

UNIVERSITY OF KENTUCKY

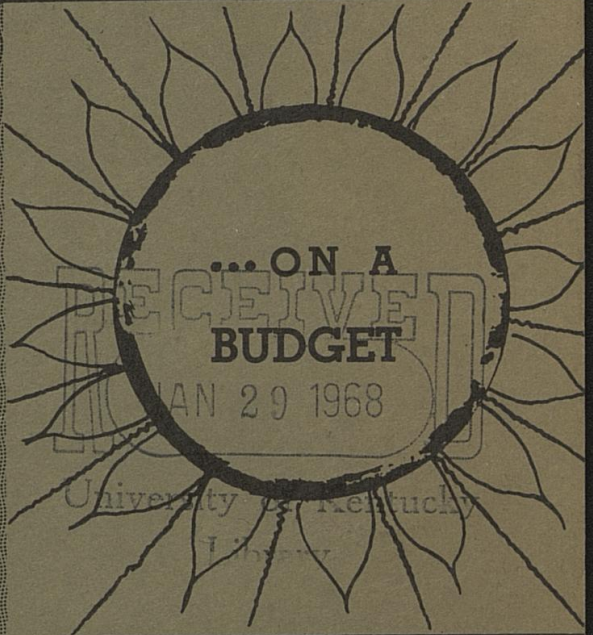
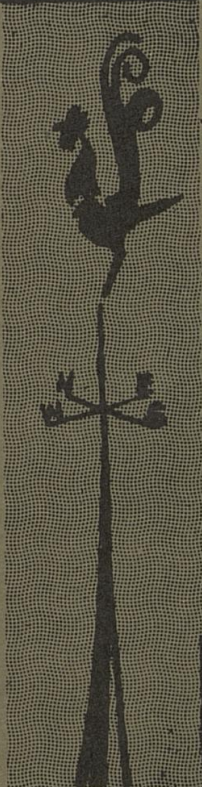
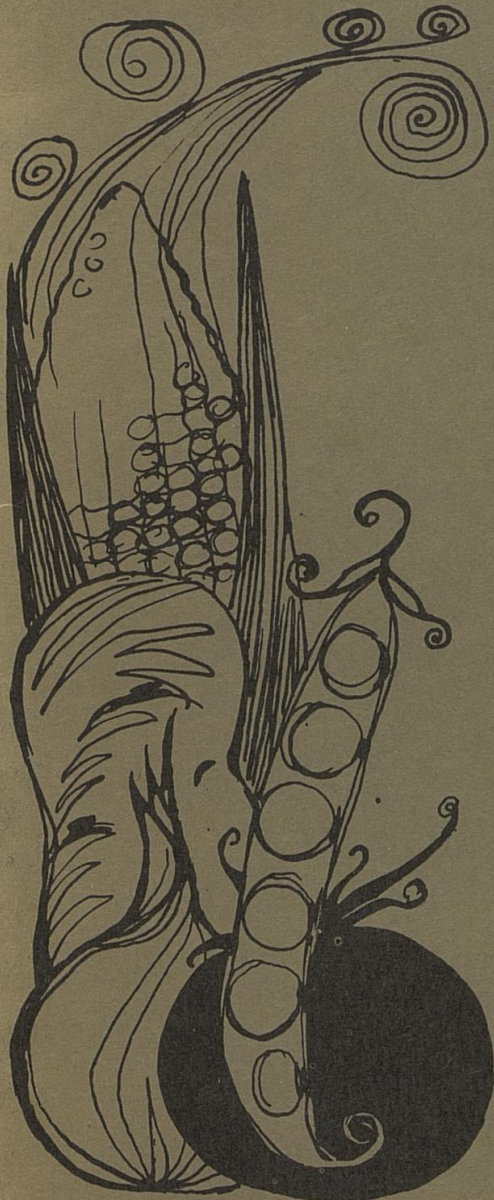


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no. 9



# fish FOR COMPLIMENTS



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FISHERY MARKET DEVELOPMENT SERIES No. 9

10-67

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# Fish

## FOR COMPLIMENTS ON A BUDGET

**B**est eating ever! You can have real stick-to-the-ribs good eating with fish on the menu. Right and ready for any meal of the day, fish are easy to do and cost less too.

**U**nusual variety! Many kinds of fish are available in markets all over the country. They are sold in many forms — fresh, frozen, smoked, and canned.

