The United States Department of Commerce makes available a voluntary inspection service which permits processors of inspected seafoods to display official USOC grade or inspection shields on their labels. Only those firms that process fishery products under USOC inspection are permitted to use these marks.
TIME FOR SEAFOOD

Time is a valuable commodity today. There doesn’t seem to be enough of it. We, as a nation and as individuals, work, play, sleep, and even eat by the clock, usually with one eye on the food and one eye on the time so we won’t be late for yet another appointment.

We are also a people with a “convenience” conscience, who pride ourselves on the shortcuts, timesavers, and efficiency plans we have developed. But where has this gotten us? Apparently no closer to coping with speeding time!

No one feels the pressure more than the modern homemaker. She shops for quick-fix convenience foods, her kitchen is well planned to save steps and energy, and she has countless time-saving kitchen gadgets. Yet she seldom seems to have time to prepare a meal from scratch “the way mother did”, nor rarely does her family have time to sit down, relax, and leisurely enjoy such a meal. Everyone has to be somewhere else too soon afterwards to enjoy or appreciate her efforts.

However, the National Marine Fisheries Service, says there is time—TIME FOR SEAFOOD. With the harried, hurried homemaker in mind, the NMFS has produced this booklet of excitingly new seafood recipes—each of which can be fully prepared in just a few minutes. Fish and shellfish are among the best natural timesavers; they cook quickly and easily. Around this natural rallying point, short, attractive, and flavorful recipes have been developed, as the basis for quick complete meals. Try them. We know YOU will also find that it’s TIME FOR SEAFOOD.
**FAST FISH BROIL**

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

1/4 cup garlic French dressing  

3 tablespoons soy sauce  

3/4 teaspoon ground ginger  

Lime slices

Thaw frozen fillets. Place fillets in a single layer, skinned side down, on a bake and serve platter, 16 x 10 inches. Combine French dressing, soy sauce, and ginger. Pour sauce over fillets and let stand 10 minutes. Broil about 4 inches from source of heat for 10 to 15 minutes or until fillets flake easily when tested with a fork. Baste once during broiling with sauce in pan. Garnish with lime slices. Makes 6 servings.

**FASTER FLOURNDR**

2 pounds skinless flounder fillets or other fish fillets, fresh or frozen  

2 tablespoons grated onion  

1 1/2 teaspoons salt  

1/8 teaspoon pepper  

2 large tomatoes, cut into small pieces  

1/4 cup butter or margarine, melted  

1 cup shredded Swiss cheese

Thaw frozen fillets. Place fillets in a single layer on a well-greased bake and serve platter, 16 x 10 inches. Sprinkle fillets with onion, salt, and pepper. Cover fillets with tomatoes. Pour butter over tomatoes. Broil about 4 inches from source of heat for 10 to 12 minutes or until fillets flake easily when tested with a fork. Remove from heat and sprinkle with cheese. Broil 2 to 3 minutes longer or until cheese melts. Makes 6 servings.
KING CRAB KRUNCH

1 pound king crab meat, fresh or frozen
1 can (8¾ ounces) crushed pineapple
3 tablespoons butter or margarine
½ cup thinly sliced celery

2 tablespoons cornstarch
2 cups chicken broth
½ cup toasted blanched slivered almonds
1 tablespoon lemon juice
1 can (5 ounces) chow mein noodles


TUNA TOSS

2 cans (6½ or 7 ounces each) tuna
3 cups shredded raw carrot
1 can (13½ ounces) pineapple chunks, drained

½ cup sliced celery
½ cup mayonnaise or salad dressing
¼ cup seedless raisins
Salad greens
Carrot curls

HEAVENLY SOLE

2 pounds skinless sole fillets or other fish fillets, fresh or frozen
2 tablespoons lemon juice
½ cup grated Parmesan cheese
¼ cup butter or margarine, softened

3 tablespoons mayonnaise or salad dressing
3 tablespoons chopped green onion
¼ teaspoon salt
Dash liquid hot pepper sauce

Thaw frozen fillets. Place fillets in a single layer on a well-greased bake and serve platter, 16 x 10 inches. Brush fillets with lemon juice and let stand for 10 minutes. Combine remaining ingredients. Broil fillets about 4 inches from source of heat for 6 to 8 minutes or until fillets flake easily when tested with a fork. Remove from heat and spread with cheese mixture. Broil 2 to 3 minutes longer or until lightly browned. Makes 6 servings.

