

Recipes used in the
FISH COOKERY DEMONSTRATIONS, SOUTH ATLANTIC STATES

by Jean Burtis 1/

Fish Birds

2 pounds fillets
1 teaspoon salt
1/8 teaspoon pepper

Bread stuffing
4 tablespoons melted butter or
other fat
*3 slices bacon

Remove skin from fillets. Sprinkle both sides with salt and pepper. Place a small ball of stuffing on each piece of fish. Roll fish around stuffing and fasten with toothpicks or skewers. Place rolls on a well greased baking pan. Brush tops with melted fat and lay 1/2 slice of bacon on the top of each. Bake in a moderate oven 350° for about 25 to 35 minutes depending on size. Remove carefully to a hot platter, take out fastenings, garnish and serve hot. Serves 6.

*Optional

Bread Stuffing

2 tablespoons onions, chopped
1/4 cup celery, chopped
3 tablespoons butter or other
fat, melted
1/2 teaspoon salt

Dash pepper
1/2 teaspoon thyme, sage or
savory seasoning
1/2 tablespoon lemon juice
2 cups day old bread crumbs

Cook the onions and celery in the melted fat for about 10 minutes. Add the cooked vegetables and seasonings to the bread crumbs, and mix thoroughly. If stuffing seems too dry, add a little water, milk or fish stock.

Baked Fish, Spanish Style

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| 2 pounds fillets | 1/2 seeded green pepper, minced |
| 1 medium onion, sliced | |
| 3 tablespoons fat or salad oil | 1 bay leaf |
| 3 tablespoons flour | 1 teaspoon salt |
| 2 cups canned tomatoes | 1 whole clove |
| | 1/2 teaspoon sugar |
| | dash pepper |

Saute onion in fat until tender. Add flour and blend, add all ingredients except fish and cook, stirring constantly until thickened. Remove bay leaf and clove. Arrange fish in shallow baking dish and cover with sauce. Bake uncovered at 350° for 25 to 30 minutes or until fish flakes readily when tested with fork. Serves 6.

Fish Chowder

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| 2 pounds fish fillets | 2 cups potatoes, diced |
| 4 tablespoons bacon, diced | 4 cups milk |
| 3/4 cup onion, diced | 1 1/2 teaspoon salt |
| 2 cups hot water | 1/8 teaspoon pepper |

Cut fillets into one inch pieces. Fry bacon in kettle until crisp and browned. Add onion, and cook until slightly browned. Add water and potatoes and cook 10 minutes or until partially tender. Add the fish and cook until it can be flaked easily with a fork. Add milk, seasonings and heat. Sprinkle top with chopped parsley and serve immediately. Serves 6.

Fish Salad

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| 2 cups flaked fish | 2 tablespoons sweet pickle, chopped |
| 1/2 cup mayonnaise or salad dressing | 2 tablespoons onion, chopped |
| 1/2 cup celery, diced | 3 hard cooked eggs, diced. |
| 1/2 cup peas | Lettuce |

Combine first 7 ingredients, being careful not to break the fish into too small pieces. Serve in lettuce cups, garnish with sliced egg. Serves 6.

Shrimp Cocktail

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| 1 1/2 pounds green shrimp | 4 tablespoons salt |
| 1 quart water | 1 lemon |

Wash green shrimp and place in rapidly boiling, salted water. Cover and bring to boil, simmer 5 minutes. Drain, peel and remove sand vein. Chill. Place shrimp in lettuce cup in cocktail glass and place 1 tablespoon of cocktail sauce in center. Garnish with lemon wedges. Serves 6.

Cocktail Sauce

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| 3/4 cup tomato catsup | 1/3 teaspoon salt |
| 1/4 cup lemon juice | 6 drops tobasco sauce |
| 3 tablespoon minced celery | Dash cayenne |

Combine all ingredients and chill. Serve on any seafood cocktail.

Oven-fried Fillets

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| 2 pounds fillets | 1 cup bread crumbs |
| 1 tablespoon salt | 4 tablespoons butter or other fat |
| 1 cup milk | |

Cut fillets into serving size portions. Add the salt to the milk and mix. Dip the fish into the milk and roll in crumbs; place in a well greased pan. Sprinkle each piece of fish with melted fat. Place pan in a very hot oven 500° and bake 10 to 12 minutes. Serve at once on a hot platter, plain or with a sauce.

Tarter Sauce

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| 1 cup mayonnaise | 2 tablespoons minced parsley |
| 1 tablespoon minced sweet pickle | 1/4 teaspoon salt |
| 1 tablespoon minced onion | 1/8 teaspoon paprika |
| 1 tablespoon lemon juice | 1/8 teaspoon pepper |

Mix all ingredients and serve cold with fish.