**D**one in a hurry! Fish are tender, tasty, and ready in minutes. Remember: Never overcook fish, they cook very quickly. Test them with a fork. If they fall apart, they're ready to eat.

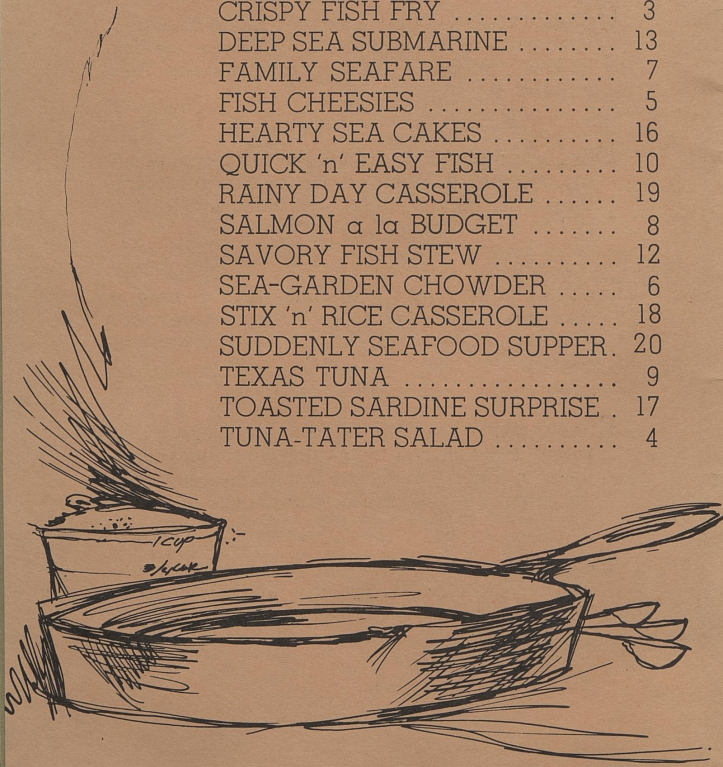
**G**ood for you! Fish contain vitamins and minerals and are high in protein. They provide good nourishment — the kind that gives you pep and energy.

**E**asy to do! Easy on the budget too! There is little waste with fish and, no matter what the season, there are many to choose from with good buys all year long — so make your choice!

**T**ake it easy! You'll save time and money when you try the many wonderful ways to prepare and enjoy fish!

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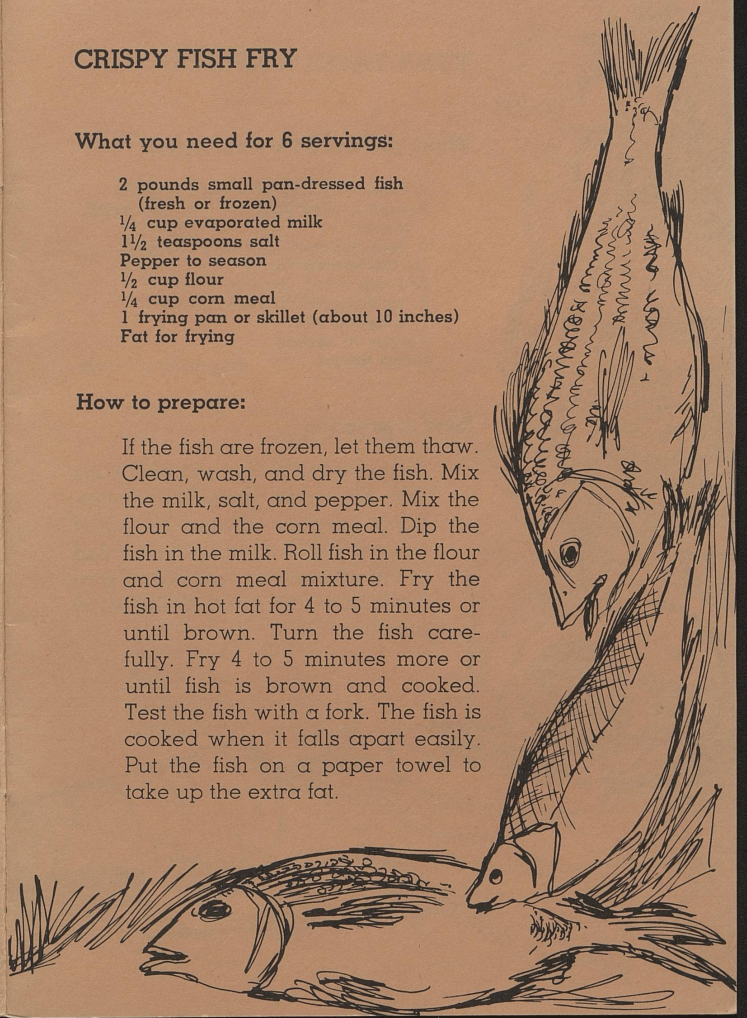
## CRISPY FISH FRY