FISH, ITALIAN STYLE

12 frozen fried fish portions (2½ to 3 ounces each)
1 can (8 ounces) spaghetti sauce with mushrooms
1 teaspoon oregano
1 package (4 ounces) shredded mozzarella cheese

Place frozen fish portions in a single layer on a baking pan, 15 x 10 x 1 inches. Combine sauce and oregano. Spoon sauce on each portion. Sprinkle with cheese. Bake in an extremely hot oven, 500°F., for 10 to 15 minutes or until fish is hot and cheese melts. Makes 6 servings.
HURRY UP HALIBUT

2 pounds halibut steaks or other fish steaks, fresh or frozen
1/3 cup hickory smoke flavored barbecue sauce
3 tablespoons salad oil
2 tablespoons frozen pineapple juice concentrate, thawed
1 tablespoon lemon juice
1 tablespoon instant minced onion
1/4 teaspoon salt

Thaw frozen steaks. Place steaks in a single layer on a well-greased bake and serve platter, 16 x 10 inches. Combine remaining ingredients. Brush steaks with sauce. Broil about 4 inches from source of heat for 10 to 15 minutes or until steaks flake easily when tested with a fork. Baste once during broiling with the remaining sauce. Makes 6 servings.

WATCH THE CLOCK.

OPULENT OYSTERS

3 cans (8 ounces each) oysters
1 can (3 1/2 ounces) French fried onions
1/4 cup light cream
2 tablespoons grated Parmesan cheese
2 tablespoons butter or margarine

Drain oysters thoroughly. Spread 1/4 cup of onions in a well-greased round baking dish, 8 x 2 inches. Cover with the oysters. Pour cream over oysters. Combine remaining onions and cheese. Sprinkle over top. Dot with butter. Bake in a very hot oven, 450°F., for 8 to 10 minutes or until lightly browned. Makes 6 servings.
BREEZY SALMON BAKE

2 pounds salmon steaks or other fish steaks, fresh or frozen
2 tablespoons grated onion
1 1/4 teaspoons dill weed

1 teaspoon salt
Dash pepper
1 tablespoon butter or margarine
3/4 cup light cream

Thaw frozen steaks. Place steaks in a single layer in a well-greased baking dish, 12 x 8 x 2 inches. Sprinkle steaks with onion, dill weed, salt, and pepper. Dot with butter. Pour cream over steaks. Bake in a moderate oven, 350°F., for 25 to 30 minutes or until steaks flake easily when tested with a fork. Makes 6 servings.

SOUPER CLAM DANDY

2 cans (7 1/2 or 8 ounces each) minced clams
1 package (10 ounces) frozen baby lima beans
1 cup boiling water
1/2 teaspoon savory salt
4 slices bacon

2 cans (10 1/2 ounces each) condensed cream of chicken soup
1 1/2 cups milk
1 tablespoon onion powder
Dash liquid hot pepper sauce

Drain clams. Place beans in boiling salted water in a 3-quart saucepan. Bring to the boiling point again. Cover and simmer for 10 to 15 minutes or until beans are tender. Fry bacon until crisp. Drain on absorbent paper. Crumble bacon. When beans are tender, stir in remaining ingredients except bacon. Cover and simmer until hot. Garnish soup with bacon. Makes 6 servings.
1-2-3 CRAB

1 pound lump blue crab meat, fresh, frozen, or pasteurized  
1/2 cup butter or margarine, melted  
1 tablespoon tarragon vinegar


COMPANY CRAB

1 pound Dungeness crab meat, fresh or frozen  
1/2 teaspoon salt  
Dash cayenne pepper  
1 can (15 ounces) artichoke hearts, drained  
1 cup half and half cream  
2 can (4 ounces) sliced mushrooms, drained  
2 tablespoons sherry  
2 tablespoons cereal crumbs  
1 tablespoon grated Parmesan cheese  
2 1/2 tablespoons flour  
Paprika

TUNA TAIPEI

2 cans (6½ or 7 ounces each) tuna
½ cup chopped green onion
¼ cup salad oil
4 cups cold unsalted cooked rice

3 tablespoons soy sauce
2 eggs, beaten
1 can (5 ounces) water chestnuts, drained and chopped


WATCH THE CLOCK.

SAUCY SARDINE ROLL UPS

2 cans (4 ounces each) Maine sardines
1 can (8 ounces) refrigerated crescent dinner rolls

Mustard Sauce

Drain sardines. Unroll crescent dough and separate into 8 triangles. Place a sardine on the wide end of each triangle and roll up. Place rolls on an ungreased baking pan, 15 x 10 x 1 inches. Bake in a moderate oven, 375°F., for 12 to 15 minutes or until golden brown. Serve with hot Mustard Sauce. Makes 6 servings.
Mustard Sauce

1/2 cup sour cream  
1 1/2 tablespoons prepared mustard  
2 teaspoons butter or margarine  
1/2 teaspoon parsley flakes  
1/8 teaspoon salt


FISH COOK QUICKLY.

