter or other fat
1/4 pound grated sharp cheese

- (69) Swordfish baked in sour cream
1 1/2 pounds swordfish steaks
1 cup sour cream
1 tablespoon grated onion
1 tablespoon lemon juice or
white vinegar

- (70) Swordfish kabobs
2 pounds swordfish steaks
prepared as in recipe No. 10

- (71) Swordfish kabobs with mushrooms
2 pounds swordfish steaks
prepared as in recipe No. 40

Tilefish, fresh or frozen steaks

- (72) Baked tilefish steaks
2 pounds tilefish steaks
prepared as in recipe No. 4

- (73) Boiled tilefish steaks with
egg sauce
2 pounds tilefish steaks
prepared as in recipe No. 14

- (74) Broiled tilefish steaks
with cheese
2 pounds tilefish steaks
1 cup grated cheese
1/4 cup butter or other fat
2 tablespoons chili sauce
1 tablespoon prepared mustard

- (75) Broiled tilefish steaks with
pickle relish
2 pounds tilefish steaks
3/4 cup mayonnaise or
salad dressing
1/4 cup pickle relish
1/4 cup butter or other fat
2 tablespoons chopped onion

(76) Tilefish au gratin
2 cups flaked tilefish
2 tablespoons chopped onion
3 tablespoons butter or
other fat
1/4 cup flour
1 1/2 cups milk
1/2 cup grated cheese
1 tablespoon butter or
other fat
1/4 cup bread crumbs

(77) Tilefish casserole
2 cups flaked tilefish
1/4 cup chopped green pepper
3 tablespoons chopped onion
1/4 cup butter or other fat
1/4 cup flour
1 cup milk
1 cup condensed mushroom soup
2 tablespoons butter or other fat
1/2 cup dry bread crumbs

(78) Tilefish patties
2 cups flaked tilefish
1 egg, beaten
1 tablespoon chopped onion
1/2 cup milk
2 tablespoons sweet
pickle relish
1 cup dry bread crumbs

(79) Tilefish timbales
2 cups flaked tilefish
2 tablespoons flour
2 tablespoons butter or
other fat
2 eggs, beaten
1 cup milk
1 tablespoon chopped parsley
2 tablespoons butter or
other fat
1/2 cup dry bread crumbs

Tuna, canned

(80) Tuna salad
Prepared as in recipe No. 33

Tuna, "Little," Eastern, fresh or
frozen steaks

(81) Baked "little tuna" in
creole sauce
3 pounds "little tuna" steaks
2 tablespoons butter or
other fat
1/4 cup sweet pickle relish
1/4 cup chopped onion
1/2 cup chopped celery
1/4 cup chopped green pepper
1 can condensed tomato soup
1/4 cup water

(82) Baked "little tuna" supreme
2 cups flaked "little tuna"
2 tablespoons butter or
other fat
1 tablespoon flour
2 cups milk
2 eggs, beaten
1 tablespoon lemon juice
6 tablespoons butter or
other fat
1 1/2 cups cracker crumbs

(83) Baked stuffed "little tuna" steaks
2 pounds "little tuna" steaks
prepared as in recipe No. 1

(84) Boiled "little tuna" steaks with
egg sauce
2 pounds "little tuna" steaks
prepared as in recipe No. 14

(85) "Little tuna" baked in Spanish
sauce
2 pounds "little tuna" steaks
prepared as in recipe No. 8

(86) "Little tuna" cakes
2 cups flaked "little tuna"
2 cups mashed potato
2 eggs, beaten
2 tablespoons chopped parsley
2 tablespoons chopped onion
2 tablespoons butter or
other fat
1/2 cup dry bread crumbs

- (87) "Little tuna" croquettes
 2 cups flaked "little tuna"
 1/4 cup butter or other fat
 1/4 cup flour
 1 cup milk
 1 tablespoon lemon juice
 2 tablespoons butter or other fat
 1/2 cup dry bread crumbs
- (88) "Little tuna" noodle casserole
 2 cups flaked "little tuna"
 1 cup milk
 1 can condensed mushroom soup
 2 cups cooked egg noodles
 2 tablespoons butter or other fat
 1/2 cup dry bread crumbs
- (89) "Little tuna" pie
 2 cups flaked "little tuna"
 1/4 cup butter or other fat
 1/4 cup flour
 1 can condensed tomato soup
 1 cup water
 1/2 cup diced potato
 1/2 cup cooked peas
 1/2 cup chopped onion
 pastry
- (90) "Little tuna" salad
 2 cups flaked "little tuna"
 prepared as in recipe No. 33
- (91) "Little tuna" shepherd's pie
 2 cups flaked "little tuna"
 1/4 cup butter or other fat
 1/4 cup flour
 2 cups milk
 1/2 cup cooked peas
 1/2 cup cooked diced carrots
 2 cups mashed potato
- (92) "Little tuna" slaw
 2 cups flaked "little tuna"
 2 hard-cooked eggs, chopped
 2 tablespoons chopped green pepper
 3 tablespoons chopped onion
 2 cups coarsely grated cabbage
 1/2 cup mayonnaise or salad dressing

