

FISH RECIPES

for school lunches

Certain recipes in this folder were prepared by
Bureau of Commercial Fisheries
Fish and Wildlife Service,
United States Department of the Interior,
in cooperation with
Bureau of Home Economics and
Food Distribution Division,
United States Department of Agriculture.

Test Kitchen Series No. 5—Revised 1959

**United States Department of the Interior
Bureau of Commercial Fisheries
Fish and Wildlife Service**

**Certain recipes in this leaflet were prepared by
Bureau of Commercial Fisheries,
Fish and Wildlife Service,
United States Department of the Interior,
in cooperation with
Institute of Home Economics and
Food Distribution Division,
United States Department of Agriculture**

CONTENTS

	Page
Baked Cod Fillets With Bread Stuffing	5
Baked Fish Portions With Bread Stuffing.	
Baked Haddock Fillets With Bread Stuffing.	
Baked Ocean Perch Fillets With Bread Stuffing.	
Baked Pollock Fillets With Bread Stuffing.	
Baked Whiting Fillets With Bread Stuffing.	
Baked Haddock Fillets in Spanish Sauce	6
Baked Cod Fillets in Spanish Sauce.	
Baked Fish Portions in Spanish Sauce.	
Baked Ocean Perch Fillets in Spanish Sauce.	
Baked Pollock Fillets in Spanish Sauce.	
Baked Whiting Fillets in Spanish Sauce.	
Baked Haddock Fillets With Puffy Cheese Sauce	7
Baked Cod Fillets With Puffy Cheese Sauce.	
Baked Fish Portions With Puffy Cheese Sauce.	
Baked Ocean Perch Fillets With Puffy Cheese Sauce.	
Baked Pollock Fillets With Puffy Cheese Sauce.	
Baked Whiting Fillets With Puffy Cheese Sauce.	
Baked Whiting Fillets	8
Baked Cod Fillets.	
Baked Fish Portions.	
Baked Haddock Fillets.	
Baked Ocean Perch Fillets.	
Baked Pollock Fillets.	
Codfish Cakes	9
Fish Cakes.	
Fish Flake Cakes.	
Mackerel Cakes.	
Pacific Sardine Cakes.	
Salmon Cakes.	
Cod Chowder	10
Haddock Chowder.	
Ocean Perch Chowder.	
Pollock Chowder.	
Whiting Chowder.	
Fish Flake Loaf	11
Fish Loaf.	
Salmon Loaf.	
Fish Flake Sandwich Filling	12
Fish Sandwich Filling.	
Mackerel Sandwich Filling.	
Pacific Sardine Sandwich Filling.	
Salmon Sandwich Filling.	
Shrimp Sandwich Filling.	
Tuna Sandwich Filling.	
Fish Flake Shortcake	13
Salmon Shortcake.	
Shrimp Shortcake.	
Tuna Shortcake.	
Fish Stick Burgers	14
Fish Burgers.	
Hot Fish Flake Sandwiches	15
Hot Fish Sandwiches.	
Hot Pacific Sardine Sandwiches.	
Hot Salmon Sandwiches.	
Hot Shrimp Sandwiches.	
Hot Tuna Sandwiches.	

Mackerel-Noodle Casserole.....	16
Fish-Noodle Casserole.	
Fish Flake-Noodle Casserole.	
Pacific Sardine-Noodle Casserole.	
Salmon-Noodle Casserole.	
Tuna-Noodle Casserole.	
Mackerel Salad.....	17
Fish Salad.	
Fish Flake Salad.	
Pacific Sardine Salad.	
Salmon Salad.	
Shrimp Salad.	
Tuna Salad.	
Molded Tuna Salad.....	18
Molded Fish Salad.	
Molded Fish Flake Salad.	
Molded Salmon Salad.	
Molded Shrimp Salad.	
Ocean Perch-Tomato Soup.....	19
Cod-Tomato Soup.	
Haddock-Tomato Soup.	
Pollock-Tomato Soup.	
Whiting-Tomato Soup.	
Oven-Fried Ocean Perch Fillets.....	20
Oven-Fried Cod Fillets.	
Oven-Fried Fish Portions.	
Oven-Fried Haddock Fillets.	
Oven-Fried Pollock Fillets.	
Oven-Fried Whiting Fillets.	
Pacific Sardine-Apple Salad.....	21
Fish-Apple Salad.	
Fish Flake-Apple Salad.	
Mackerel-Apple Salad.	
Salmon-Apple Salad.	
Tuna-Apple Salad.	
Salmon-Rice Loaf.....	22
Fish-Rice Loaf.	
Fish Flake-Rice Loaf.	
Toasted Pacific Sardine-Cheese Sandwiches.....	23
Toasted Mackerel-Cheese Sandwiches.	
Tuna a la King.....	24
Fish a la King.	
Fish Flake a la King.	
Salmon a la King.	
Shrimp a la King.	
Tuna-Cheese Biscuit Roll.....	25
Fish-Cheese Biscuit Roll.	
Salmon-Cheese Biscuit Roll.	
Tuna Pie.....	26
Fish Pie.	
Fish Flake Pie.	
Salmon Pie.	
Shrimp Pie.	
Tuna Sandwiches.....	27
Fish Sandwiches.	
Fish Flake Sandwiches.	
Pacific Sardine Sandwiches.	
Salmon Sandwiches.	
Shrimp Sandwiches.	
Tuna Wiggle.....	28
Fish Wiggle.	
Fish Flake Wiggle.	
Salmon Wiggle.	
Shrimp Wiggle.	

BAKED COD FILLETS WITH BREAD STUFFING

Main Dishes (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
18 lb.....	Cod fillets (fresh or frozen)	<ol style="list-style-type: none"> 1. Thaw frozen fillets and skin if necessary. Divide into 100 portions, about 2½ ounces each. 2. Cook vegetables in the fat until clear, but not brown; remove from heat. 3. Add bread and seasonings; toss to mix. 4. Combine milk and eggs. Pour over bread mixture and blend thoroughly. 5. Spread stuffing in well-greased baking pans. 6. Place fish in a single layer on stuffing. 7. Add salt and paprika to fat or oil and blend well. 8. Pour mixture over fish. 9. Bake at 350° F. (moderate) about 30 to 40 minutes or until the fish flakes easily when tested with a fork.
4 lb.....	1 gal.....	Chopped celery.....	
1 lb. 8 oz.....	1 qt.....	Chopped onion.....	
1 lb. 8 oz.....	3 cups.....	Melted butter or margarine	
4 lb. 8 oz.....	3 gal. 2½ qt.....	Untrimmed soft bread cubes	
1 oz.....	2 tbsp.....	Salt.....	
.....	2 tbsp.....	Poultry seasoning.....	
.....	1 cup.....	Milk.....	
.....	1½ cups (8).....	Eggs, beaten.....	
.....	1⅓ tbsp.....	Salt.....	
.....	1½ tbsp.....	Paprika.....	
8 oz.....	1 cup.....	Melted fat or oil.....	

PORTION: 1 portion—provides the equivalent of 2 ounces protein-rich food.

VARIATIONS

1. **BAKED FISH PORTIONS WITH BREAD STUFFING.** Use 16 pounds 11 ounces (100 pieces, 2⅓ ounces each) unbreaded, raw, frozen fish portions in place of cod fillets. One portion provides the equivalent of 2 ounces protein-rich food.
2. **BAKED HADDOCK FILLETS WITH BREAD STUFFING.** Use 18 pounds haddock fillets in place of cod fillets. One portion provides the equivalent of 2 ounces protein-rich food.
3. **BAKED OCEAN PERCH FILLETS WITH BREAD STUFFING.** Use 18 pounds ocean perch fillets in place of cod fillets. One portion provides the equivalent of 2 ounces protein-rich food.
4. **BAKED POLLOCK FILLETS WITH BREAD STUFFING.** Use 18 pounds pollock fillets in place of cod fillets. One portion provides the equivalent of 2 ounces protein-rich food.
5. **BAKED WHITING FILLETS WITH BREAD STUFFING.** Use 18 pounds whiting fillets in place of cod fillets. One portion provides the equivalent of 2 ounces protein-rich food.

BAKED HADDOCK FILLETS IN SPANISH SAUCE

Main Dishes (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
20 lb.....	Haddock fillets (fresh or frozen)	1. Thaw frozen fillets. Divide into 100 portions, about 3 ounces each. Place in a single layer in well-greased baking pans.
1 lb.....	2 2/3 cups.....	Chopped onion.....	2. Cook onion and green pepper in fat or oil until tender. Blend in flour.
4 oz.....	3/4 cup.....	Chopped green pepper.....	3. Add tomatoes and seasonings. Cook until thickened, stirring occasionally.
8 oz.....	1 cup.....	Melted fat or oil.....	4. Cover fish with the sauce.
6 oz.....	1 1/2 cups, sifted.....	All-purpose flour.....	5. Bake at 350° F. (moderate) about 30 to 40 minutes or until the fish flakes easily when tested with a fork.
1 1/2 oz.....	3 qt.....	Canned tomatoes.....	
1 oz.....	3 tbsp.....	Salt.....	
	2 tbsp.....	Sugar.....	
	1/4 tsp.....	Crushed bay leaves.....	
	1/8 tsp.....	Ground cloves.....	

PORTION: 1 portion—provides 2 ounces cooked fish.

