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FISHERIES MARKETING BULLETIN

SPECIAL

BUREAU OF COMMERCIAL FISHERIES • U.S. DEPARTMENT OF THE INTERIOR

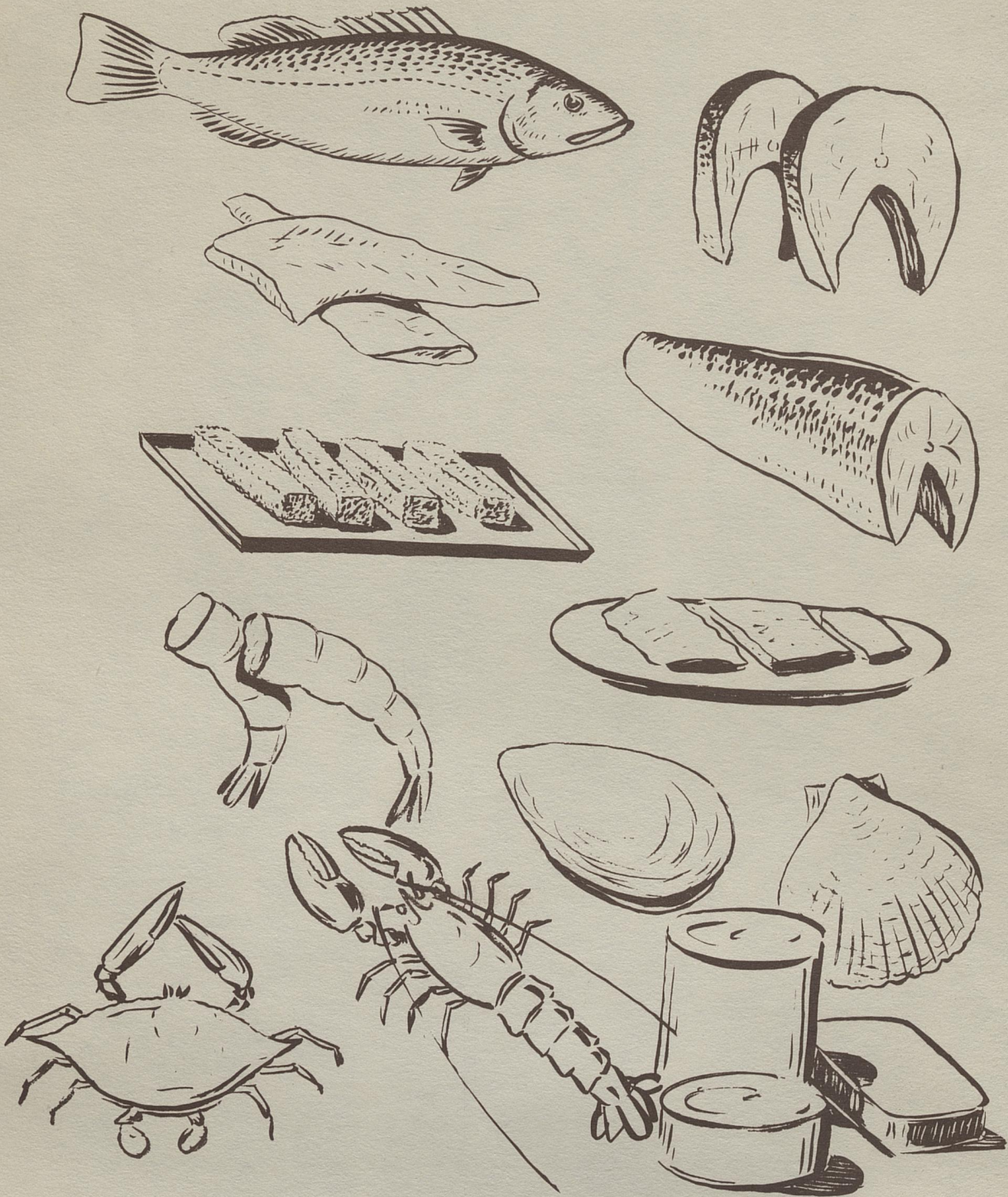


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OUTDOOR FISH COOKERY

ISSUED BY THE BUREAU OF COMMERCIAL FISHERIES, U. S. FISH AND WILDLIFE SERVICE,
AS A PART OF ITS CONTINUING CONSUMER EDUCATION PROGRAM
IN COOPERATION WITH THE FISHING INDUSTRY

FISH IN ITS MANY MARKET FORMS GIVES YOU A DIVERSITY OF TASTE TREATS.



THE RECIPES APPEARING IN THIS BULLETIN HAVE BEEN KITCHEN TESTED BY THE HOME ECONOMISTS OF THE BUREAU OF COMMERCIAL FISHERIES.

GARNISHES FOR FISH

The importance of garnishes cannot be emphasized too much. A dash of color or a touch of garnish can turn a plain dish into an attractive and appetizing one. The most common garnishes are listed below together with suggested methods of preparation.

Garnishes Suggested Preparation

Beets	Cooked whole or sliced
Carrots	Tops, sticks, curls, or shredded
Celery	Tops, hearts, sticks, curls
Cucumbers	Slices or sticks
Green peppers	Sticks or rings
Hard-cooked eggs	Slices, wedges, deviled, or grated yolks
Lemons	Slices or wedges
Lettuce	Leaves or shredded
Paprika	Sprinkled sparingly
Parsley	Sprigs and chopped
Pickles	Whole, sliced, or chopped
Radishes	Whole, sliced, or roses
Red Peppers	Strips or rings
Water Cress	Sprigs or chopped



SET A TABLE THAT EVEN YOUR MOST DISCRIMINATING GUEST WILL ADMIRE
SERVE--FISH AND SHELLFISH



CHARCOAL GRILLED SOFT-SHELL BLUE CRABS

12 soft-shell blue crabs	$\frac{1}{2}$ teaspoon nutmeg
$\frac{1}{2}$ cup butter or other fat	$\frac{1}{2}$ teaspoon soy sauce
$\frac{3}{4}$ cup chopped parsley	Dash tabasco
1 teaspoon lemon juice	Lemon wedges