SEAFOOD SWIFTY

2 pounds skinless rock-fish fillets or other fish fillets, fresh or frozen  
2 cups frozen chopped onion  
1/4 cup melted fat or oil  
1 1/2 teaspoons salt  
1/4 teaspoon pepper  
2 tomatoes, sliced  
1 lemon, sliced  
1 large bay leaf  
1/4 cup water  
1 teaspoon sugar  
1 teaspoon cider vinegar  
French bread

Thaw frozen fillets. Cook onion in fat in a 10-inch fry pan until tender. While onion is cooking, cut fillets cross-wise into strips about 1/2 inch wide. Arrange fish over onion. Sprinkle with salt and pepper. Cover fish with tomato and lemon slices. Add the bay leaf. Combine water, sugar, and vinegar. Pour over fish mixture. Cover and simmer 10 to 15 minutes or until fish flake easily when tested with a fork. Serve with French bread. Makes 6 servings.
SALMON ALASKA

1 can (1 pound) salmon
1 cup mayonnaise or salad dressing
2 tablespoons lemon juice
1 1/2 teaspoons parsley flakes
Dash cayenne pepper
2 egg whites
6 tomato slices
6 slices white bread, toasted

Drain salmon. Remove the skin and bones. Flake the salmon. Combine mayonnaise, lemon juice, parsley, and pepper. Beat egg whites until stiff but not dry. Fold mayonnaise mixture into egg white. Place a tomato slice on each piece of toast. Cover tomato with salmon. Place sandwiches on a bake and serve platter, 16 x 10 inches. Spoon mayonnaise mixture over each sandwich. Broil about 12 inches from source of heat for 6 to 8 minutes or until lightly browned. Makes 6 servings.

NEVER OVERCOOK.

FISH THYME

2 pounds smoked white-fish chubs or other small smoked fish
Thyme Butter
Lemon slices
Paprika

Remove heads from fish. Place fish in a single layer in a baking dish, 13 x 9 x 2 inches. Heat in a moderate oven, 350°F., for 15 to 20 minutes or until hot. Split fish open and remove backbone. Place fish on a warm serving platter, flesh side up. Pour hot Thyme Butter over fish. Garnish with lemon slices sprinkled with paprika. Makes 6 servings.
Thyme Butter

\[ \frac{1}{4} \text{ cup butter or margarine} \]
\[ 1 \text{ tablespoon lemon juice} \]
\[ 1 \text{ tablespoon chopped parsley} \]
\[ \frac{1}{2} \text{ teaspoon basil} \]
\[ \frac{1}{2} \text{ teaspoon thyme} \]
\[ \frac{1}{4} \text{ teaspoon salt} \]
\[ \text{Dash pepper} \]

Melt butter. Add remaining ingredients. Keep warm. Makes approximately \( \frac{1}{3} \) cup sauce.

SUNNY SHRIMP SANDWICH

3 cans (4½ ounces each) shrimp
\[ \frac{1}{2} \text{ cup mayonnaise or salad dressing} \]
1 tablespoon lemon juice
\[ 1 \frac{1}{2} \text{ teaspoons grated lemon peel} \]

6 large slices rye bread
6 tablespoons grated Romano cheese
2 tablespoons butter or margarine
Parsley sprigs

Drain shrimp and rinse with cold water. Combine mayonnaise, lemon juice, lemon peel, and shrimp. Mix thoroughly. Toast the bread. Spread each slice with shrimp mixture. Sprinkle with cheese and dot with butter. Place sandwiches on a bake-and-serve platter, 16 x 10 inches. Broil about 6 inches from source of heat for 8 to 10 minutes or until lightly browned. Garnish with parsley. Makes 6 servings.
CHIPPER PERCH

2 pounds yellow perch fillets or other fish fillets, fresh or frozen 1 cup crushed potato chips
½ cup Caesar salad dressing ½ cup shredded sharp Cheddar cheese

Thaw frozen fillets. Dip fillets in salad dressing. Place fillets in a single layer, skin side down, on a baking pan, 15 x 10 x 1 inches. Combine crushed chips and cheese. Sprinkle over fillets. Bake in an extremely hot oven, 500°F., for 10 to 15 minutes or until fillets flake easily when tested with a fork. Makes 6 servings.