VARIATIONS

- BAKED COD FILLETS IN SPANISH SAUCE.** Use 20 pounds cod fillets in place of haddock fillets. One portion provides 2 ounces cooked fish.
- BAKED FISH PORTIONS IN SPANISH SAUCE.** Use 16 pounds 11 ounces (100 pieces, 2 2/3 ounces each) unbreaded, raw, frozen fish portions in place of haddock fillets. Place frozen portions in a single layer in well-greased baking pans. One portion provides 2 ounces cooked fish.
- BAKED OCEAN PERCH FILLETS IN SPANISH SAUCE.** Use 20 pounds ocean perch fillets in place of haddock fillets. One portion provides 2 ounces cooked fish.
- BAKED POLLOCK FILLETS IN SPANISH SAUCE.** Use 20 pounds pollock fillets in place of haddock fillets. One portion provides 2 ounces cooked fish.
- BAKED WHITING FILLETS IN SPANISH SAUCE.** Use 20 pounds whiting fillets in place of haddock fillets. One portion provides 2 ounces cooked fish.

BAKED HADDOCK FILLETS WITH PUFFY CHEESE SAUCE Main Dishes (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
18 lb.....	Haddock fillets (fresh or frozen)	1. Thaw frozen fillets. Divide into 100 portions, about 2½ ounces each. Place in a single layer in well-greased baking pans. 2. Combine mayonnaise, relish, cheese, egg yolks, and salt. 3. Beat egg whites until stiff and fold into sauce. 4. Cover fish with the sauce. 5. Bake at 350° F. (moderate) about 30 to 40 minutes or until the fish flakes easily when tested with a fork and the sauce is brown.
1 lb. 4 oz.....	2½ cups.....	Mayonnaise.....	
4 oz.....	½ cup.....	Drained sweet pickle relish.....	
8 oz.....	2 cups.....	Grated cheese.....	
.....	¾ cup (8).....	Egg yolks.....	
1 oz.....	2 tbs.....	Salt.....	
.....	1 cup (8).....	Egg whites.....	

PORTION: 1 portion—provides the equivalent of 2 ounces protein-rich food.

VARIATIONS

- BAKED COD FILLETS WITH PUFFY CHEESE SAUCE.** Use 18 pounds cod fillets in place of haddock fillets. One portion provides the equivalent of 2 ounces protein-rich food.
- BAKED FISH PORTIONS WITH PUFFY CHEESE SAUCE.** Use 16 pounds 11 ounces (100 pieces, 2⅓ ounces each) unbreaded, raw, frozen fish portions in place of haddock fillets. Place frozen portions in a single layer in well-greased baking pans. One portion provides the equivalent of 2 ounces protein-rich food.
- BAKED OCEAN PERCH FILLETS WITH PUFFY CHEESE SAUCE.** Use 18 pounds ocean perch fillets in place of haddock fillets. One portion provides the equivalent of 2 ounces protein-rich food.
- BAKED POLLOCK FILLETS WITH PUFFY CHEESE SAUCE.** Use 18 pounds pollock fillets in place of haddock fillets. One portion provides the equivalent of 2 ounces protein-rich food.
- BAKED WHITING FILLETS WITH PUFFY CHEESE SAUCE.** Use 18 pounds whiting fillets in place of haddock fillets. One portion provides the equivalent of 2 ounces protein-rich food.

BAKED WHITING FILLETS**Main Dishes (protein-rich)**

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
20 lb.....	-----	Whiting fillets (fresh or frozen)	-----	<ol style="list-style-type: none"> 1. Thaw frozen fillets. Divide into 100 portions, about 3 ounces each. Place in a single layer in well-greased baking pans. 2. Add onion, salt, and paprika to fat or oil. Gradually add lemon juice, beating constantly until blended. 3. Cover fish with the sauce. 4. Bake at 350° F. (moderate) about 30 to 40 minutes or until the fish flakes easily when tested with a fork.
1½ oz.....	¼ cup.....	Chopped onion.....	-----	
2 oz.....	¼ cup.....	Salt.....	-----	
	3 tbsp.....	Paprika.....	-----	
1 lb. 4 oz.....	2½ cups.....	Melted fat or oil.....	-----	
10½ oz.....	1¼ cups.....	Lemon juice.....	-----	

PORTION: 1 portion—provides 2 ounces cooked fish.

VARIATIONS

1. **BAKED COD FILLETS.** Use 20 pounds cod fillets in place of whiting fillets. One portion provides 2 ounces cooked fish.
2. **BAKED FISH PORTIONS.** Use 16 pounds 11 ounces (100 pieces, 2⅔ ounces each) unbreaded, raw, frozen fish portions in place of whiting fillets. Place frozen portions in a single layer in well-greased baking pans. One portion provides 2 ounces cooked fish.
3. **BAKED HADDOCK FILLETS.** Use 20 pounds haddock fillets in place of whiting fillets. One portion provides 2 ounces cooked fish.
4. **BAKED OCEAN PERCH FILLETS.** Use 20 pounds ocean perch fillets in place of whiting fillets. One portion provides 2 ounces cooked fish.
5. **BAKED POLLOCK FILLETS.** Use 20 pounds pollock fillets in place of whiting fillets. One portion provides 2 ounces cooked fish.

CODFISH CAKES**Main Dishes (protein-rich)**

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
13 cans (14 oz. each)	1½ gal.	Drained codfish flakes		1. Separate fish into flakes.
1 lb. 8 oz.	1 qt.	Chopped onion		2. Cook onion in fat or oil until tender.
1 lb.	2 cups	Melted fat or oil		
	¾ cups (16)	Eggs, beaten		3. Combine eggs, mashed potatoes, catsup, and salt with the fish and onion.
16 lb.	2 gal.	Mashed potatoes		
9 oz.	1 cup	Catsup		
2 oz.	¼ cup	Salt		
1 lb.	1 qt.	Dry bread crumbs		4. Portion fish mixture with a No. 16 scoop (¼ cup). Form into 200 cakes. Roll in crumbs.
1 lb. 8 oz.	3 cups	Melted fat or oil		5. Place in a single layer on well-greased sheet pans. Pour fat or oil over the cakes.
				6. Bake at 500° F. (extremely hot) about 8 to 10 minutes or until browned on bottom. Turn carefully and bake for 3 to 5 minutes longer or until brown.

PORTION: 2 cakes—provide the equivalent of 2 ounces protein-rich food and ¼ cup vegetable.

VARIATIONS

- FISH CAKES.** Use 10 pounds 8 ounces (1 gallon ¼ quarts) flaked cooked fish in place of codfish flakes. One portion provides the equivalent of 2 ounces protein-rich food and ¼ cup vegetable.
- FISH FLAKE CAKES.** Use 13 cans (14 ounces each) or 1½ gallons drained fish flakes in place of codfish flakes. One portion provides the equivalent of 2 ounces protein-rich food and ¼ cup vegetable.
- MACKEREL CAKES.** Use 14 cans (15 ounces each) or 1¼ gallons drained mackerel in place of codfish flakes. One portion provides the equivalent of 2 ounces protein-rich food and ¼ cup vegetable.
- PACIFIC SARDINE CAKES.** Use 16 cans (15 ounces each) or 1½ gallons drained Pacific sardines in place of codfish flakes. One portion provides the equivalent of 2 ounces protein-rich food and ¼ cup vegetable.
- SALMON CAKES.** Use 14 cans (16 ounces each) or 1½ gallons drained salmon in place of codfish flakes. One portion provides the equivalent of 2 ounces protein-rich food and ¼ cup vegetable.

COD CHOWDER

Soups and Chowders (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
10 lb.....	Cod fillets (fresh or frozen)	1. Thaw frozen fillets and skin if necessary. Cut into 1-inch pieces.
1 lb. 8 oz..... 3 lb.....	2 qt.....	Diced salt pork..... Chopped onion.....	2. Fry salt pork until crisp. Add onion and cook until tender.
15 lb.....	2 3/4 gal..... 1 1/2 gal.....	Diced potatoes..... Water.....	3. Add potatoes, water, and fish. Cook until potatoes are tender.
.....	2 gal.....	Hot milk..... Salt, to taste.....	4. Stir milk into the fish mixture. Add salt to taste. Heat.
.....	1/2 cup.....	Chopped parsley.....	5. Add parsley.

PORTION: 1 cup—provides 1 ounce cooked fish and 1/4 cup vegetable.

VARIATIONS

- HADDOCK CHOWDER.** Use 10 pounds haddock fillets in place of cod fillets. One portion provides 1 ounce cooked fish and 1/4 cup vegetable.
- OCEAN PERCH CHOWDER.** Use 10 pounds ocean perch fillets in place of cod fillets. One portion provides 1 ounce cooked fish and 1/4 cup vegetable.
- POLLOCK CHOWDER.** Use 10 pounds pollock fillets in place of cod fillets. One portion provides 1 ounce cooked fish and 1/4 cup vegetable.
- WHITING CHOWDER.** Use 10 pounds whiting fillets in place of cod fillets. One portion provides 1 ounce cooked fish and 1/4 cup vegetable.