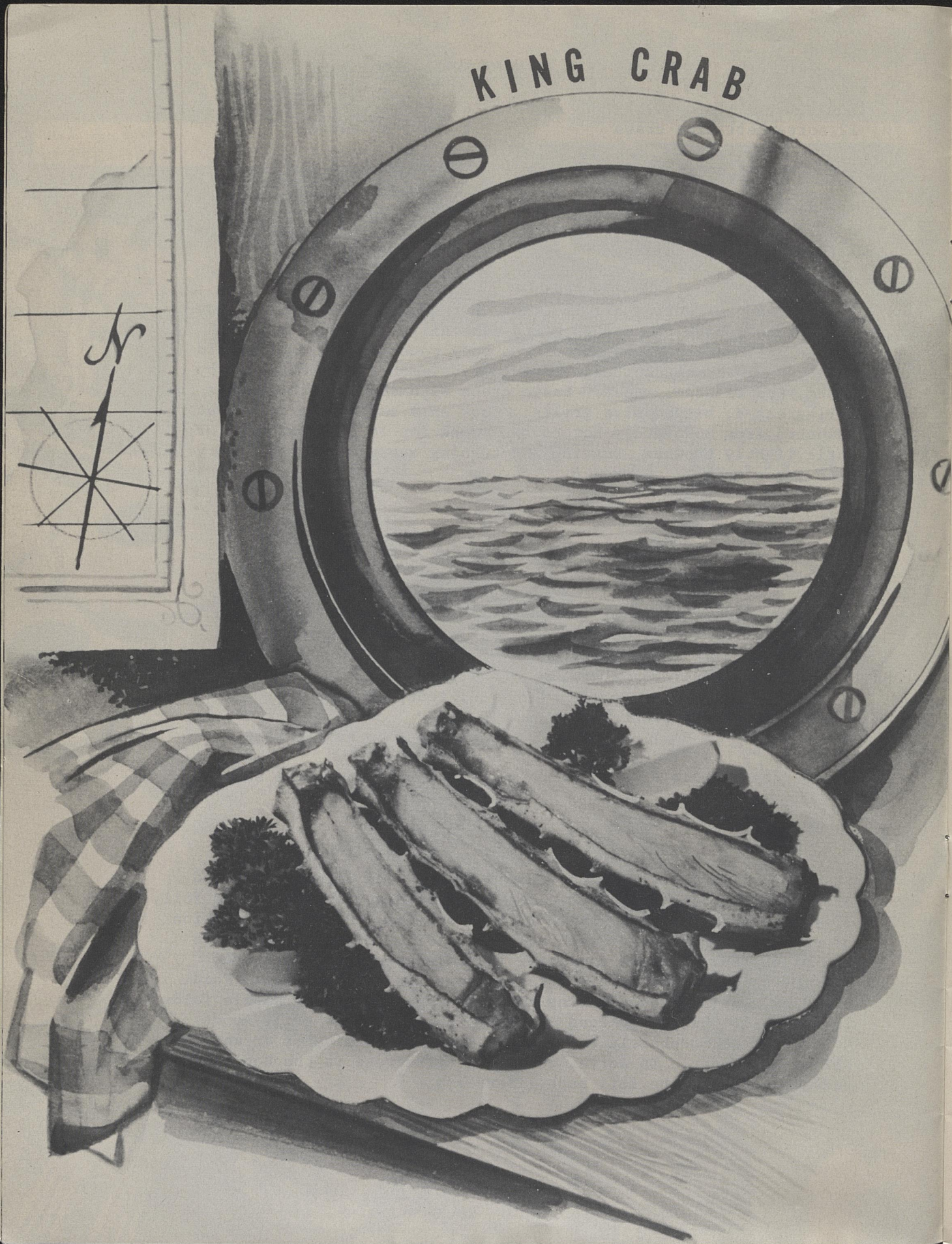
Dress crabs by cutting off the face just back of the eyes. Remove the apron; remove the spongy parts (the gills, stomach, and intestines) under the points of the body covering. Rinse in cold water; drain. Melt butter; add parsley, lemon juice, nutmeg, soy sauce, and tabasco. Heat. Baste crabs with sauce. Place crabs in well-greased, hinged wire grills. Cook on a barbecue grill about 4 inches from moderately hot coals. Cook for 16 to 20 minutes or until lightly browned, basting and turning every 4 minutes. Serve with lemon wedges. Serves 6.

SHRIMP SUPREME

3 pounds shrimp, fresh or frozen	2 tablespoons lemon juice
2 cans (4 ounces each) sliced mushrooms, drained	2 tablespoons chili sauce
$\frac{2}{3}$ cup butter or other fat, melted	1 teaspoon salt
$\frac{1}{2}$ cup chopped parsley	$\frac{1}{2}$ teaspoon garlic salt
$\frac{1}{4}$ cup chopped onion	Dash Worcestershire sauce
	Dash tabasco

Thaw frozen shrimp. Peel shrimp and remove sand veins. Wash and drain on absorbent paper. Cut 6 squares of heavy-duty aluminum foil, 12 inches each. Divide shrimp into 6 portions. Place each portion of shrimp on one half of each square of foil. Place mushrooms on top of shrimp. Combine remaining ingredients. Pour sauce over shrimp, using approximately 3 tablespoons for each portion. Fold other half of foil over shrimp and seal edges by making double folds in the foil. Place packages of shrimp on a barbecue grill about 4 inches from moderately hot coals. Cook for 20 minutes or until shrimp is tender. To serve, cut a big crisscross in the top of each package and fold the foil back. Serves 6.

KING CRAB



GRILLED KING CRAB LEGS

3 packages (12 ounces each)
precooked, frozen, king
crab legs

2 tablespoons lemon or lime juice

$\frac{1}{2}$ teaspoon paprika

$\frac{1}{2}$ cup butter or other fat,
melted

Melted butter or other fat

Thaw frozen crab legs. Combine butter, lemon juice, and paprika. Baste crab meat with sauce. Place crab legs, flesh side down, on a barbecue grill about 4 inches from moderately hot coals. Cook for 5 minutes. Turn and baste with remaining sauce. Cook for 5 minutes longer. Serve with melted butter. Serves 6.