- (93) Manhattan "little tuna" chowder
 1 pound "little tuna"
 2 tablespoons chopped bacon
 1/2 cup chopped celery
 1/2 cup chopped onion
 1/2 cup diced potato
 1 can condensed tomato soup
 3 cups water

- (94) New England "little tuna" chowder
 1 3/4 pounds "little tuna"
 2 tablespoons chopped bacon
 1 cup diced potato
 1/2 cup chopped onion
 3 tablespoons flour
 2 cups water
 2 cups milk

Fresh Water Fish

Whitefish, fresh or frozen

- (95) Baked stuffed whitefish
 3 or 4 pounds dressed whitefish
 prepared as in recipe No. 1

Shellfish

Crab, fresh or canned

Most of the recipes were first prepared using fresh-cooked blue-crab meat. However, frequently retests were made using canned blue-crab meat and frozen cooked king crab meat. In a few recipes canned dungeness crab meat was used. Since none of these products vary significantly in proximate composition, no distinction has been made in recipe names or in the inclusion of dishes varying only in this respect in the average values.

- (96) Avacado crab salad in ring mold
 1 pound crab meat
 2 tablespoons gelatin
 1/4 cup water
 1/2 cup diced cucumber
 1/2 cup chopped celery
 3 tomatoes, quartered
 1 avacado, sliced
 2 3-ounce packages cream cheese
 1 cup tomato sauce
 1/2 cup mayonnaise or salad dressing

- (97) Avacado stuffed with crab salad
 1 pound crab meat
 3 ripe avacados
 2 tablespoons butter or other fat
 2 tablespoons flour
 1 cup milk
 2 tablespoons chopped pimento
 2 tablespoons chopped olive
 1/4 cup grated cheese
- (98) Baked crab meat
 1 pound crab meat
 1/4 cup butter or other fat
 2 tablespoons flour
 1 cup milk
 2 egg yolks
 1 tablespoon lemon juice
- (99) Barbequed crab sandwiches
 1 pound crab meat
 1/2 cup chopped onion
 3/4 cup chopped celery
 3 tablespoons chopped parsley
 1/4 cup butter or other fat
 1/4 cup flour
 1 cup tomato juice
 2 tablespoons soy sauce
 6 buns
- (100) Chesapeake crab chowder
 1 pound crab meat
 3 cups water
 2 cups tomato juice
 1/4 cup butter or other fat
 1/4 cup flour
 1/2 cup chopped onion
 1 1/2 cups diced potato
 2 tablespoons chopped parsley
- (101) Crab appetizers
 1 pound crab meat
 1 tablespoon chopped onion
 1 tablespoon butter or other fat
 3 tablespoons flour
 1/2 cup milk
 1 egg, beaten
- (102) Crab bisque
 1 pound crab meat
 1/4 cup melted butter or other fat
 1/4 cup flour
 1 cup water
 1 bouillon cube
 3 1/2 cups milk
 1/4 cup chopped onion
 2 tablespoons chopped celery
 1 tablespoon chopped parsley
- (103) Crab cakes
 1 pound crab meat
 2 tablespoons butter or other fat
 2 tablespoons chopped onion
 1 egg, beaten
- (104) Crab canapés
 1 pound crab meat
 3 tablespoons mayonnaise or salad dressing
 1 tablespoon prepared mustard
 1 tablespoon lemon juice
 12 slices bread
 1/4 cup Parmesan cheese
 2 tablespoons dry bread crumbs
- (105) Crab casserole
 1 pound crab meat
 1/2 cup chopped celery
 2 tablespoons chopped green pepper
 1/4 cup butter or other fat
 2 tablespoons flour
 1 cup milk
 1 egg yolk, beaten
 2 tablespoons lemon juice
 1 tablespoon butter or other fat
 1/4 cup dry bread crumbs