FISH FLAKE LOAF

Main Dishes (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
14 cans (14 oz. each)	1 gal. 2½ qt.	Drained fish flakes		<ol style="list-style-type: none"> Combine fish flakes, eggs, bread cubes, tomatoes, parsley, onion, and celery salt. Add salt to taste. Place into 2 well-greased baking pans (about 12 by 20 by 2 inches) 1 gallon ½ quart or about 9 pounds 4½ ounces per pan.
1 lb. 8 oz.	2 cups (10)	Eggs, beaten		
1 oz.	1 gal. ¼ qt.	Soft bread cubes		
6 oz.	2 qt.	Canned tomatoes		
	1 cup	Chopped parsley		
	1 cup	Chopped onion		<ol style="list-style-type: none"> Top with crumbs which have been mixed with the fat. Bake at 350° F. (moderate) about 45 to 60 minutes or until loaf is firm in the center.
	1½ tbsp.	Celery salt		
12 oz.	3 cups	Dry bread crumbs		
8 oz.	1 cup	Melted butter or margarine		

PORTION: 1 piece, 2 by 3 inches—provides the equivalent of 2 ounces protein-rich food.

VARIATIONS

- FISH LOAF.** Use 11 pounds 8 ounces (1 gallon 1¾ quart) flaked cooked fish in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.
- SALMON LOAF.** Use 15 cans (16 ounces each) or 1 gallon 2½ quarts drained salmon in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.

FISH FLAKE SANDWICH FILLING

Sandwiches (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
16 cans (14 oz. each)	1 gal. 3½ qt.	Drained fish flakes		1. Separate fish into flakes.
3 lb.	3 qt.	Chopped cabbage		2. Combine all ingredients except salt and mix lightly. Add salt to taste. Chill.
1 lb.	1 qt.	Grated carrots		3. Portion with a No. 12 scoop (⅓ cup).
14 oz.	1½ cups	Catsup		4. Prepare sandwiches.
3 lb.	1½ qt.	Salad dressing		
		Salt, to taste		

PORTION: 1 sandwich—provides 2 ounces cooked fish.

VARIATIONS

- FISH SANDWICH FILLING.** Use 12 pounds 8 ounces (1 gallon 2¼ quarts) flaked cooked fish in place of canned fish flakes. One portion provides 2 ounces cooked fish.
- MACKEREL SANDWICH FILLING.** Use 16 cans (15 ounces each) or 1½ gallons drained mackerel in place of canned fish flakes. One portion provides 2 ounces cooked fish.
- PACIFIC SARDINE SANDWICH FILLING.** Use 19 cans (15 ounces each) or 1¾ gallons drained Pacific sardines in place of canned fish flakes. One portion provides 2 ounces cooked fish.
- SALMON SANDWICH FILLING.** Use 16 cans (16 ounces each) or 1¾ gallons drained salmon in place of canned fish flakes. One portion provides 2 ounces cooked fish.
- SHRIMP SANDWICH FILLING.** Use 12 pounds 8 ounces (2 gallons 2¾ quarts) cooked, peeled, and cleaned shrimp in place of canned fish flakes. One portion provides 2 ounces cooked fish.
- TUNA SANDWICH FILLING.** Use 34 cans (6½ or 7 ounces each) or 2 gallons ½ quart drained tuna in place of canned fish flakes. One portion provides 2 ounces cooked fish.

FISH FLAKE SHORTCAKE

Main Dishes (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
12 cans (14 oz. each)	1 gal. 1½ qt.	Drained fish flakes		<ol style="list-style-type: none"> 1. Separate fish into flakes. 2. Cook onion in the fat until tender. Blend in flour. Stir into milk. Cook until thickened, stirring constantly. Add cheese and blend well. 3. Stir fish flakes into the sauce. Add salt to taste. Heat. 4. Serve on split biscuit, toasted roll, or or cornbread, using a 4-ounce ladle (½ cup). Garnish with a slice of egg.
12 oz.	2 cups	Chopped onion		
12 oz.	1½ cups	Melted butter or margarine		
1 lb. 4 oz.	1¼ qt., sifted	All-purpose flour		
	2 gal.	Hot milk		
1 lb. 8 oz.	1½ qt.	Grated cheese		
		Salt, to taste		
	12	Hard-cooked eggs, sliced		

PORTION: ½ cup—provides the equivalent of 2 ounces protein-rich food.

VARIATIONS

1. **SALMON SHORTCAKE.** Use 13 cans (16 ounces each) or 1 gallon 1¾ quarts drained salmon in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.
2. **SHRIMP SHORTCAKE.** Use 9 pounds 8 ounces (2 gallons) cooked, peeled, and cleaned shrimp in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.
3. **TUNA SHORTCAKE.** Use 26 cans (6½ or 7 ounces each) or 1 gallon 2½ quarts drained tuna in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.

FISH STICK BURGERS

Sandwiches (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
18 lb. 12 oz.	300 sticks (1 oz. each)	Frozen fried fish sticks		1. Place frozen fried fish sticks in a single layer in well-greased baking pans. 2. Bake at 400° F. (hot) about 15 to 20 minutes or until heated through and crisp.
2 lb.	1 qt.	Mayonnaise or salad dressing		3. Combine mayonnaise and relish. Chill.
1 lb. 4 oz.	2 cups	Undrained sweet pickle relish		
1 lb.	2 cups	Butter or margarine		4. Spread butter or margarine on rolls. Heat rolls.
	100	Hamburger rolls		5. Place 3 fish sticks on bottom half of each roll. Top with approximately 1 table-spoon relish sauce and top half of roll.

PORTION: 1 sandwich—provides 2 ounces cooked fish.

VARIATION

- FISH BURGERS.** Use 18 pounds 12 ounces (100 portions, 3 ounces each) frozen fried fish portions in place of frozen fried fish sticks. Bake at 400° F. (hot) for 20 to 25 minutes. One portion provides 2 ounces cooked fish.

HOT FISH FLAKE SANDWICHES

Sandwiches (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
8 cans (14 oz. each)	1 gal.....	Drained fish flakes.....		1. Separate fish into flakes.
10 oz.....	2 cups.....	Chopped green pepper.....		2. Cook green pepper in the fat until tender.
8 oz.....	1 cup.....	Melted butter or margarine		3. Combine eggs, milk, onion, fish, and green pepper. Add salt to taste.
	2 qt. 1½ cups (48)	Eggs, beaten.....		4. Pour into 4 well-greased baking pans (about 10 by 16 by 2 inches) 2 quarts or about 3 pounds 14 ounces per pan.
	1¼ qt.....	Milk.....		5. Bake at 350° F. (moderate) about 25 minutes; stir once after 15 minutes baking.
6 oz.....	1 cup.....	Chopped onion.....		
		Salt, to taste.....		
	100.....	Hamburger rolls.....		6. Portion with a No. 16 scoop (¼ cup).
1 lb.....	2 cups.....	Butter or margarine.....		7. Prepare sandwiches.

PORTION: 1 sandwich—provides the equivalent of 2 ounces protein-rich food.

VARIATIONS

- HOT FISH SANDWICHES.** Use 7 pounds (3½ quarts) flaked cooked fish in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.
- HOT PACIFIC SARDINE SANDWICHES.** Use 10 cans (15 ounces each) or 3¾ quarts drained Pacific sardines in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.
- HOT SALMON SANDWICHES.** Use 9 cans (16 ounces each) or 1 gallon drained salmon in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.
- HOT SHRIMP SANDWICHES.** Use 7 pounds (1½ gallons) cooked, peeled, and cleaned shrimp in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.
- HOT TUNA SANDWICHES.** Use 19 cans (6½ or 7 ounces each) or 1 gallon ¾ quart drained tuna in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.

MACKEREL-NOODLE CASSEROLE

Main Dishes (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
14 cans (15 oz. each)	1 ¼ gal.	Drained mackerel		1. Flake the fish.
2 lb. 4 oz.	1 gal.	Uncooked noodles		2. Add noodles to boiling salted water and stir. Cook for 14 to 16 minutes. Drain. Rinse with water to remove excess starch.
	1 gal. 1 ¼ qt.	Water		
1 ½ oz.	3 tbsp.	Salt		
1 lb.	3 cups	Chopped green pepper		3. Cook green pepper and onion in the fat until tender. Blend in flour and salt. Stir into milk. Cook until thickened, stirring constantly. Add cheese and blend.
1 lb.	2 ½ cups	Chopped onion		
1 lb. 8 oz.	3 cups	Melted butter or margarine		
1 lb.	1 qt.	All-purpose flour		4. Combine mackerel, noodles, and sauce. Pour into 4 well-greased baking pans (about 12 by 20 by 2 inches) 1 gallon or about 8 pounds 10 ounces per pan.
1 ½ oz.	3 tbsp.	Salt		
	1 ½ gal.	Hot milk		
2 lb.	2 qt.	Grated cheese		5. Top with crumbs which have been mixed with the fat.
1 lb. 8 oz.	1 ½ qt.	Dry bread crumbs		
8 oz.	1 cup	Melted butter or margarine		
				6. Bake at 350° F. (moderate) about 45 minutes or until crumbs are brown.

PORTION: ¾ cup—provides the equivalent of 2 ounces protein-rich food.