OUTDOOR STUFFED KING CRAB LEGS

3 packages (12 ounces each)
precooked, frozen, king
crab legs

2 tablespoons flour

$\frac{1}{2}$ teaspoon salt

1 can (4 ounces) mushroom
stems and pieces, drained

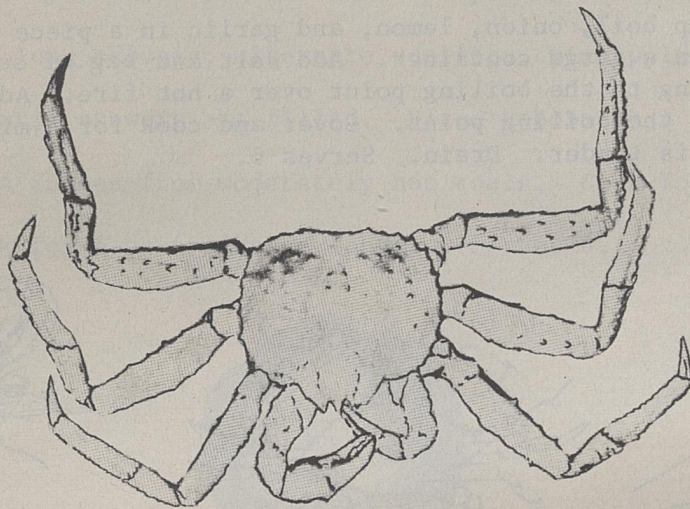
1 cup milk

$\frac{1}{2}$ cup grated cheese

2 tablespoons butter or other fat,
melted

Paprika

Thaw frozen crab legs. Remove meat from shells. Remove any cartilage from meat; cut meat into $\frac{1}{2}$ -inch pieces. Chop mushrooms. Cook mushrooms in butter for 5 minutes. Blend in flour and salt. Add milk gradually and cook until thick, stirring constantly. Add cheese and crab meat; heat. Fill shells with crab mixture. Sprinkle with paprika. Place stuffed crab legs, shell side down, on a barbecue grill about 4 inches from moderately hot coals. Heat for 10 minutes. Serves 6.



BOILED LOBSTER

6 live lobsters (1 pound each) 1/3 cup salt
1½ gallons water Melted butter or other fat

Place water in a large container. Add salt. Cover and bring to the boiling point over a hot fire. Plunge lobsters headfirst into the boiling, salted water. Cover and cook for 20 minutes. Drain. Crack claws. Serve with melted butter. Serves 6.

BLUE CRAB BOIL

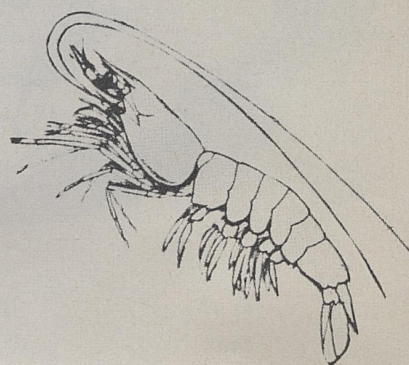
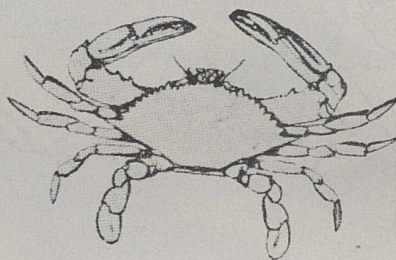
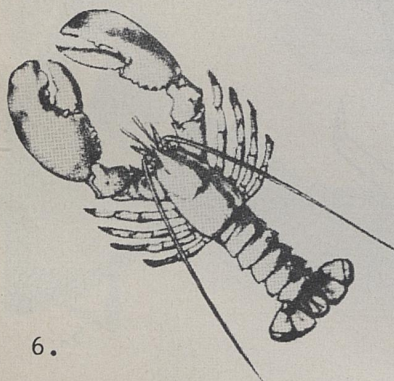
24 live, hard-shell, blue crabs 1 lemon, sliced
3 ounces prepared crab boil 1½ gallons water
1 medium onion, sliced 1/3 cup salt

Tie crab boil, onion, and lemon in a piece of cheesecloth. Place water in a large container. Add salt and bag of seasonings. Cover and bring to the boiling point over a hot fire. Plunge crabs into the boiling, seasoned water. Cover and cook for 15 minutes. Drain. Serves 6.

LOUISIANA SHRIMP BOIL

5 pounds shrimp, fresh or frozen 1 lemon, sliced
3 ounces prepared shrimp boil 1 clove garlic, sliced
1 small onion, sliced 1 gallon water
½ cup salt

Tie the shrimp boil, onion, lemon, and garlic in a piece of cheesecloth. Place water in a large container. Add salt and bag of seasonings. Cover and bring to the boiling point over a hot fire. Add shrimp and return to the boiling point. Cover and cook for 5 minutes or until shrimp is tender. Drain. Serves 6.



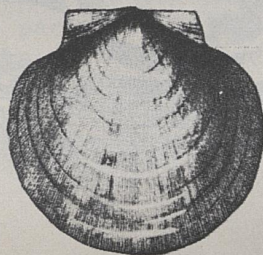
SCALLOP KABOBS



SCALLOP KABOBS

- 1 pound scallops, fresh or frozen
- 1 can (13½ ounces) pineapple chunks, drained
- 1 can (4 ounces) button mushrooms, drained
- ½ cup soy sauce
- ¼ cup salad oil
- ¼ cup lemon juice
- ¼ cup chopped parsley
- ½ teaspoon salt
- Dash pepper
- 12 slices bacon

Thaw frozen scallops. Remove any shell particles and wash. Place pineapple, mushrooms, and scallops in a mixing bowl. Combine soy sauce, oil, lemon juice, parsley, salt, and pepper. Pour sauce over scallop mixture and let stand for 30 minutes, turning once. Fry bacon slowly until cooked but not crisp. Cut each slice in half. Using long skewers, alternate scallops, pineapple, mushrooms, and bacon until skewers are filled. Place kabobs on a barbecue grill about 4 inches from moderately hot coals. Cook for 6 minutes. Turn and cook for 4 to 6 minutes longer. Serves 6.