SHRIMP HURRY CURRY

1½ pounds raw, peeled, cleaned shrimp, fresh or frozen ¾ cup sour cream
1 can (10 ounces) frozen cream of shrimp soup 1½ teaspoons curry powder
2 tablespoons butter or margarine 2 tablespoons chopped parsley
1 can (10½ ounces) condensed cream of mushroom soup Rice, toast points, or patty shells

Thaw frozen shrimp and soup. Melt butter in a 10-inch fry pan. Add shrimp and cook over low heat for 3 to 5 minutes, stirring frequently. Add the soups and stir until thoroughly blended. Stir in cream, curry powder, and parsley. Heat. Serve over hot, fluffy rice; toast points; or in patty shells. Makes 6 servings.
SKILLET SCALLOPS

2 pounds scallops, fresh or frozen
1 package (7 ounces) frozen pea pods
1/4 cup butter or margarine
2 tomatoes, cut into eighths

1/4 cup water
2 tablespoons cornstarch
1 tablespoon soy sauce
1/2 teaspoon salt
1/8 teaspoon pepper


OYSTER BENEDICT CAPER

2 cans (12 ounces each) oysters, fresh or frozen
1 package (6 ounces) sliced Canadian-style bacon
6 slices white bread

Oyster Hollandaise

Thaw frozen oysters. Toast bread. Place toast on a warm serving platter or individual serving plates. Keep warm. Fry bacon in a 10-inch fry pan. Drain on absorbent paper. Place bacon on toast. Pour oysters and liquor into the fry pan. Simmer for 3 to 5 minutes or until edges curl. Remove oysters with a slotted spoon and place on bacon. Pour hot Oyster Hollandaise over oysters. Serve immediately. Makes 6 servings.
Caper Hollandaise

1 jar (5 3/4 or 6 ounces) hollandaise sauce
2 tablespoons light cream
1 tablespoon drained capers


HASTY HADDOCK

2 pounds haddock fillets or other fish fillets, fresh or frozen
1/2 teaspoon garlic salt
1/2 cup instant mashed potato flakes
1 cup chicken broth
1 tablespoon chopped green onion
1 tablespoon chopped parsley
2 teaspoons instant mashed potato flakes
Fat for frying

Thaw frozen fillets. Cut fillets into 6 portions. Sprinkle fish with salt and roll in potato flakes. Place fish in a single layer in hot fat in a 10-inch fry pan. Fry at moderate heat for 4 to 5 minutes or until brown. Turn carefully. Fry 4 to 5 minutes longer or until fish are brown and flake easily when tested with a fork. Drain on absorbent paper. Keep warm. When all fish have been fried, add remaining ingredients. Simmer 1 to 2 minutes or until thick, stirring constantly. Pour sauce over fish. Makes 6 servings.
**DILLY TROUT**

2 pounds pan-dressed trout or other small pan-dressed fish, fresh or frozen  
1 1/2 teaspoons salt  
1/2 teaspoon pepper  
1/2 cup butter or margarine  
2 teaspoons dill weed  
3 tablespoons lemon juice  

Thaw frozen fish. Clean, wash, and dry fish. Cut fish almost through lengthwise and spread open. Sprinkle with salt and pepper. Melt butter in a 10-inch fry pan. Add dill weed. Place fish in a single layer, flesh side down, in the hot dill butter. Fry at moderate heat for 2 to 3 minutes. Turn carefully. Fry 2 to 3 minutes longer or until fish flake easily when tested with a fork. Place fish on a warm serving platter. Keep warm. When all the fish have been fried, turn heat very low and stir in lemon juice. Pour sauce over fish. Makes 6 servings.

**SNAPPY SNAPPER**

2 pounds skinless snapper fillets or other fish fillets, fresh or frozen  
1/2 cup frozen orange juice concentrate, thawed  
1/4 cup salad oil  
1/4 cup soy sauce  
1/4 cup cider vinegar  
1/2 teaspoon salt  
Chopped parsley  

Thaw frozen fillets. Cut fillets into 6 portions. Place fish in a single layer, skinned side up, on a well-greased baking pan, 15 x 10 x 1 inches. Combine remaining ingredients except parsley. Brush fish with sauce. Broil about 4 inches from source of heat for 5 minutes. Turn fish carefully and brush with sauce. Broil 5 to 7 minutes longer or until lightly browned and fish flake easily when tested with a fork. Sprinkle with parsley. Makes 6 servings.
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