VARIATIONS

- FISH-NOODLE CASSEROLE.** Use 10 pounds 8 ounces (1 gallon 1 ¼ quarts) flaked cooked fish in place of mackerel. One portion provides the equivalent of 2 ounces protein-rich food.
- FISH FLAKE-NOODLE CASSEROLE.** Use 13 cans (14 ounces each) or 1 ½ gallons drained fish flakes in place of mackerel. One portion provides the equivalent of 2 ounces protein-rich food.
- PACIFIC SARDINE-NOODLE CASSEROLE.** Use 16 cans (15 ounces each) or 1 ½ gallons drained Pacific sardines in place of mackerel. One portion provides the equivalent of 2 ounces protein-rich food.
- SALMON-NOODLE CASSEROLE.** Use 14 cans (16 ounces each) or 1 ½ gallons drained salmon in place of mackerel. One portion provides the equivalent of 2 ounces protein-rich food.
- TUNA-NOODLE CASSEROLE.** Use 28 cans (6 ½ or 7 ounces each) or 1 ¾ gallons drained tuna in place of mackerel. One portion provides the equivalent of 2 ounces protein-rich food.

MACKEREL SALAD

Salads (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
13 cans (15 oz. each)	1 gal. ½ qt.....	Drained mackerel.....		1. Flake the fish. 2. Combine all ingredients except salt and mix lightly. Add salt to taste. Chill. 3. Portion with a No. 10 scoop (⅔ cup) and serve on salad greens.
	24.....	Hard-cooked eggs, chopped.....		
3 lb.....	3 qt.....	Diced celery.....		
6 oz.....	1 cup.....	Chopped onion.....		
1 lb. 4 oz.....	2 cups.....	Undrained sweet pickle relish.....		
3 lb.....	1½ qt.....	Salad dressing.....		
		Salt, to taste.....		

PORTION: ⅔ cup—provides the equivalent of 2 ounces protein-rich food.

VARIATIONS

- FISH SALAD.** Use 9 pounds 8 ounces (1 gallon ¾ quart) flaked cooked fish in place of mackerel. One portion provides the equivalent of 2 ounces protein-rich food.
- FISH FLAKE SALAD.** Use 12 cans (14 ounces each) or 1 gallon 1½ quarts drained fish flakes in place of mackerel. One portion provides the equivalent of 2 ounces protein-rich food.
- PACIFIC SARDINE SALAD.** Use 14 cans (15 ounces each) or 1 gallon 1¼ quarts drained Pacific sardines in place of mackerel. One portion provides the equivalent of 2 ounces protein-rich food.
- SALMON SALAD.** Use 13 cans (16 ounces each) or 1 gallon 1¾ quarts drained salmon in place of mackerel. One portion provides the equivalent of 2 ounces protein-rich food.
- SHRIMP SALAD.** Use 9 pounds 8 ounces (2 gallons) cooked, peeled, and cleaned shrimp in place of mackerel. One portion provides the equivalent of 2 ounces protein-rich food.
- TUNA SALAD.** Use 26 cans (6½ or 7 ounces each) or 1 gallon 2½ quarts drained tuna in place of mackerel. One portion provides the equivalent of 2 ounces protein-rich food.

MOLDED TUNA SALAD

Salads (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
17 cans (6½ or 7 oz. each)	1 gal. ¼ qt.....	Drained tuna.....		1. Flake the fish.
5 oz.....	1 cup.....	Unflavored gelatine.....		2. Soften gelatine in 1 quart of cold tomato juice. Add seasonings to remaining juice and heat to boiling.
	1½ gal.....	Tomato juice.....		
	¾ cup.....	Vinegar.....		3. Dissolve gelatine in hot juice. Cool.
10 oz.....	1 cup.....	Grated onion.....		
8 oz.....	1 cup.....	Sugar.....		4. Combine vegetables, salad dressing, and tuna. Stir into gelatine.
1½ oz.....	3 tbsp.....	Salt.....		
2 lb. 8 oz.....	2½ qt.....	Shredded carrot.....		5. Pour into pans 1 inch in depth and cool until mixture sets.
3 lb.....	3 qt.....	Shredded cabbage.....		
5 oz.....	1 cup.....	Chopped green pepper.....		6. Cut and serve on salad greens.
2 lb.....	1 qt.....	Salad dressing.....		

PORTION: 1 piece, 2½ by 4 inches—provides 1 ounce cooked fish and ¼ cup vegetable.

VARIATIONS

- MOLDED FISH SALAD.** Use 6 pounds 4 ounces (3 quarts) flaked cooked fish in place of tuna. One portion provides 1 ounce cooked fish and ¼ cup vegetable.
- MOLDED FISH FLAKE SALAD.** Use 8 cans (14 ounces each) or 1 gallon drained fish flakes in place of tuna. One portion provides 1 ounce cooked fish and ¼ cup vegetable.
- MOLDED SALMON SALAD.** Use 8 cans (16 ounces each) or 3½ quarts drained salmon in place of tuna. One portion provides 1 ounce cooked fish and ¼ cup vegetable.
- MOLDED SHRIMP SALAD.** Use 6 pounds 4 ounces (1 gallon 1½ quarts) cooked, peeled, and cleaned shrimp in place of tuna. One portion provides 1 ounce cooked fish and ¼ cup vegetable.

BAKED COD FILLETS WITH BREAD STUFFING

Main Dishes (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
18 lb.....	Cod fillets (fresh or frozen)	<ol style="list-style-type: none"> 1. Thaw frozen fillets and skin if necessary. Divide into 100 portions, about 2½ ounces each. 2. Cook vegetables in the fat until clear, but not brown; remove from heat. 3. Add bread and seasonings; toss to mix. 4. Combine milk and eggs. Pour over bread mixture and blend thoroughly. 5. Spread stuffing in well-greased baking pans. 6. Place fish in a single layer on stuffing. 7. Add salt and paprika to fat or oil and blend well. 8. Pour mixture over fish. 9. Bake at 350° F. (moderate) about 30 to 40 minutes or until the fish flakes easily when tested with a fork.
4 lb.....	1 gal.....	Chopped celery.....	
1 lb. 8 oz.....	1 qt.....	Chopped onion.....	
1 lb. 8 oz.....	3 cups.....	Melted butter or margarine	
4 lb. 8 oz.....	3 gal. 2½ qt.....	Untrimmed soft bread cubes	
1 oz.....	2 tbsp.....	Salt.....	
.....	2 tbsp.....	Poultry seasoning	
.....	1 cup.....	Milk.....	
.....	1½ cups (8).....	Eggs, beaten.....	
.....	1½ tbsp.....	Salt.....	
.....	1½ tbsp.....	Paprika.....	
8 oz.....	1 cup.....	Melted fat or oil.....	

PORTION: 1 portion—provides the equivalent of 2 ounces protein-rich food.

VARIATIONS

1. **BAKED FISH PORTIONS WITH BREAD STUFFING.** Use 16 pounds 11 ounces (100 pieces, 2⅔ ounces each) unbreaded, raw, frozen fish portions in place of cod fillets. One portion provides the equivalent of 2 ounces protein-rich food.
2. **BAKED HADDOCK FILLETS WITH BREAD STUFFING.** Use 18 pounds haddock fillets in place of cod fillets. One portion provides the equivalent of 2 ounces protein-rich food.
3. **BAKED OCEAN PERCH FILLETS WITH BREAD STUFFING.** Use 18 pounds ocean perch fillets in place of cod fillets. One portion provides the equivalent of 2 ounces protein-rich food.
4. **BAKED POLLOCK FILLETS WITH BREAD STUFFING.** Use 18 pounds pollock fillets in place of cod fillets. One portion provides the equivalent of 2 ounces protein-rich food.
5. **BAKED WHITING FILLETS WITH BREAD STUFFING.** Use 18 pounds whiting fillets in place of cod fillets. One portion provides the equivalent of 2 ounces protein-rich food.

MOLDED TUNA SALAD

Salads (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
17 cans (6½ or 7 oz. each)	1 gal. ¼ qt.....	Drained tuna.....		1. Flake the fish.
5 oz.....	1 cup.....	Unflavored gelatine.....		2. Soften gelatine in 1 quart of cold tomato juice. Add seasonings to remaining juice and heat to boiling.
	1½ gal.....	Tomato juice.....		
	¾ cup.....	Vinegar.....		3. Dissolve gelatine in hot juice. Cool.
10 oz.....	1 cup.....	Grated onion.....		
8 oz.....	1 cup.....	Sugar.....		4. Combine vegetables, salad dressing, and tuna. Stir into gelatine.
1½ oz.....	3 tbsp.....	Salt.....		
2 lb. 8 oz.....	2½ qt.....	Shredded carrot.....		5. Pour into pans 1 inch in depth and cool until mixture sets.
3 lb.....	3 qt.....	Shredded cabbage.....		
5 oz.....	1 cup.....	Chopped green pepper.....		6. Cut and serve on salad greens.
2 lb.....	1 qt.....	Salad dressing.....		

PORTION: 1 piece, 2½ by 4 inches—provides 1 ounce cooked fish and ¼ cup vegetable.

VARIATIONS

- MOLDED FISH SALAD.** Use 6 pounds 4 ounces (3 quarts) flaked cooked fish in place of tuna. One portion provides 1 ounce cooked fish and ¼ cup vegetable.
- MOLDED FISH FLAKE SALAD.** Use 8 cans (14 ounces each) or 1 gallon drained fish flakes in place of tuna. One portion provides 1 ounce cooked fish and ¼ cup vegetable.
- MOLDED SALMON SALAD.** Use 8 cans (16 ounces each) or 3½ quarts drained salmon in place of tuna. One portion provides 1 ounce cooked fish and ¼ cup vegetable.
- MOLDED SHRIMP SALAD.** Use 6 pounds 4 ounces (1 gallon 1½ quarts) cooked, peeled, and cleaned shrimp in place of tuna. One portion provides 1 ounce cooked fish and ¼ cup vegetable.