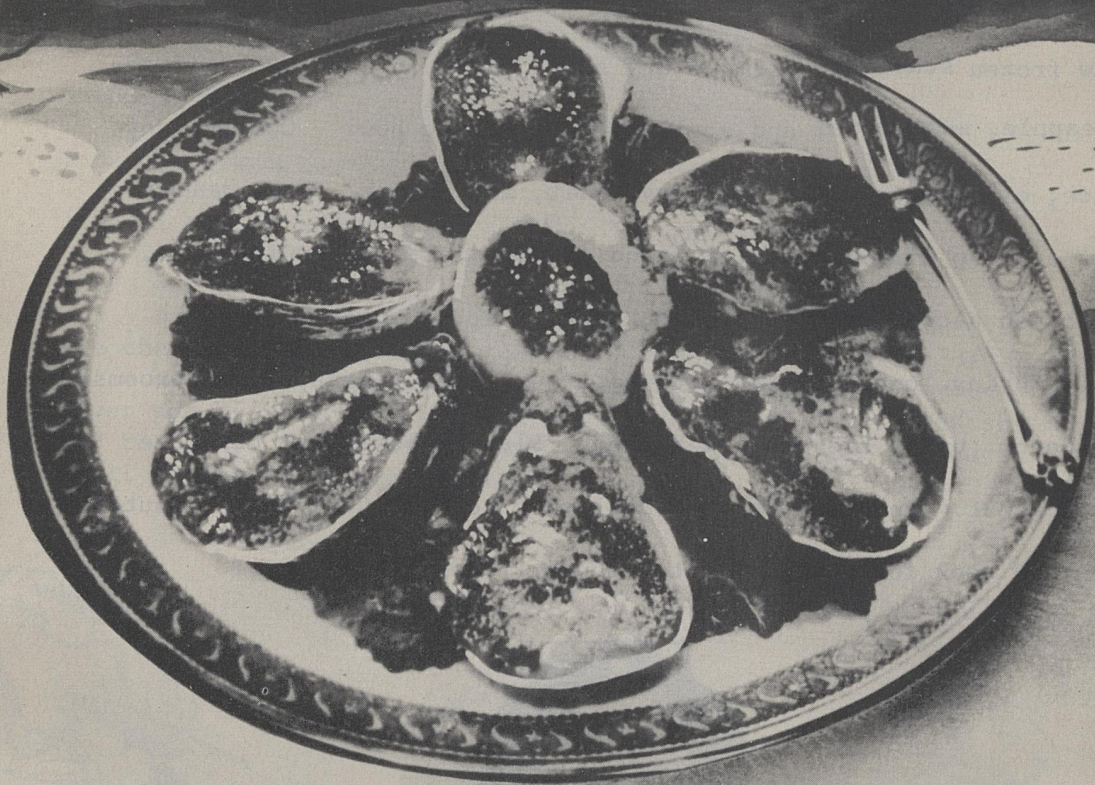


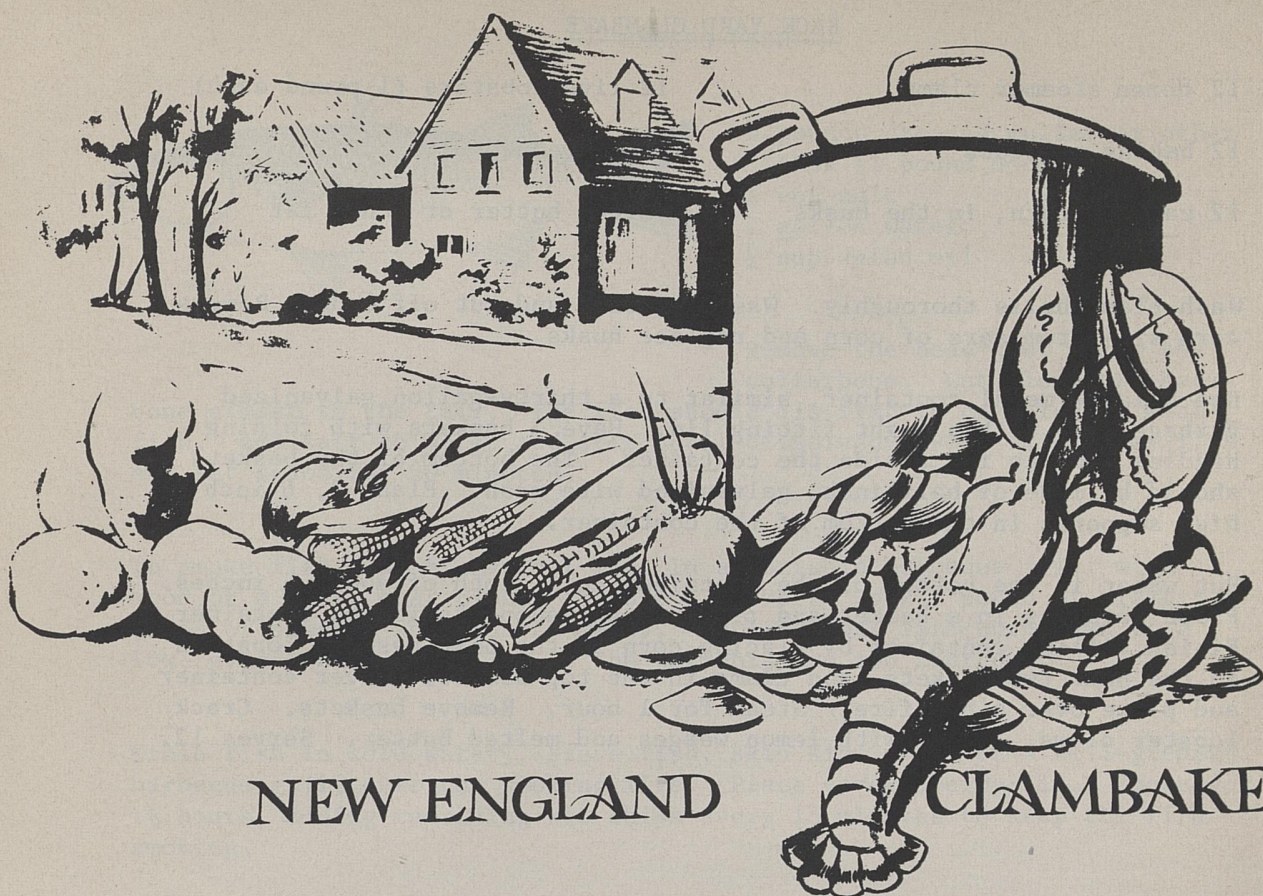
OYSTER ROAST

36 shell oysters

Melted butter or other fat

Wash oyster shells thoroughly. Place oysters on a barbecue grill about 4 inches from hot coals. Roast for 15 minutes or until shells begin to open. Serve in shells with melted butter. Serves 6.





NEW ENGLAND CLAMBAKE

6 dozen steamer clams
 6 medium baking potatoes
 6 medium onions
 6 ears of corn, in the husks

6 live lobsters (1 pound each)
 Rockweed (optional)
 Lemon wedges
 Melted butter or other fat

Wash clam shells thoroughly. Wash potatoes and cut off ends. Peel onions. Remove corn silk from ears of corn and replace husks. Cut 12 pieces of cheesecloth and 12 pieces of heavy-duty aluminum foil, 18 x 36 inches each. Place 2 pieces of cheesecloth on top of 2 sheets of foil. Place 12 clams, a lobster, potato, onion, ear of corn, and rockweed on cheesecloth. Tie the cheesecloth up over the food. Pour 1 cup water over the package. Bring edges of foil together and seal tightly. Make 6 packages. Place packages on a barbecue grill about 4 inches from hot coals. Cover with hood or aluminum foil. Cook for 1 hour or until potatoes are cooked, turning every 15 minutes. Serve with lemon wedges and melted butter. Serves 6.