- (106) Crab Jambalaya
 1 pound crab meat
 1/2 cup chopped bacon
 1/2 cup chopped onion
 1/2 cup chopped green pepper
 1/2 cup chopped celery
 1 tablespoon Worcestershire sauce
 3 cups canned tomatoes
 3 cups cooked rice
- (107) Crab mousse
 1 pound crab meat
 1 tablespoon gelatin
 3/4 cup water
 1/2 cup chopped celery
 2 tablespoons chopped pimento
 1 tablespoon chopped onion
 2 tablespoons chili sauce
 1 tablespoon lemon juice
 1/2 cup heavy cream, whipped
 1/4 cup mayonnaise or salad dressing
- (108) Crab Newberg
 1 pound back fin lump crab meat
 6 tablespoons butter or other fat
 3 tablespoons flour
 3 egg yolks, beaten
 1 1/2 cups thin cream
 2 tablespoons sherry
- (109) Crab potato cakes
 1 pound crab meat
 1 cup mashed potato
 1 egg, beaten
- (110) Crab puffs
 1 pound crab meat
 2 tablespoons butter or other fat
 2 tablespoons flour
 1 cup milk
 2 eggs, separated
 1 cup heavy cream, whipped
- (111) Crab ravigote
 1 pound crab meat
 2 tablespoons chopped onion
 2 tablespoons chopped sweet pickle
 1 tablespoon chopped parsley
 2 tablespoons chopped olive
 1 hard-cooked egg, chopped
 2 tablespoons lemon juice
 1/4 cup mayonnaise or salad dressing
- (112) Crab salad in eggs
 1 pound crab meat
 1 tablespoon chili sauce
 1 cup mayonnaise or salad dressing
 12 hard-cooked eggs
- (113) Crab salad in puff shells
 1/2 pound crab meat
 1/2 cup chopped celery
 1 tablespoon chopped sweet pickle
 1/4 cup mayonnaise or salad dressing
 puff shells, see recipe No. 54
- (114) Crab salad in tomato aspic ring
 1 pound crab meat
 1 cup chopped celery
 2 tablespoons chopped onion
 2 tablespoons chopped sweet pickle
 1 tablespoon lemon juice
 1/4 cup mayonnaise or salad dressing
- Aspic
 2 tablespoons gelatin
 1/2 cup water
 2 tablespoons lemon juice
 2 cups tomato juice

- (115) Crab souffle
 1 pound crab meat
 3 tablespoons butter or other fat
 1/4 cup flour
 1 cup milk
 2 tablespoons chopped parsley
 2 tablespoons chopped onion
 1 tablespoon lemon juice
 3 eggs, separated
- (116) Crab stew
 1 pound crab meat
 1 1/2 cups crushed crackers
 2 tablespoons butter or other fat
 1 pint milk
 1 pint thin cream
 1 pint chicken stock
- (117) Cream of crab soup
 1 pound crab meat
 1/4 cup chopped onion
 1/4 cup chopped celery
 2 tablespoons butter or other fat
 2 tablespoons flour
 1 quart milk
 2 tablespoons chopped parsley
- (118) Creole crab soup
 1 pound crab meat
 2 tablespoons butter or other fat
 2 tablespoons flour
 2 cups water
 1 can condensed tomato soup
 2 tablespoons chopped onion
 1/4 cup chopped green pepper
- (119) Deviled crab
 1 pound crab meat
 2 cups soft bread cubes
 1/4 cup butter or other fat
 2 tablespoons chopped parsley
 2 hard-cooked eggs, chopped
 2 tablespoons lemon juice
 2/3 cup catsup
 2 tablespoons butter or other fat
 1/2 cup dry bread crumbs
- (120) Eastern crab cakes
 1 pound crab meat
 2 tablespoons butter or other fat
 1 cup soft bread cubes
 3 tablespoons chopped onion
 3 tablespoons chopped parsley
 1 egg, beaten
 1/2 cup dry bread crumbs
- (121) Fried soft-shell crabs
 12 soft-shell crabs
 2 eggs, beaten
 1/4 cup milk
 1 cup dry bread crumbs
 1 cup flour
- (122) Hot crab sandwiches
 1 pound crab meat
 1 tablespoon chopped onion
 1 tablespoon chopped celery
 1 tablespoon chopped sweet pickle
 3 tablespoons mayonnaise or salad dressing
 2 eggs, beaten
 1/2 cup milk
 12 slices bread
- (123) Imperial crab
 1 pound crab meat
 3 tablespoons butter or other fat
 2 tablespoons flour
 1/2 cup milk
 2 tablespoons chopped onion
 2 tablespoons chopped green pepper
 2 hard-cooked eggs, chopped
 1 tablespoon lemon juice
- (124) Jellied crab salad
 1 pound crab meat
 1 package lemon gelatin
 1 1/2 cups water
 1/4 cup lemon juice
 1 cup chopped celery
 1/4 cup French dressing
 1/2 cup mayonnaise or salad dressing