OCEAN PERCH-TOMATO SOUP

Soups and Chowders (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
10 lb.....	Ocean perch fillets (fresh or frozen)	1. Thaw frozen fillets and skin if necessary. Cut into 1-inch pieces.
1 lb. 8 oz.....	Diced bacon.....	
3 lb.....	2 qt.....	Chopped onion.....	2. Fry bacon until crisp. Add onion and celery and cook until tender.
2 lb.....	2 qt.....	Chopped celery.....	
.....	1½ gal.....	Water.....	3. Add water, tomato juice, potatoes, and fish. Cook until potatoes are tender. Add salt to taste.
.....	2 gal.....	Tomato juice.....	
15 lb.....	2¾ gal.....	Diced potatoes.....	
.....	Salt, to taste.....	

PORTION: 1 cup—provides 1 ounce cooked fish and ½ cup vegetable.

VARIATIONS

- COD-TOMATO SOUP.** Use 10 pounds cod fillets in place of ocean perch fillets. One portion provides 1 ounce cooked fish and ½ cup vegetable.
- HADDOCK-TOMATO SOUP.** Use 10 pounds haddock fillets in place of ocean perch fillets. One portion provides 1 ounce cooked fish and ½ cup vegetable.
- POLLOCK-TOMATO SOUP.** Use 10 pounds pollock fillets in place of ocean perch fillets. One portion provides 1 ounce cooked fish and ½ cup vegetable.
- WHITING-TOMATO SOUP.** Use 10 pounds whiting fillets in place of ocean perch fillets. One portion provides 1 ounce cooked fish and ½ cup vegetable.

OVEN-FRIED OCEAN PERCH FILLETS

Main Dishes (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
20 lb.....	Ocean perch fillets (fresh or frozen)	<ol style="list-style-type: none"> 1. Thaw frozen fillets. Divide into 100 portions, about 3 ounces each. 2. Add salt to milk. Dip fillets in milk, then roll in crumbs, using a small amount at a time. Place in a single layer in well-greased baking pans. 3. Pour fat or oil over the fish. 4. Bake at 500° F. (extremely hot) about 15 to 20 minutes or until fish is browned and flakes easily when tested with a fork.
1 oz.....	2 tbsp.....	Salt.....	
	1 qt.....	Milk.....	
2 lb.....	2 qt.....	Dry bread crumbs.....	
1 lb.....	2 cups.....	Melted fat or oil.....	

PORTION: 1 portion—provides 2 ounces cooked fish.

VARIATIONS

1. **OVEN-FRIED COD FILLETS.** Use 20 pounds cod fillets in place of ocean perch fillets. One portion provides 2 ounces cooked fish.
2. **OVEN-FRIED FISH PORTIONS.** Use 16 pounds 11 ounces (100 pieces, $2\frac{2}{3}$ ounces each) unbreaded, raw, frozen fish portions in place of ocean perch fillets. One portion provides 2 ounces cooked fish.
3. **OVEN-FRIED HADDOCK FILLETS.** Use 20 pounds haddock fillets in place of ocean perch fillets. One portion provides 2 ounces cooked fish.
4. **OVEN-FRIED POLLOCK FILLETS.** Use 20 pounds pollock fillets in place of ocean perch fillets. One portion provides 2 ounces cooked fish.
5. **OVEN-FRIED WHITING FILLETS.** Use 20 pounds whiting fillets in place of ocean perch fillets. One portion provides 2 ounces cooked fish.

PACIFIC SARDINE-APPLE SALAD

Salads (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
19 cans (15 oz. each)	1 ¼ gal.....	Drained Pacific sardines.....		1. Flake the fish. 2. Combine all ingredients except salt and mix lightly. Add salt to taste. Chill. 3. Portion with a No. 8 scoop (½ cup) and serve on salad greens.
4 lb.....	1 gal.....	Diced apple.....		
2 lb.....	2 qt.....	Diced celery.....		
1 lb. 4 oz.....	1 qt.....	Raisins.....		
3 lb.....	1 ½ qt.....	Salad dressing.....		
		Salt, to taste.....		

PORTION: ½ cup—provides 2 ounces cooked fish and ¼ cup vegetable and fruit.

VARIATIONS

- FISH-APPLE SALAD.** Use 12 pounds 8 ounces (1 gallon 2¼ quarts) flaked cooked fish in place of Pacific sardines. One portion provides 2 ounces cooked fish and ¼ cup vegetable and fruit.
- FISH FLAKE-APPLE SALAD.** Use 16 cans (14 ounces each) or 1 gallon 3½ quarts drained fish flakes in place of Pacific sardines. One portion provides 2 ounces cooked fish and ¼ cup vegetable and fruit.
- MACKEREL-APPLE SALAD.** Use 16 cans (15 ounces each) or 1½ gallons drained mackerel in place of Pacific sardines. One portion provides 2 ounces cooked fish and ¼ cup vegetable and fruit.
- SALMON-APPLE SALAD.** Use 16 cans (16 ounces each) or 1¾ gallons drained salmon in place of Pacific sardines. One portion provides 2 ounces cooked fish and ¼ cup vegetable and fruit.
- TUNA-APPLE SALAD.** Use 34 cans (6½ or 7 ounces each) or 2 gallons ½ quart drained tuna in place of Pacific sardines. One portion provides 2 ounces cooked fish and ¼ cup vegetable and fruit.

SALMON-RICE LOAF

Main Dishes (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
10 cans (16 oz. each)	1 gal. ½ qt.....	Drained salmon (reserve liquid)		1. Flake the fish.
4 lb. 8 oz.....	3 qt.....	Cooked rice.....		2. Combine all ingredients.
4 oz.....	½ cup.....	Lemon juice.....		3. Place into 2 well-greased baking pans (about 12 by 20 by 2 inches) 1 gallon 1½ quarts or about 11 pounds 14 ounces per pan.
	1½ tbsp.....	Lemon rind.....		4. Bake at 350° F. (moderate) about 45 to 60 minutes or until loaf is firm in the center.
5 oz.....	1 cup.....	Chopped green pepper.....		5. Serve with egg or parsley sauce, if desired.
1 oz.....	1 cup.....	Chopped parsley.....		
	2 qt.....	Fresh bread crumbs.....		
	2 qt (40).....	Eggs, beaten.....		
	2 qt.....	Milk and salmon liquid.....		
		Salt, to taste.....		
1 oz.....	3 tbsp.....	Baking powder.....		

PORTION: 1 piece, 1¾ by 2 inches—provides the equivalent of 2 ounces protein-rich food.

VARIATIONS

- FISH-RICE LOAF.** Use 7 pounds 8 ounces (3¾ quarts) flaked cooked fish in place of salmon. One portion provides the equivalent of 2 ounces protein-rich food.
- FISH FLAKE-RICE LOAF.** Use 10 cans (14 ounces each) or 1 gallon ½ quart drained fish flakes in place of salmon. One portion provides the equivalent of 2 ounces protein-rich food.

TOASTED PACIFIC SARDINE-CHEESE SANDWICHES

Sandwiches (protein-rich)

<i>100 Portions</i>		<i>Ingredients</i>	<i>For _____ Portions</i>	<i>Directions</i>
<i>Weights</i>	<i>Measures</i>			
10 cans (15 oz. each)	-----	Pacific sardines.....	-----	1. Drain sardines. Separate into fillets.
1 lb.....	2 cups.....	Butter or margarine.....	-----	2. Soften butter or margarine. Add mustard and mix well.
3 oz.....	1/2 cup.....	Prepared mustard.....	-----	3. Spread bread with mustard-butter.
-----	100 slices.....	Bread.....	-----	-----
6 lb. 4 oz.....	100 slices (1 oz. each)	Cheese.....	-----	4. Place sardine fillets on bread and cover with cheese. Sprinkle with paprika.
-----	-----	Paprika.....	-----	5. Place in a single layer on sheet pans.
-----	-----	-----	-----	6. Toast at 450° F. (very hot) about 8 to 10 minutes or until cheese melts and bread toasts. Serve hot.

PORTION: 1 sandwich—provides the equivalent of 2 ounces protein-rich food.

VARIATION

- 1. TOASTED MACKEREL-CHEESE SANDWICHES.** Use 8 cans (15 ounces each) drained mackerel in place of Pacific sardines. One portion provides the equivalent of 2 ounces protein-rich food.

TUNA A LA KING

Main Dishes (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
26 cans (6½ or 7 oz. each)	1 gal. 2½ qt.	Drained tuna		1. Flake the fish.
2 lb.	2 qt. 2 cups	Chopped celery Water		2. Cook celery in water until tender. Drain and save liquid.
12 oz. 2½ oz.	2½ cups 3 cups, sifted ½ cup 1½ gal.	Milk All-purpose flour Salt Hot milk and celery liquid.		3. Combine milk, flour, and salt to make a thin paste. Stir into hot milk and celery liquid. Cook until thickened, stirring constantly.
2 lb.	24 1 qt.	Hard-cooked eggs, chopped Chopped pimiento.		4. Add eggs, pimiento, tuna, and celery to the sauce. Heat. 5. Serve on split biscuit, toasted roll, or cornbread, using a 4-ounce ladle (½ cup).

PORTION: ½ cup—provides the equivalent of 2 ounces protein-rich food.