BACK YARD CLAMBAKE

12 dozen steamer clams

12 live lobsters (1 pound each)

12 baking potatoes

Lemon wedges

12 ears of corn, in the husks

Melted butter or other fat

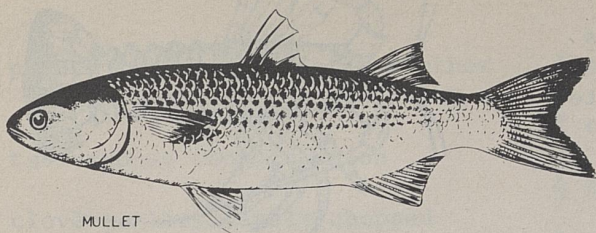
Wash clam shells thoroughly. Wash potatoes and cut off ends. Remove corn silk from ears of corn and replace husks.

Use a large metal container, similar to a thirty-gallon galvanized garbage can, with a tight fitting lid. Have 5 baskets with folding handles made to fit inside the container. The bottom of the baskets should be made of half-inch, galvanized wire mesh. Place 3, 6-inch high supports in the bottom of the container.

Put water in the bottom of the container to a depth of about 5 inches. Place potatoes in a basket and place on the supports in the container. Finish filling container by placing corn in the next basket, lobsters in the next two baskets, and clams in the top basket. Cover container and place over a hot fire. Steam for 1 hour. Remove baskets. Crack lobster claws. Serve with lemon wedges and melted butter. Serves 12.



SMOKED FISH



MULLET

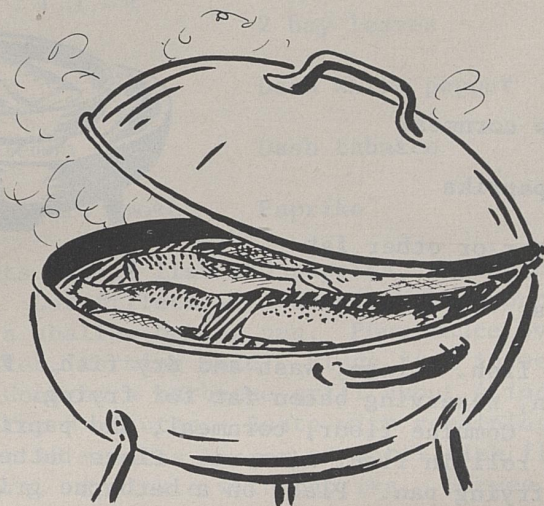
6 pounds dressed mullet or other fish (1 pound each)
1 cup salt
1 gallon water
 $\frac{1}{2}$ cup salad oil

Remove the head just below the collarbone. Cut along the backbone almost to the tail. The fish should lie flat in one piece. Wash fish. Add salt to water and stir until dissolved. Pour brine over fish and let stand for 30 minutes.

To smoke fish, use a charcoal fire in a portable barbecue grill with hood or a cover that closes to make a smoker. Soak 1 pound of hickory chips or sawdust in 2 quarts water. Let charcoal fire burn down to a low, even heat. Place $\frac{1}{3}$ of the wet chips on the charcoal.

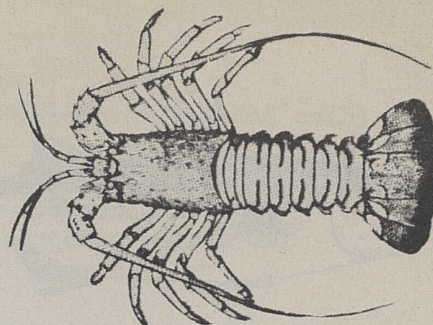
Rinse fish in cold water. Place fish, skin side down, on a well-greased barbecue grill over the smoking fire. Place cover over grill. Smoke for $1\frac{1}{2}$ hours, adding remaining wet chips every 15 minutes to keep the fire smoking.

Increase the temperature by adding more charcoal to the fire and opening the draft. Brush fish sparingly with oil. Cover and cook for 15 minutes. Brush fish again with oil and cook for 10 minutes longer or until fish is lightly browned. Serves 6.



GRILLED SPINY LOBSTER TAILS

6 spiny lobster tails (8 ounces each), fresh or frozen
 $\frac{1}{4}$ cup butter or other fat, melted
2 tablespoons lemon juice
 $\frac{1}{2}$ teaspoon salt
Melted butter or other fat



SPINY LOBSTER

Thaw frozen lobster tails. Cut in half lengthwise. Remove swimmerettes and sharp edges.

Cut 6 squares of heavy-duty aluminum foil, 12 inches each. Place each lobster tail on one half of each square of foil. Combine butter, lemon juice, and salt. Baste lobster meat with sauce. Fold other half of foil over lobster tail and seal edges by making double folds in the foil. Place packages of lobster tails on a barbecue grill, shell side down, about 5 inches from hot coals. Cook for 20 minutes. Remove lobster tails from the foil. Place lobster tails on grill, flesh side down, and cook for 2 to 3 minutes longer or until lightly browned. Serve with melted butter. Serves 6.

CRISPY FRIED RAINBOW TROUT

6 pan-dressed rainbow trout or other small fish, fresh or frozen

12 slices bacon

$\frac{1}{4}$ cup evaporated milk

$1\frac{1}{2}$ teaspoons salt

Dash pepper

$\frac{1}{2}$ cup flour

$\frac{1}{4}$ cup yellow cornmeal

1 teaspoon paprika

$\frac{1}{3}$ cup butter or other fat

Lemon wedges



Thaw frozen fish. Clean, wash and dry fish. Fry bacon until crisp. Remove bacon, reserving bacon fat for frying. Combine milk, salt, and pepper. Combine flour, cornmeal, and paprika. Dip fish in milk mixture and roll in flour mixture. Place butter and bacon fat in a heavy iron frying pan. Place on a barbecue grill about 4 inches from hot coals and heat until fat is hot but not smoking. Add fish and fry for 5 minutes. Turn carefully and fry for 5 minutes longer or until fish is brown and flakes easily when tested with a fork. Drain on absorbent paper. Serve with lemon wedges and bacon. Serves 6.