(125) Molded crab salad
1 pound crab meat
prepared as in recipe No. 17

(126) Quick crab casserole
1 pound crab meat
1/2 cup milk
1/2 cup canned peas
1/2 cup grated cheese
1 can condensed mushroom soup

(127) Tomatoes stuffed with crab
1 pound crab meat
3 tablespoons butter or
other fat
1/4 cup chopped parsley
1 tablespoon lemon juice
1/2 cup dry bread crumbs
1/3 cup grated cheese
6 large tomatoes

Clams, hard, fresh or canned

(128) Clam cheese appetizers
1 7-ounce can minced clams
2 3-ounce packages cream cheese
1 tablespoon finely
chopped onion

(129) Clam fritters
2 7-ounce cans minced clams
2 cups flour
1 tablespoon baking powder
1 tablespoon butter or other fat
2 eggs, beaten

(130) Clam loaf
2 7-ounce cans minced clams
3 tablespoons chopped bacon
1/4 cup chopped onion
3 cups soft bread cubes
3 eggs, beaten

(131) New England clam chowder
1 quart shucked clams
6 tablespoons chopped salt pork
or bacon
1/2 cup chopped onion
2 cups diced potato
2 cups milk
2 tablespoons chopped parsley

(132) Puget Sound clam chowder
2 7-ounce cans minced clams
1/4 cup butter or other fat
1/4 cup flour
2 cups water
1/2 cup chopped celery
1/2 cup chopped onion
2 cups diced potato
2 cups canned tomatoes

Lobster, fresh or canned meat

(133) Lobster Newberg
1 pound lobster meat
1/4 cup butter or other fat
3 egg yolks
1/4 cup sherry
1 cup cream

(134) Lobster salad
2 cups lobster meat
2 tablespoons chopped onion
2 tablespoons chopped sweet pickle
3/4 cup chopped celery
3 hard-cooked eggs, chopped
1/2 cup mayonnaise or
salad dressing
6 large tomatoes

Oysters, shucked, fresh or frozen

(135) Fried oysters
1 quart select oysters
2 eggs, beaten
2 tablespoons milk
1 cup dry bread crumbs

Scallops, fresh or frozen

(136) Scallop kabobs with pineapple
1 pound scallops
2 cups pineapple chunks
1/4 cup butter or other fat
6 tablespoons brown sugar
1/2 cup pineapple juice (drained
from chunks)

(137) Scallop kabobs with tomato
1 pound scallops
5 small tomatoes, quartered
2 tablespoons butter or other fat

Shrimp, fresh, frozen or canned

For certain of the shrimp dishes it is preferable to use raw headless shrimp while in many others cooked and peeled shrimp is used. For these latter, twice the recipe weight should be used if starting with raw shrimp. That is, the loss in cooking, peeling and cleaning is about 50 percent. "Cooked shrimp" as used in this section means cooked, peeled and cleaned shrimp.