VARIATIONS

- FISH A LA KING.** Use 9 pounds 8 ounces (1 gallon ¾ quart) flaked cooked fish in place of tuna. One portion provides the equivalent of 2 ounces protein-rich food.
- FISH FLAKE A LA KING.** Use 12 cans (14 ounces each) or 1 gallon 1½ quarts drained fish flakes in place of tuna. One portion provides the equivalent of 2 ounces protein-rich food.
- SALMON A LA KING.** Use 13 cans (16 ounces each) or 1 gallon 1¾ quarts drained salmon in place of tuna. One portion provides the equivalent of 2 ounces protein-rich food.
- SHRIMP A LA KING.** Use 9 pounds 8 ounces (2 gallons) cooked, peeled, and cleaned shrimp in place of tuna. One portion provides the equivalent of 2 ounces protein-rich food.

TUNA-CHEESE BISCUIT ROLL

Main Dishes (protein-rich)

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
26 cans (6½ or 7 oz. each)	1 gal. 2½ qt.	Drained tuna		1. Flake the fish.
12 oz.	2 cups	Chopped onion		2. Cook onion in the fat until tender. Blend in flour. Stir into milk. Cook until thickened, stirring constantly. Add cheese and blend. Stir in tuna. Cool.
1 lb.	2 cups	Melted butter or margarine		
8 oz.	2 cups, sifted	All-purpose flour		
	2 qt.	Hot milk		
3 lb.	3 qt.	Grated cheese		3. Prepare biscuit dough. Divide into 16 pieces, about 13 ounces each. Roll into rectangles 14 by 7 inches.
9 lb.	2 gal.	Biscuit mix		
				4. Spread each piece with 2 cups tuna filling. Roll like a jelly roll and seal ends and edges. Cut tops of rolls in 3 places.
				5. Place on well-greased sheet pans.
				6. Bake at 400° F. (hot) 15 to 20 minutes or until biscuit browns.

PORTION: 2-inch slice—provides the equivalent of 2 ounces protein-rich food.

VARIATIONS

- FISH-CHEESE BISCUIT ROLL.** Use 9 pounds 8 ounces (1 gallon ¾ quart) flaked cooked fish in place of tuna. One portion provides the equivalent of 2 ounces protein-rich food.
- SALMON-CHEESE BISCUIT ROLL.** Use 13 cans (16 ounces each) or 1 gallon 1¾ quarts drained salmon in place of tuna. One portion provides the equivalent of 2 ounces protein-rich food.

TUNA PIE

Main Dishes (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
34 cans (6½ or 7 oz. each)	2 gal. ½ qt.	Drained tuna		1. Flake the fish.
2 lb.	2 qt., sifted	All-purpose flour		2. Brown flour in the fat. Gradually add water. Cook until thickened, stirring constantly.
1 lb. 8 oz.	3 cups	Melted butter or margarine		
	2½ gal.	Water		3. Add vegetables, salt, and tuna. Pour into 4 baking pans (about 12 by 20 by 2 inches) 1 gallon 2¾ quarts or about 15 pounds per pan.
	3 qt.	Cooked sliced onion		
	3 qt.	Cooked chopped celery		
	3 qt.	Cooked sliced carrots		
	2½ gal.	Cooked diced potatoes		
5 oz.	½ cup	Salt		4. Prepare pastry. Roll pastry into 4 rectangles (14 by 22 inches). Cover tuna mixture, seal edges, and prick tops with fork.
2 lb.	2 qt., sifted	All-purpose flour		
	1 tbsp	Salt		
1 lb. 8 oz.	3 cups	Shortening		5. Bake at 450° F (very hot) about 30 to 40 minutes or until brown.
	1½ cups	Cold water		

PORTION: 1 cup—provides 2 ounces cooked fish and ¾ cup vegetable.

VARIATIONS

- FISH PIE.** Use 12 pounds 8 ounces (1 gallon 2¼ quarts) flaked cooked fish in place of tuna. One portion provides 2 ounces cooked fish and ¾ cup vegetable.
- FISH FLAKE PIE.** Use 16 cans (14 ounces each) or 1 gallon 3½ quarts drained fish flakes in place of tuna. One portion provides 2 ounces cooked fish and ¾ cup vegetable.
- SALMON PIE.** Use 16 cans (16 ounces each) or 1¾ gallons drained salmon in place of tuna. One portion provides 2 ounces cooked fish and ¾ cup vegetable.
- SHRIMP PIE.** Use 12 pounds 8 ounces (2 gallons 2¾ quarts) cooked, peeled, and cleaned shrimp in place of tuna. One portion provides 2 ounces cooked fish and ¾ cup vegetable.

TUNA SANDWICHES

Sandwiches (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
17 cans (6½ or 7 oz. each)	1 gal. ¼ qt.	Drained tuna		1. Flake the fish. 2. Combine all ingredients except salt and mix lightly. Add salt to taste. Chill.
4 lb.	1 gal.	Chopped celery		
8 oz.	1 cup	Drained sweet pickle relish		
6 oz.	1 cup	Chopped onion		
2 lb.	1 qt.	Salad dressing		
		Salt, to taste		
	200 slices	Bread		3. Portion with a No. 16 scoop (¼ cup). 4. Prepare sandwiches.
1 lb.	2 cups	Butter or margarine		

PORTION: 1 sandwich—provides 1 ounce cooked fish.

VARIATIONS

- FISH SANDWICHES.** Use 6 pounds 4 ounces (3 quarts) flaked cooked fish in place of tuna. One portion provides 1 ounce cooked fish.
- FISH FLAKE SANDWICHES.** Use 8 cans (14 ounces each) or 1 gallon drained fish flakes in place of tuna. One portion provides 1 ounce cooked fish.
- PACIFIC SARDINE SANDWICHES.** Use 10 cans (15 ounces each) or 3¾ quarts drained Pacific sardines in place of tuna. One portion provides 1 ounce cooked fish.
- SALMON SANDWICHES.** Use 8 cans (16 ounces each) or 3½ quarts drained salmon in place of tuna. One portion provides 1 ounce cooked fish.
- SHRIMP SANDWICHES.** Use 6 pounds 4 ounces (1 gallon 1½ quarts) cooked, peeled, and cleaned shrimp in place of tuna. One portion provides 1 ounce cooked fish.

TUNA WIGGLE

Main Dishes (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
34 cans (6½ or 7 oz. each)	2 gal. ½ qt.	Drained tuna		1. Flake the fish.
12 oz.	2 cups	Chopped onion		
12 oz.	1½ cups	Melted butter or margarine		2. Cook onion in the fat until tender. Blend in flour and salt. Stir into milk. Cook until thickened, stirring constantly.
1 lb. 4 oz.	1¼ qt., sifted	All-purpose flour		
2½ oz.	⅓ cup	Salt		
	2½ gal.	Hot milk		3. Add peas and tuna to the sauce. Heat. 4. Serve on split biscuit, toasted roll, or cornbread, using a 6-ounce ladle (¾ cup).
9 lb. 10 oz.	1½ gal.	Drained cooked green peas		

PORTION: ¾ cup—provides 2 ounces cooked fish and ¼ cup vegetable.

VARIATIONS

- FISH WIGGLE.** Use 12 pounds 8 ounces (1 gallon 2¼ quarts) flaked cooked fish in place of tuna. One portion provides 2 ounces cooked fish and ¼ cup vegetable.
- FISH FLAKE WIGGLE.** Use 16 cans (14 ounces each) or 1 gallon 3½ quarts drained fish flakes in place of tuna. One portion provides 2 ounces cooked fish and ¼ cup vegetable.
- SALMON WIGGLE.** Use 16 cans (16 ounces each) or 1¾ gallons drained salmon in place of tuna. One portion provides 2 ounces cooked fish and ¼ cup vegetable.
- SHRIMP WIGGLE.** Use 12 pounds 8 ounces (2 gallons 2¾ quarts) cooked, peeled, and cleaned shrimp in place of tuna. One portion provides 2 ounces cooked fish and ¼ cup vegetable.

OCEAN PERCH-TOMATO SOUP

Soups and Chowders (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
10 lb.....	Ocean perch fillets (fresh or frozen)	1. Thaw frozen fillets and skin if necessary. Cut into 1-inch pieces.
1 lb. 8 oz.....	Diced bacon.....	
3 lb.....	2 qt.....	Chopped onion.....	2. Fry bacon until crisp. Add onion and celery and cook until tender.
2 lb.....	2 qt.....	Chopped celery.....	
.....	1½ gal.....	Water.....	3. Add water, tomato juice, potatoes, and fish. Cook until potatoes are tender. Add salt to taste.
.....	2 gal.....	Tomato juice.....	
15 lb.....	2¾ gal.....	Diced potatoes.....	
.....	Salt, to taste.....	

PORTION: 1 cup—provides 1 ounce cooked fish and ½ cup vegetable.

VARIATIONS

- COD-TOMATO SOUP.** Use 10 pounds cod fillets in place of ocean perch fillets. One portion provides 1 ounce cooked fish and ½ cup vegetable.
- HADDOCK-TOMATO SOUP.** Use 10 pounds haddock fillets in place of ocean perch fillets. One portion provides 1 ounce cooked fish and ½ cup vegetable.
- POLLOCK-TOMATO SOUP.** Use 10 pounds pollock fillets in place of ocean perch fillets. One portion provides 1 ounce cooked fish and ½ cup vegetable.
- WHITING-TOMATO SOUP.** Use 10 pounds whiting fillets in place of ocean perch fillets. One portion provides 1 ounce cooked fish and ½ cup vegetable.