BARBECUED ROCKFISH FILLETS

2 pounds rockfish fillets or other fish fillets, fresh or frozen	1 can (8 ounces) tomato sauce
2 tablespoons chopped onion	2 tablespoons sherry
1 clove garlic, finely chopped	$\frac{1}{2}$ teaspoon salt
2 tablespoons butter or other fat, melted	$\frac{1}{4}$ teaspoon oregano
	3 drops tabasco
	Dash pepper

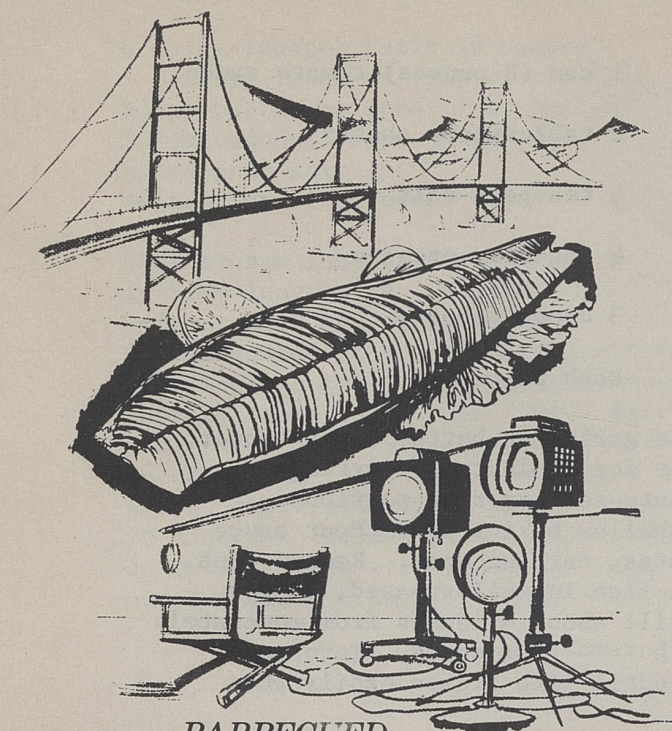
Thaw frozen fillets. Cook onion and garlic in butter until tender. Add remaining ingredients and simmer for 5 minutes, stirring occasionally. Cool. Cut fillets into serving-size portions. Place fish in a single layer in a shallow baking pan. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish in well-greased, hinged wire grills. Cook on a barbecue grill about 4 inches from moderately hot coals for 8 minutes. Baste with remaining sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

SMOKY BARBECUED SPANISH MACKEREL

2 pounds Spanish mackerel fillets or other fish fillets, fresh or frozen	1 tablespoon brown sugar
$\frac{1}{2}$ cup vinegar	2 teaspoons salt
$\frac{1}{4}$ cup salad oil	$\frac{1}{2}$ teaspoon Worcestershire sauce
$\frac{1}{4}$ cup lemon juice	2 bay leaves
2 tablespoons grated lemon rind	Dash white pepper
1 tablespoon hickory liquid smoke	Dash tabasco
	Paprika

Combine all ingredients except fish and paprika. Bring to the boiling point. Cool. Cut fillets into serving-size portions. Place in a single layer in a shallow baking pan. Pour sauce over fish and let stand for 30 minutes, turning once. Place fish in well-greased, hinged wire grills. Cook on a barbecue grill about 4 inches from moderately hot coals for 8 minutes. Baste with remaining sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Sprinkle with paprika. Serves 6.

BARBECUED CALIFORNIA SEA BASS



**BARBECUED
CALIFORNIA SEA BASS**

2 pounds California sea bass
steaks or other fish steaks,
fresh or frozen

$\frac{1}{2}$ cup butter or other fat, melted

$\frac{1}{2}$ cup sesame seeds

$\frac{1}{3}$ cup lemon juice

$\frac{1}{3}$ cup cognac

3 tablespoons soy sauce

1 teaspoon salt

1 large clove garlic, crushed

Thaw frozen steaks. Place steaks in a single layer in a shallow baking pan. Combine remaining ingredients. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish in well-greased, hinged wire grills. Cook on a barbecue grill about 4 inches from moderately hot coals for 8 minutes. Baste with remaining sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork and sesame seeds have browned. Serve any remaining sauce with fish. Serves 6.

MEN OF DISTINCTION PREFER FISH

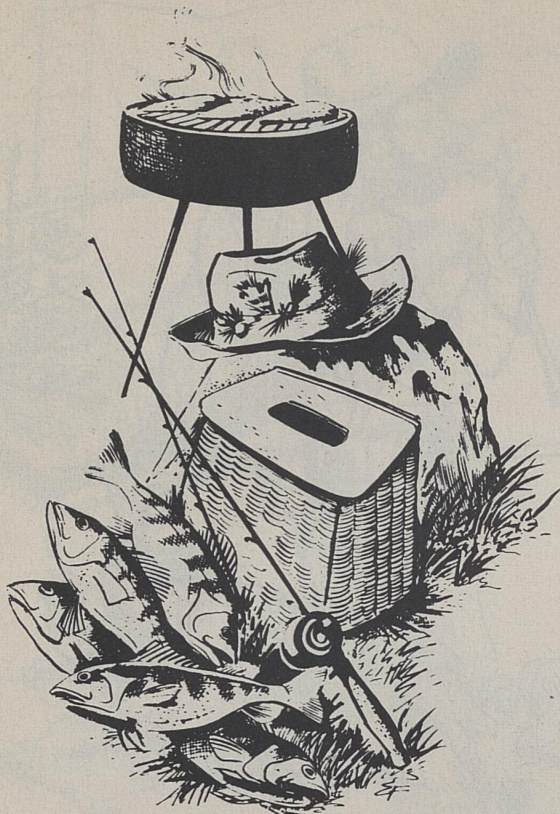


PINE BARK STEW

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| 2 pounds haddock fillets or other fish fillets, fresh or frozen | 2 cups diced potatoes |
| $\frac{1}{2}$ cup chopped bacon | 1 cup catsup |
| 1 cup chopped onion | 2 tablespoons Worcestershire sauce |
| 2 cans (1 pound 13 ounces each) tomatoes | 2 teaspoons salt |
| | $\frac{1}{2}$ teaspoon pepper |

Thaw frozen fillets. Skin fillets if necessary. Cut fillets into 1-inch pieces. Fry bacon until lightly browned in a large kettle over a hot fire. Add onion and cook until tender. Add tomatoes, potatoes, catsup, and seasonings. Cover and cook for 30 minutes, stirring occasionally. Add fish and continue cooking for 45 minutes or until potatoes are tender. Serves 6.

FISHERMAN'S DELIGHT



FISHERMAN'S DELIGHT

2 pounds pan-dressed yellow perch or other small fish, fresh or frozen

2 tablespoons lemon juice

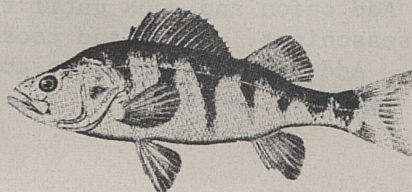
2 teaspoons salt

$\frac{1}{4}$ teaspoon pepper

1 pound sliced bacon

Thaw frozen fish. Clean, wash, and dry fish. Brush inside of fish with lemon juice. Sprinkle with salt and pepper. Wrap each fish with a slice of bacon. Place fish in well-greased, hinged wire grills. Cook on a barbecue grill about 5 inches from moderately hot coals for 10 to 15 minutes or until bacon is crisp. Turn and cook for 10 minutes longer or until bacon is crisp and fish flakes easily when tested with a fork.

