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ROSEFISH RECIPES

By Rose G. Kerr, Dorothy M. Robey,
Sarah P. Weems, Jean M. Burtis,
Home Economists
Branch of Commercial Fisheries

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INTRODUCTION

The rosefish, found in the markets throughout the United States, are caught by New England fishermen in the area from Cape Cod to eastern Nova Scotia. Although long familiar to the fishermen, the rosefish (*Sebastes marinus*), which is often marketed under such names as redfish, red perch, sea perch, or ocean perch, was practically unknown to the consumer until 1935. At about this time, the industry began to experiment with filleting rosefish and found it well adaptable to this method of preparation and hence, suitable for shipping to inland markets. In a few years rosefish has risen from a place of relative insignificance to rank first among the New England species in volume of catch.

The brilliant color makes rosefish easy to identify, for it is a vivid orange-red with large black eyes. The head, which is large in proportion to the body, is armed with prominent spines. Most rosefish as taken from the water weigh approximately 3/4 of a pound. However, the whole fish seldom reach the consumer since nearly all rosefish are marketed as fresh or frozen fillets. The fillets are the side cuts of the fish and are practically boneless. They are small, about 8 to the pound,

Note: This leaflet supersedes F. L. 2.

with a mottled reddish skin that makes it easy to tell them apart from other fillets. Rosefish is excellent food fish with firm flesh and when cooked the meat is white and flaky with a delicate flavor. The rosefish used in testing the following recipes were frozen fillets which were thawed before cooking.

OVEN-FRIED ROSEFISH FILLETS

2 pounds rosefish fillets	1 cup bread crumbs
1 teaspoon salt	4 tablespoons butter or
1 cup milk	other fat, melted

Add salt to milk and mix. Dip fillets into the milk, roll in crumbs, and place in a well greased baking pan. Sprinkle each fillet with melted fat. Bake in a very hot oven 500° F. and for 8 to 10 minutes or until fish is browned and flakes easily when tested with a fork. Serve immediately on a hot platter, plain or with a sauce. Serves 6.

BAKED ROSEFISH FILLETS

2 pounds rosefish fillets	4 tablespoons butter or
1 teaspoon salt	other fat, melted
1/8 teaspoon pepper	2 tablespoons lemon juice
	1 teaspoon onion, grated
	paprika

Sprinkle both sides of fillets with salt and pepper. To melted fat add lemon juice and onion. Dip each fillet in this mixture; place them in a well-greased baking dish, and pour the rest of the fat over them. Bake in a moderate oven 350° F. for 20 to 25 minutes or until fish flakes easily when tested with a fork. Sprinkle paprika over the top. Serve immediately on a hot platter. Serves 6.

STUFFED ROSEFISH FILLETS

2 pounds rosefish fillets	4 tablespoons butter or
1 teaspoon salt	other fat, melted
1/8 teaspoon pepper	3 slices bacon
Bread Stuffing	

Remove skin from fillets and sprinkle both sides with salt and pepper. Place a small ball of stuffing on each fillet. Roll fillet around stuffing and fasten with toothpicks or skewers. Place rolls on a well-greased baking pan. Brush tops with melted fat and place 1/4 slices of bacon on the top of each. Bake in a moderate oven 350° F. for 25 to 30 minutes or until fish flakes easily when tested with a fork. Remove carefully to a hot platter; take out fastenings and serve immediately, plain or with a sauce. Serves 6.

ROSEFISH TURBANS

2 pounds rosefish fillets	4 tablespoons butter or other fat, melted
1 teaspoon salt	
1/8 teaspoon pepper	3 slices bacon
Bread stuffing	

Remove skin from the fillets and sprinkle both sides with salt and pepper. Line greased muffin tins with fillets, overlapping ends of fillets. Place ball of stuffing in center of each. Brush top with melted fat and place 1/4 slice of bacon on each. Bake in a moderate oven 350° F. for 25 to 30 minutes or until fish flakes easily when tested with a fork. Serve on a hot platter plain or with a sauce. Serves 6.

BREAD STUFFING

2 tablespoons onions, chopped	Dash pepper
1/4 cup celery, chopped	1/2 teaspoon thyme, sage or savory seasoning
3 tablespoons butter or other fat, melted	1/2 tablespoon lemon juice
1/2 teaspoon salt	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.

ROSEFISH FILETS BAKED IN SPANISH SAUCE

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

Cook onion in fat until tender. Add flour and blend. Add all the remaining ingredients except fish and cook, stirring constantly until thickened. Remove bay leaf and clove. Arrange skinned fillets in a shallow greased baking dish and cover with sauce. Bake uncovered in a moderate oven 350° F. for 25 to 30 minutes, or until fish flakes easily when tested with a fork. Garnish and serve hot. Serves 6.

ROSEFISH CHOWDER

2 pounds rosefish 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 rosefish and cook until it can be flaked easily with a fork. Add milk and seasonings and heat. Sprinkle top with chopped parsley and serve immediately. Serves 6.

BOILED ROSEFISH FILLETS

2 pounds rosefish fillets
2 quarts water

3 tablespoons salt

Place fillets in a wire basket or on a plate. The plate, if used, should be tied in a piece of cheesecloth. Lower the fish into the boiling salted water and simmer (never boil), for 10 to 12 minutes or until fish flakes easily when tested with a fork. Remove fish carefully to a hot platter. Garnish and serve hot with a rich bright-colored sauce. Serves 6.

Boiled rosefish may be flaked and used in the following recipes:

ROSEFISH LOAF

4 cups cooked flaked rosefish	1½ teaspoon salt
3 cups soft bread crumbs	3 tablespoons butter or fortified margarine
¾ cups milk	few grains cayenne
2 eggs, well beaten	2 tablespoons onion, grated
1½ tablespoons minced parsley	½ teaspoon celery salt
1 tablespoon lemon juice	

Combine all ingredients, mixing well. Place in a greased loaf pan. Bake in a moderate oven 350° F. for 40 to 45 minutes or until loaf is firm in the center. Unmold on a hot platter, and serve with a rich, bright-colored sauce. Serves 6.

ROSEFISH SALAD

2 cups cooked flaked rosefish	2 tablespoons onion, chopped
½ cup mayonnaise or salad dressing	2 hard cooked eggs, diced
½ cup celery, diced	⅛ teaspoon pepper
½ cup peas	½ teaspoon salt
2 tablespoons sweet pickle, diced	

Being careful not to break fish into too small pieces, combine all ingredients and serve on lettuce cups. Garnish with tomato wedges. Serves 6.

CREAMED ROSEFISH

4 cups cooked flaked rosefish	½ teaspoon salt
6 tablespoons butter or other fat	⅛ teaspoon pepper
6 tablespoons flour	6 patty shells
3 cups milk	

Use Boiled Rosefish recipe for cooking fillets.

Melt fat in the top part of a double boiler, and blend in the flour. Add milk and cook until thick and smooth, stirring constantly. Add seasoning and fish and heat. Serve in patty shells or on toast. Garnish with chopped parsley or paprika. Serves 6.