OVEN-FRIED OCEAN PERCH FILLETS

Main Dishes (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
20 lb.....	Ocean perch fillets (fresh or frozen)	<ol style="list-style-type: none"> 1. Thaw frozen fillets. Divide into 100 portions, about 3 ounces each. 2. Add salt to milk. Dip fillets in milk, then roll in crumbs, using a small amount at a time. Place in a single layer in well-greased baking pans. 3. Pour fat or oil over the fish. 4. Bake at 500° F. (extremely hot) about 15 to 20 minutes or until fish is browned and flakes easily when tested with a fork.
1 oz.....	2 tbsp.....	Salt.....	
	1 qt.....	Milk.....	
2 lb.....	2 qt.....	Dry bread crumbs.....	
1 lb.....	2 cups.....	Melted fat or oil.....	

PORTION: 1 portion—provides 2 ounces cooked fish.

VARIATIONS

1. **OVEN-FRIED COD FILLETS.** Use 20 pounds cod fillets in place of ocean perch fillets. One portion provides 2 ounces cooked fish.
2. **OVEN-FRIED FISH PORTIONS.** Use 16 pounds 11 ounces (100 pieces, $2\frac{2}{3}$ ounces each) unbreaded, raw, frozen fish portions in place of ocean perch fillets. One portion provides 2 ounces cooked fish.
3. **OVEN-FRIED HADDOCK FILLETS.** Use 20 pounds haddock fillets in place of ocean perch fillets. One portion provides 2 ounces cooked fish.
4. **OVEN-FRIED POLLOCK FILLETS.** Use 20 pounds pollock fillets in place of ocean perch fillets. One portion provides 2 ounces cooked fish.
5. **OVEN-FRIED WHITING FILLETS.** Use 20 pounds whiting fillets in place of ocean perch fillets. One portion provides 2 ounces cooked fish.

PACIFIC SARDINE-APPLE SALAD

Salads (protein-rich)

<i>100 Portions</i>		<i>Ingredients</i>	<i>For _____ Portions</i>	<i>Directions</i>
<i>Weights</i>	<i>Measures</i>			
19 cans (15 oz. each)	1 ¼ gal.....	Drained Pacific sardines.....		1. Flake the fish. 2. Combine all ingredients except salt and mix lightly. Add salt to taste. Chill. 3. Portion with a No. 8 scoop (½ cup) and serve on salad greens.
4 lb.....	1 gal.....	Diced apple.....		
2 lb.....	2 qt.....	Diced celery.....		
1 lb. 4 oz.....	1 qt.....	Raisins.....		
3 lb.....	1 ½ qt.....	Salad dressing.....		
		Salt, to taste.....		

PORTION: ½ cup—provides 2 ounces cooked fish and ¼ cup vegetable and fruit.

VARIATIONS

- FISH-APPLE SALAD.** Use 12 pounds 8 ounces (1 gallon 2¼ quarts) flaked cooked fish in place of Pacific sardines. One portion provides 2 ounces cooked fish and ¼ cup vegetable and fruit.
- FISH FLAKE-APPLE SALAD.** Use 16 cans (14 ounces each) or 1 gallon 3½ quarts drained fish flakes in place of Pacific sardines. One portion provides 2 ounces cooked fish and ¼ cup vegetable and fruit.
- MACKEREL-APPLE SALAD.** Use 16 cans (15 ounces each) or 1½ gallons drained mackerel in place of Pacific sardines. One portion provides 2 ounces cooked fish and ¼ cup vegetable and fruit.
- SALMON-APPLE SALAD.** Use 16 cans (16 ounces each) or 1¾ gallons drained salmon in place of Pacific sardines. One portion provides 2 ounces cooked fish and ¼ cup vegetable and fruit.
- TUNA-APPLE SALAD.** Use 34 cans (6½ or 7 ounces each) or 2 gallons ½ quart drained tuna in place of Pacific sardines. One portion provides 2 ounces cooked fish and ¼ cup vegetable and fruit.

SALMON-RICE LOAF

Main Dishes (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
10 cans (16 oz. each)	1 gal. ½ qt.....	Drained salmon (reserve liquid)		1. Flake the fish.
4 lb. 8 oz.....	3 qt.....	Cooked rice.....		2. Combine all ingredients.
4 oz.....	½ cup.....	Lemon juice.....		3. Place into 2 well-greased baking pans (about 12 by 20 by 2 inches) 1 gallon 1½ quarts or about 11 pounds 14 ounces per pan.
	1½ tbsp.....	Lemon rind.....		4. Bake at 350° F. (moderate) about 45 to 60 minutes or until loaf is firm in the center.
5 oz.....	1 cup.....	Chopped green pepper.....		5. Serve with egg or parsley sauce, if desired.
1 oz.....	1 cup.....	Chopped parsley.....		
	2 qt.....	Fresh bread crumbs.....		
	2 qt (40).....	Eggs, beaten.....		
	2 qt.....	Milk and salmon liquid.....		
		Salt, to taste.....		
1 oz.....	3 tbsp.....	Baking powder.....		

PORTION: 1 piece, 1¾ by 2 inches—provides the equivalent of 2 ounces protein-rich food.

VARIATIONS

- FISH-RICE LOAF.** Use 7 pounds 8 ounces (3¾ quarts) flaked cooked fish in place of salmon. One portion provides the equivalent of 2 ounces protein-rich food.
- FISH FLAKE-RICE LOAF.** Use 10 cans (14 ounces each) or 1 gallon ½ quart drained fish flakes in place of salmon. One portion provides the equivalent of 2 ounces protein-rich food.

TOASTED PACIFIC SARDINE-CHEESE SANDWICHES

Sandwiches (protein-rich)

<i>100 Portions</i>		<i>Ingredients</i>	<i>For _____ Portions</i>	<i>Directions</i>
<i>Weights</i>	<i>Measures</i>			
10 cans (15 oz. each)	-----	Pacific sardines.....	-----	1. Drain sardines. Separate into fillets.
1 lb.....	2 cups.....	Butter or margarine.....	-----	2. Soften butter or margarine. Add mustard and mix well.
3 oz.....	1/2 cup.....	Prepared mustard.....	-----	3. Spread bread with mustard-butter.
-----	100 slices.....	Bread.....	-----	-----
6 lb. 4 oz.....	100 slices (1 oz. each)	Cheese.....	-----	4. Place sardine fillets on bread and cover with cheese. Sprinkle with paprika.
-----	-----	Paprika.....	-----	5. Place in a single layer on sheet pans.
-----	-----	-----	-----	6. Toast at 450° F. (very hot) about 8 to 10 minutes or until cheese melts and bread toasts. Serve hot.

PORTION: 1 sandwich—provides the equivalent of 2 ounces protein-rich food.

VARIATION

- 1. TOASTED MACKEREL-CHEESE SANDWICHES.** Use 8 cans (15 ounces each) drained mackerel in place of Pacific sardines. One portion provides the equivalent of 2 ounces protein-rich food.

TUNA A LA KING

Main Dishes (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
26 cans (6½ or 7 oz. each)	1 gal. 2½ qt.	Drained tuna		1. Flake the fish.
2 lb.	2 qt.	Chopped celery		2. Cook celery in water until tender. Drain and save liquid.
	2 cups	Water		
	2½ cups	Milk		3. Combine milk, flour, and salt to make a thin paste. Stir into hot milk and celery liquid. Cook until thickened, stirring constantly.
12 oz.	3 cups, sifted	All-purpose flour		
2½ oz.	½ cup	Salt		
	1½ gal.	Hot milk and celery liquid		
	24	Hard-cooked eggs, chopped		4. Add eggs, pimiento, tuna, and celery to the sauce. Heat.
2 lb.	1 qt.	Chopped pimiento		
				5. Serve on split biscuit, toasted roll, or cornbread, using a 4-ounce ladle (½ cup).

PORTION: ½ cup—provides the equivalent of 2 ounces protein-rich food.

VARIATIONS

- FISH A LA KING.** Use 9 pounds 8 ounces (1 gallon ¾ quart) flaked cooked fish in place of tuna. One portion provides the equivalent of 2 ounces protein-rich food.
- FISH FLAKE A LA KING.** Use 12 cans (14 ounces each) or 1 gallon 1½ quarts drained fish flakes in place of tuna. One portion provides the equivalent of 2 ounces protein-rich food.
- SALMON A LA KING.** Use 13 cans (16 ounces each) or 1 gallon 1¾ quarts drained salmon in place of tuna. One portion provides the equivalent of 2 ounces protein-rich food.
- SHRIMP A LA KING.** Use 9 pounds 8 ounces (2 gallons) cooked, peeled, and cleaned shrimp in place of tuna. One portion provides the equivalent of 2 ounces protein-rich food.