Serves 6.



FISH FRY



FISH FRY

2 pounds ocean perch fillets or other fish fillets, fresh or frozen	$\frac{1}{2}$ cup flour
$\frac{1}{4}$ cup evaporated milk	$\frac{1}{2}$ cup yellow cornmeal
$1\frac{1}{2}$ teaspoons salt	1 teaspoon paprika
Dash pepper	Butter or other fat
	Lemon wedges

Thaw frozen fillets. Cut large fillets into strips, $1\frac{1}{2}$ to 2-inches wide. Combine milk, salt, and pepper. Combine flour, cornmeal, and paprika. Dip fish in milk mixture and roll in flour mixture. Place butter or other fat in a heavy iron frying pan. Place on a barbecue grill about 4 inches from hot coals and heat until fat is hot but not smoking. Add fish and fry for 4 minutes. Turn carefully and fry for 4 minutes longer or until fish is brown and flakes easily when tested with a fork. Drain on absorbent paper. Serve with lemon wedges. Serves 6.

LEMON-BUTTER GRILLED CATFISH

2 pounds catfish fillets or other fish fillets, fresh or frozen	1 tablespoon hickory liquid smoke
1/2 cup butter or other fat, melted	2 teaspoons salt
2 tablespoons lemon juice	Dash pepper
1 tablespoon chopped parsley	

Thaw frozen fillets. Cut into serving-size portions. Combine remaining ingredients. Baste fish with sauce. Place fish in well-greased, hinged wire grills. Cook on a barbecue grill about 4 inches from moderately hot coals for 8 minutes. Baste with remaining sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.



GRILLED COD FILETS

2 pounds cod fillets or other fish fillets, fresh or frozen	1 tablespoon grated onion
1/4 cup French dressing	2 teaspoons salt
1 tablespoon lemon juice	Dash pepper

Thaw frozen fillets. Cut into serving-size portions. Combine remaining ingredients. Baste fish with sauce. Place fish in well-greased, hinged wire grills. Cook on a barbecue grill about 4 inches from moderately hot coals for 8 minutes. Baste with remaining sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.



*FISH STEAKS...
A MAN'S FAVORITE*

BARBECUED HALIBUT STEAKS

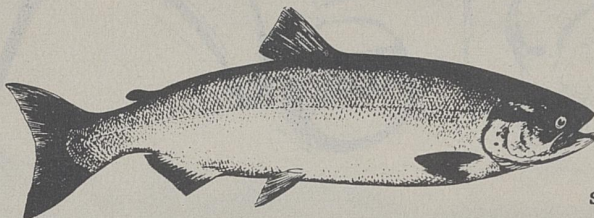
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| 2 pounds halibut steaks or other fish steaks, fresh or frozen | 1 can (8 ounces) tomato sauce |
| $\frac{1}{2}$ cup chopped onion | 2 tablespoons lemon juice |
| 2 tablespoons chopped green pepper | 1 tablespoon sugar |
| 1 clove garlic, finely chopped | 1 tablespoon Worcestershire sauce |
| 2 tablespoons butter or other fat, melted | 2 teaspoons salt |
| | $\frac{1}{2}$ teaspoon pepper |

Thaw frozen steaks. Cook onion, green pepper, and garlic in butter until tender. Add remaining ingredients and simmer for 5 minutes, stirring occasionally. Cool. Cut steaks into serving-size portions. Place fish in a single layer in a shallow baking pan. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish in well-greased, hinged wire grills. Cook on a barbecue grill about 4 inches from moderately hot coals for 8 minutes. Baste with remaining sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

BARBECUED SALMON STEAKS

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|--------------------------------------------------------------|-----------------------------------------|
| 2 pounds salmon steaks or other fish steaks, fresh or frozen | 1 teaspoon Worcestershire sauce |
| $\frac{1}{2}$ cup catsup | 1 teaspoon salt |
| $\frac{1}{4}$ cup salad oil | $\frac{1}{2}$ teaspoon grated onion |
| 3 tablespoons lemon juice | $\frac{1}{2}$ teaspoon powdered mustard |
| 2 tablespoons vinegar | $\frac{1}{4}$ teaspoon paprika |
| 2 tablespoons hickory liquid smoke | 1 clove garlic, finely chopped |
| | 3 drops tabasco |

Thaw frozen steaks. Cut into serving-size portions. Place fish in a single layer in a shallow baking pan. Combine remaining ingredients. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish in well-greased, hinged wire grills. Cook on a barbecue grill about 4 inches from moderately hot coals for 8 minutes. Baste with remaining sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

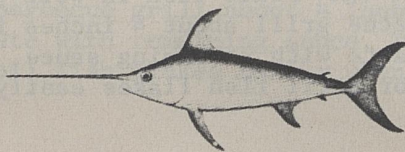


salmon

ORIENTAL SWORDFISH STEAKS

- | | |
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| 2 pounds swordfish steaks or other fish steaks, fresh or frozen | 2 tablespoons chopped parsley |
| $\frac{1}{4}$ cup soy sauce | 1 tablespoon lemon juice |
| $\frac{1}{4}$ cup orange juice | $\frac{1}{2}$ teaspoon oregano |
| 2 tablespoons salad oil | $\frac{1}{2}$ teaspoon pepper |
| 2 tablespoons catsup | 1 clove garlic, finely chopped |

Thaw frozen steaks. Cut into serving-size portions. Place fish in a single layer in a shallow baking pan. Combine remaining ingredients. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish in well-greased hinged wire grills. Cook on a barbecue grill about 4 inches from moderately hot coals for 8 minutes. Baste with remaining sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.



SWORDFISH

CHARCOAL BROILED RED SNAPPER STEAKS

2 pounds red snapper steaks or other fish steaks, fresh or frozen	$\frac{1}{2}$ teaspoon Worcestershire sauce
$\frac{1}{2}$ cup butter or other fat, melted	$\frac{1}{4}$ teaspoon white pepper
$\frac{1}{4}$ cup lemon juice	Dash tabasco
2 teaspoons salt	Paprika

Thaw frozen steaks. Cut into serving-size portions. Combine remaining ingredients. Baste fish with sauce. Place fish in well-greased, hinged wire grills. Cook on a barbecue grill about 4 inches from moderately hot coals for 8 minutes. Baste with remaining sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves. 6.