- (138) Curried shrimp
3/4 pound cooked shrimp
1/4 cup chopped onion
3 tablespoons butter or other fat
3 tablespoons flour
1 teaspoon curry powder
2 cups milk
3 cups cooked rice
- (139) French fried shrimp
1 1/2 pounds shrimp
2 eggs, beaten
1/2 cup dry bread crumbs
1/2 cup flour
- (140) French fried shrimp in batter
1 1/2 pounds shrimp
1/2 cup flour
1/2 cup milk
1 egg, beaten
- (141) Green peppers stuffed with shrimp
3/4 pound cooked shrimp
6 large green peppers
1 cup cooked rice
1 cup grated cheese
1 egg, beaten
1 tablespoon butter or other fat, melted
1/4 cup dry bread crumbs
- (142) Shrimp à la king
3/4 pound cooked shrimp
1/2 cup sliced mushrooms
3 tablespoons chopped green pepper
3 tablespoons butter or other fat
3 tablespoons flour
1 1/2 cups milk
2 tablespoons chopped pimento
6 toast cups or patty shells
- (143) Shrimp and apple salad
3/4 pound cooked shrimp
2 cups diced red apples
1/2 cup chopped celery
1 tablespoon lemon juice
1/3 cup mayonnaise or salad dressing
- (144) Shrimp au gratin
3/4 pound cooked shrimp
3 tablespoons chopped onion
3 tablespoons butter or other fat
1/4 cup flour
1 1/2 cups milk
1 cup grated cheese
1 tablespoon butter or other fat
1/4 cup dry bread crumbs
- (145) Shrimp au gratin with tomato juice
3/4 pound cooked shrimp
Ingredients are identical with recipe No. 144 except for substitution of 1 1/2 cups tomato juice for milk
- (146) Shrimp bisque
3/4 pound cooked shrimp
2 tablespoons chopped onion
2 tablespoons chopped celery
1/4 cup butter or other fat
2 tablespoons flour
1 quart milk
- (147) Shrimp canapés
1/2 pound cooked shrimp
1 3-ounce package cream cheese
1 tablespoon chili sauce
crackers, toast or bread
- (148) Shrimp casserole
3/4 pound cooked shrimp
3 tablespoons chopped onion
1/2 cup chopped celery
1/4 cup chopped green pepper
1/4 cup butter or other fat
6 tablespoons flour
1 can condensed mushroom soup
1 1/2 cups milk
1 tablespoon butter or other fat
1/4 cup dry bread crumbs

- (149) Shrimp creole
 1 1/2 pounds shrimp
 1/4 cup chopped onion
 1/4 cup chopped green pepper
 1/4 cup butter or other fat
 3 tablespoons flour
 2 cups canned tomatoes
 3 cups cooked rice
- (150) Shrimp in tomato aspic
 3/4 pound cooked shrimp
 2 tablespoons gelatin
 2 cups tomato juice
 1 tablespoon lemon juice
 2 tablespoons chopped pickle
- (151) Shrimp Jambalaya
 3/4 pound cooked shrimp
 1/4 cup chopped bacon
 3 tablespoons chopped onion
 3 tablespoons chopped green pepper
 1 tablespoon flour
 2 cups canned tomatoes
 2 cups cooked rice
- (152) Shrimp kabobs
 1 1/2 pounds shrimp
 4 slices bacon, cut in squares
 1 4-ounce can button mushrooms, drained
 3 tablespoons butter or margarine
- (153) Shrimp meuniere
 1 1/2 pounds shrimp
 1/4 cup butter or margarine
 1 tablespoon lemon juice
- (154) Shrimp mousse
 3/4 pound cooked shrimp
 1 tablespoon gelatin
 3/4 cup water
 1/2 cup chopped celery
 2 tablespoons chopped pimento
 1 tablespoon grated onion
 2 tablespoons chili sauce
 1 tablespoon Worcestershire sauce
 1 tablespoon lemon juice
 1/4 cup mayonnaise or salad dressing
 1/2 cup heavy cream, whipped
- (155) Shrimp Newberg
 3/4 pound cooked shrimp
 1/4 cup butter or other fat
 2 tablespoons flour
 1 1/2 cups thin cream
 2 egg yolks, beaten
 2 tablespoons sherry
 12 toast points
- (156) Shrimp salad
 3/4 pound cooked shrimp
 1 cup chopped celery
 1 tablespoon grated onion
 2 tablespoons chopped sweet pickle
 1/4 cup mayonnaise or salad dressing
- (157) Shrimp sauce
 See recipe No. 7
- (158) Shrimp thermidor
 3/4 pound cooked shrimp
 1/2 cup sliced mushrooms
 1/4 cup butter or other fat
 1/4 cup flour
 2 cups milk
 grated Parmesan cheese
- (159) Shrimp turnovers
 1/2 pound cooked shrimp
 1 tablespoon chopped sweet pickle
 2 tablespoons lemon juice
 3 tablespoons mayonnaise or salad dressing
 1 cup pastry mix
- (160) Shrimp wiggle
 3/4 pound cooked shrimp
 1/4 cup butter or other fat
 1/4 cup flour
 2 cups milk
 1 cup cooked peas
 6 toast cups or pastry shells
- (161) Tomatoes stuffed with shrimp
 3/4 pound cooked shrimp
 6 large tomatoes
 This is identical with recipe No. 141 except for use of tomatoes instead of green peppers

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