TUNA-CHEESE BISCUIT ROLL

Main Dishes (protein-rich)

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
26 cans (6½ or 7 oz. each)	1 gal. 2½ qt.	Drained tuna		1. Flake the fish.
12 oz.	2 cups	Chopped onion		2. Cook onion in the fat until tender. Blend in flour. Stir into milk. Cook until thickened, stirring constantly. Add cheese and blend. Stir in tuna. Cool.
1 lb.	2 cups	Melted butter or margarine		
8 oz.	2 cups, sifted	All-purpose flour		
	2 qt.	Hot milk		
3 lb.	3 qt.	Grated cheese		3. Prepare biscuit dough. Divide into 16 pieces, about 13 ounces each. Roll into rectangles 14 by 7 inches.
9 lb.	2 gal.	Biscuit mix		
				4. Spread each piece with 2 cups tuna filling. Roll like a jelly roll and seal ends and edges. Cut tops of rolls in 3 places.
				5. Place on well-greased sheet pans.
				6. Bake at 400° F. (hot) 15 to 20 minutes or until biscuit browns.

PORTION: 2-inch slice—provides the equivalent of 2 ounces protein-rich food.

VARIATIONS

- FISH-CHEESE BISCUIT ROLL.** Use 9 pounds 8 ounces (1 gallon ¾ quart) flaked cooked fish in place of tuna. One portion provides the equivalent of 2 ounces protein-rich food.
- SALMON-CHEESE BISCUIT ROLL.** Use 13 cans (16 ounces each) or 1 gallon 1¾ quarts drained salmon in place of tuna. One portion provides the equivalent of 2 ounces protein-rich food.

TUNA PIE

Main Dishes (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
34 cans (6½ or 7 oz. each)	2 gal. ½ qt.	Drained tuna		1. Flake the fish.
2 lb.	2 qt., sifted	All-purpose flour		2. Brown flour in the fat. Gradually add water. Cook until thickened, stirring constantly.
1 lb. 8 oz.	3 cups	Melted butter or margarine		
	2½ gal.	Water		3. Add vegetables, salt, and tuna. Pour into 4 baking pans (about 12 by 20 by 2 inches) 1 gallon 2¾ quarts or about 15 pounds per pan.
	3 qt.	Cooked sliced onion		
	3 qt.	Cooked chopped celery		
	3 qt.	Cooked sliced carrots		
	2½ gal.	Cooked diced potatoes		
5 oz.	½ cup	Salt		4. Prepare pastry. Roll pastry into 4 rectangles (14 by 22 inches). Cover tuna mixture, seal edges, and prick tops with fork.
2 lb.	2 qt., sifted	All-purpose flour		
	1 tbs	Salt		
1 lb. 8 oz.	3 cups	Shortening		
	1½ cups	Cold water		5. Bake at 450° F (very hot) about 30 to 40 minutes or until brown.

PORTION: 1 cup—provides 2 ounces cooked fish and ¾ cup vegetable.

VARIATIONS

- FISH PIE.** Use 12 pounds 8 ounces (1 gallon 2¼ quarts) flaked cooked fish in place of tuna. One portion provides 2 ounces cooked fish and ¾ cup vegetable.
- FISH FLAKE PIE.** Use 16 cans (14 ounces each) or 1 gallon 3½ quarts drained fish flakes in place of tuna. One portion provides 2 ounces cooked fish and ¾ cup vegetable.
- SALMON PIE.** Use 16 cans (16 ounces each) or 1¾ gallons drained salmon in place of tuna. One portion provides 2 ounces cooked fish and ¾ cup vegetable.
- SHRIMP PIE.** Use 12 pounds 8 ounces (2 gallons 2¾ quarts) cooked, peeled, and cleaned shrimp in place of tuna. One portion provides 2 ounces cooked fish and ¾ cup vegetable.

TUNA SANDWICHES

Sandwiches (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
17 cans (6½ or 7 oz. each)	1 gal. ¼ qt.	Drained tuna		1. Flake the fish. 2. Combine all ingredients except salt and mix lightly. Add salt to taste. Chill.
4 lb.	1 gal.	Chopped celery		
8 oz.	1 cup	Drained sweet pickle relish		
6 oz.	1 cup	Chopped onion		
2 lb.	1 qt.	Salad dressing		
		Salt, to taste		
	200 slices	Bread		3. Portion with a No. 16 scoop (¼ cup). 4. Prepare sandwiches.
1 lb.	2 cups	Butter or margarine		

PORTION: 1 sandwich—provides 1 ounce cooked fish.

VARIATIONS

- FISH SANDWICHES.** Use 6 pounds 4 ounces (3 quarts) flaked cooked fish in place of tuna. One portion provides 1 ounce cooked fish.
- FISH FLAKE SANDWICHES.** Use 8 cans (14 ounces each) or 1 gallon drained fish flakes in place of tuna. One portion provides 1 ounce cooked fish.
- PACIFIC SARDINE SANDWICHES.** Use 10 cans (15 ounces each) or 3¾ quarts drained Pacific sardines in place of tuna. One portion provides 1 ounce cooked fish.
- SALMON SANDWICHES.** Use 8 cans (16 ounces each) or 3½ quarts drained salmon in place of tuna. One portion provides 1 ounce cooked fish.
- SHRIMP SANDWICHES.** Use 6 pounds 4 ounces (1 gallon 1½ quarts) cooked, peeled, and cleaned shrimp in place of tuna. One portion provides 1 ounce cooked fish.

TUNA WIGGLE

Main Dishes (protein-rich)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
34 cans (6½ or 7 oz. each)	2 gal. ½ qt.	Drained tuna		1. Flake the fish.
12 oz.	2 cups	Chopped onion		
12 oz.	1½ cups	Melted butter or margarine		2. Cook onion in the fat until tender. Blend in flour and salt. Stir into milk. Cook until thickened, stirring constantly.
1 lb. 4 oz.	1¼ qt., sifted	All-purpose flour		
2½ oz.	⅓ cup	Salt		
	2½ gal.	Hot milk		3. Add peas and tuna to the sauce. Heat. 4. Serve on split biscuit, toasted roll, or cornbread, using a 6-ounce ladle (¾ cup).
9 lb. 10 oz.	1½ gal.	Drained cooked green peas		

PORTION: ¾ cup—provides 2 ounces cooked fish and ¼ cup vegetable.

VARIATIONS

- FISH WIGGLE.** Use 12 pounds 8 ounces (1 gallon 2¼ quarts) flaked cooked fish in place of tuna. One portion provides 2 ounces cooked fish and ¼ cup vegetable.
- FISH FLAKE WIGGLE.** Use 16 cans (14 ounces each) or 1 gallon 3½ quarts drained fish flakes in place of tuna. One portion provides 2 ounces cooked fish and ¼ cup vegetable.
- SALMON WIGGLE.** Use 16 cans (16 ounces each) or 1¾ gallons drained salmon in place of tuna. One portion provides 2 ounces cooked fish and ¼ cup vegetable.
- SHRIMP WIGGLE.** Use 12 pounds 8 ounces (2 gallons 2¾ quarts) cooked, peeled, and cleaned shrimp in place of tuna. One portion provides 2 ounces cooked fish and ¼ cup vegetable.

GARNISHES FOR FISH

The importance of garnishes with fish cannot be emphasized too much. A dash of color or a bit of something crisp increases the eye appeal and makes the dish more appetizing. The following are suggestions:

- Beets—Cooked whole or sliced.
- Carrots—Tops, sticks, curls, or shredded.
- Celery—Tops, hearts, sticks, or curls.
- Green Peppers—Sticks or rings.
- Cranberry Sauce—Plain or jellied.
- Hard-Cooked Eggs—Slices or wedges.
- Parsley—Sprigs or chopped.
- Lemons—Slices or wedges.
- Lettuce—Leaves or shredded.
- Paprika—Sprinkled sparingly.
- Pickles—Whole, sliced, or chopped.
- Radishes—Whole, sliced, or roses.
- Water Cress—Sprigs or chopped.

The following publications on fish cookery published by the Bureau of Commercial Fisheries, Fish and Wildlife Service, United States Department of the Interior, may be obtained from the Superintendent of Documents, Government Printing Office, Washington 25, D.C., at the prices indicated. A 25-percent discount is given on orders of 100 or more of any one publication sent to one address.

Test Kitchen Series

- No. 1—*Fish Cookery for One Hundred*, by Rose G. Kerr. Price 30 cents.
- No. 2—*Basic Fish Cookery*, by Rose G. Kerr. Price 25 cents.
- No. 3—*How to Cook Oysters*, by Rose G. Kerr and Jean Burtis. Price 20 cents.
- No. 4—*How to Cook Salmon*, by Kathryn L. Osterhaug and Rose G. Kerr. Price 20 cents.
- No. 6—*How to Cook Ocean Perch*, by Dorothy M. Robey and Rose G. Kerr. Price 10 cents.
- No. 7—*How to Cook Shrimp*, by Jean Burtis and Rose G. Kerr. Price 15 cents.
- No. 8—*How to Cook Clams*, by Kathryn L. Osterhaug and Rose G. Kerr. Price 20 cents.
- No. 9—*How to Cook Halibut*, by Kathryn L. Osterhaug and Rose G. Kerr. Price 20 cents.
- No. 10—*How to Cook Crabs*, by Dorothy M. Robey and Rose G. Kerr. Price 20 cents.
- No. 11—*How to Cook Lobsters*, by Jean Burtis, Ellen H. Nagy, and Rose G. Kerr. Price 20 cents.
- No. 12—*How to Cook Tuna*, by Kathryn L. Osterhaug, Paula J. Wieters, and Rose G. Kerr. Price 20 cents.

Circular Series

- No. 41—*Shrimp Tips From New Orleans*. Price 15 cents.