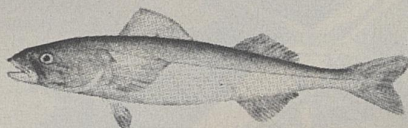


RED SNAPPER

HICKORY SMOKED SABLEFISH STEAKS

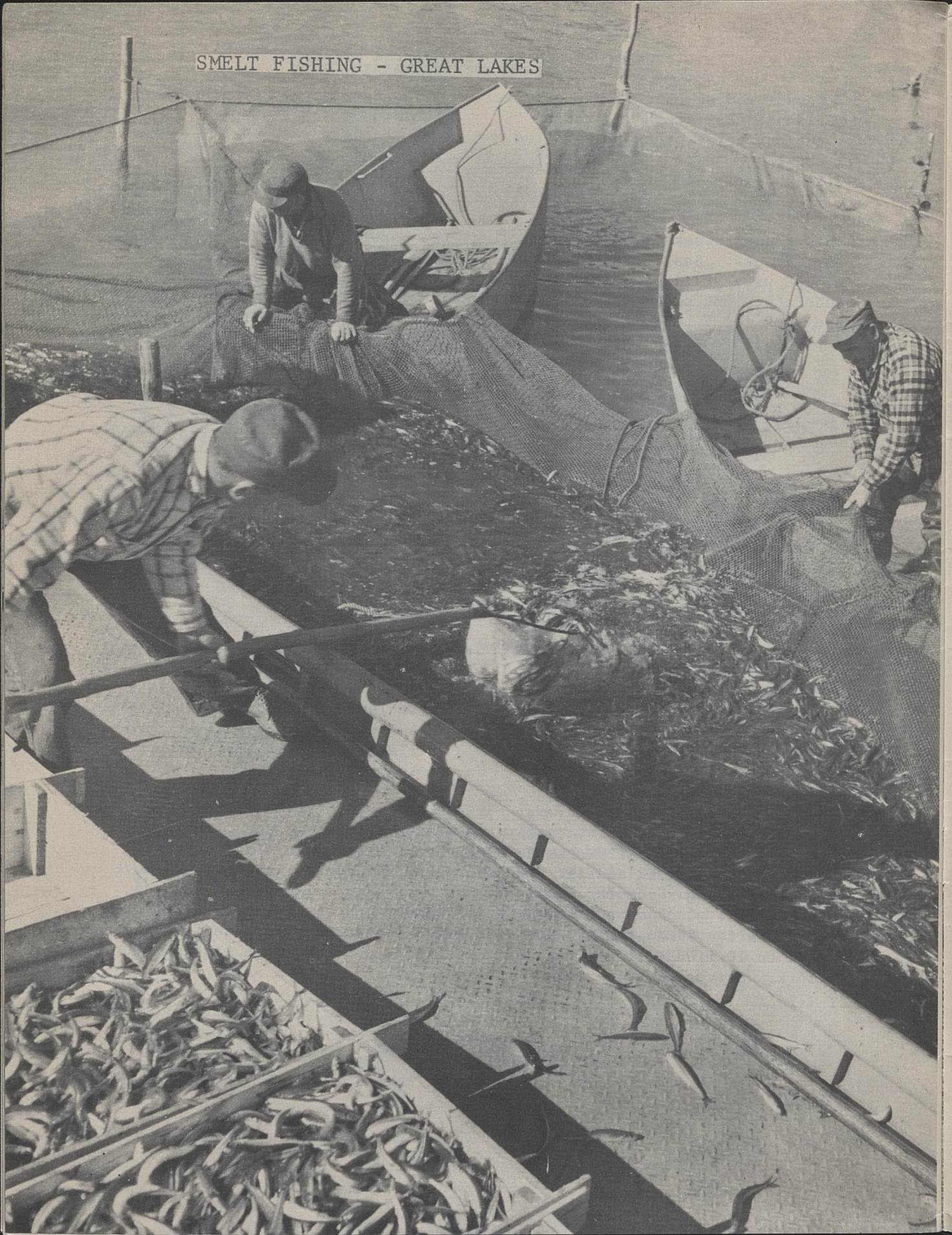
2 pounds sablefish steaks or other fish steaks, fresh or frozen	1 tablespoon hickory liquid smoke
$\frac{1}{3}$ cup soy sauce	1 clove garlic, finely chopped
2 tablespoons salad oil	$\frac{1}{2}$ teaspoon ginger

Thaw frozen steaks. Cut into serving-size portions. Place fish in a single layer in a shallow baking pan. Combine remaining ingredients. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish in well-greased, hinged wire grills. Cook on a barbecue grill about 4 inches from moderately hot coals for 8 minutes. Baste with remaining sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.



SABLEFISH

SMELT FISHING - GREAT LAKES



CAMPFIRE SMELT

3 pounds whole smelt or other
small fish, fresh or frozen

2 teaspoons salt

Dash pepper

1/3 cup chopped onion

3 strips bacon, cut in half

1/3 cup chopped parsley

Thaw frozen fish. Dress fish by removing entrails. Wash and drain on absorbent paper. Cut 6 squares of heavy-duty aluminum foil, 12 inches each. Grease lightly. Divide fish into 6 portions. Place each portion of fish on one half of each square of foil. Sprinkle each serving with onion, parsley, salt, and pepper. Place bacon on top. Fold other half of foil over fish and seal edges by making double folds in the foil. Place packages of fish in a bed of hot coals. Cook for 15 minutes, turning twice. To serve, cut a big crisscross in the top of each package and fold the foil back. Serves 6.

WHITEFISH IN FOIL

2 pounds whitefish fillets or
other fish fillets, fresh
or frozen

2 tablespoons lemon juice

2 teaspoons salt

2 green peppers, sliced

1 teaspoon paprika

2 onions, sliced

Dash white pepper

1/2 cup butter or other fat,
melted

Thaw frozen fillets. Cut into serving-size portions. Cut 6 squares of heavy-duty aluminum foil, 12 inches each. Grease lightly. Place each portion of fish, skin side down, on one half of each square of foil. Top with green pepper and onion, dividing evenly among portions. Combine remaining ingredients. Pour sauce over fish, using approximately 1 tablespoon for each portion. Fold other half of foil over fish and seal edges by making double folds in the foil. Place packages of fish on a barbecue grill about 5 inches from moderately hot coals. Cook for 45 minutes or until fish flakes easily when tested with a fork. To serve, cut a big crisscross in the top of each package and fold the foil back. Serves 6.



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