## What you need for 6 servings:

2 pounds small pan-dressed fish  
(fresh or frozen)  
1/4 cup evaporated milk  
1 1/2 teaspoons salt  
Pepper to season  
1/2 cup flour  
1/4 cup corn meal  
1 frying pan or skillet (about 10 inches)  
Fat for frying

## How to prepare:

If the fish are frozen, let them thaw. Clean, wash, and dry the fish. Mix the milk, salt, and pepper. Mix the flour and the corn meal. Dip the fish in the milk. Roll fish in the flour and corn meal mixture. Fry the fish in hot fat for 4 to 5 minutes or until brown. Turn the fish carefully. Fry 4 to 5 minutes more or until fish is brown and cooked. Test the fish with a fork. The fish is cooked when it falls apart easily. Put the fish on a paper towel to take up the extra fat.



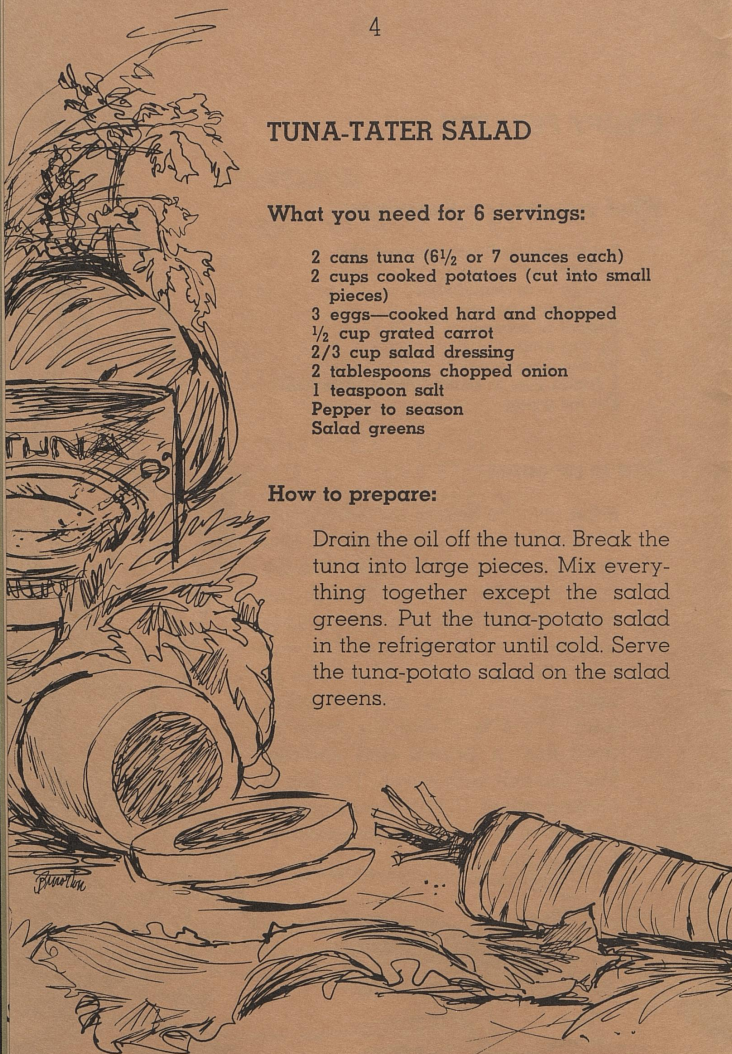
## TUNA-TATER SALAD

### What you need for 6 servings:

- 2 cans tuna (6½ or 7 ounces each)
- 2 cups cooked potatoes (cut into small pieces)
- 3 eggs—cooked hard and chopped
- ½ cup grated carrot
- ⅔ cup salad dressing
- 2 tablespoons chopped onion
- 1 teaspoon salt
- Pepper to season
- Salad greens

### How to prepare:

Drain the oil off the tuna. Break the tuna into large pieces. Mix everything together except the salad greens. Put the tuna-potato salad in the refrigerator until cold. Serve the tuna-potato salad on the salad greens.



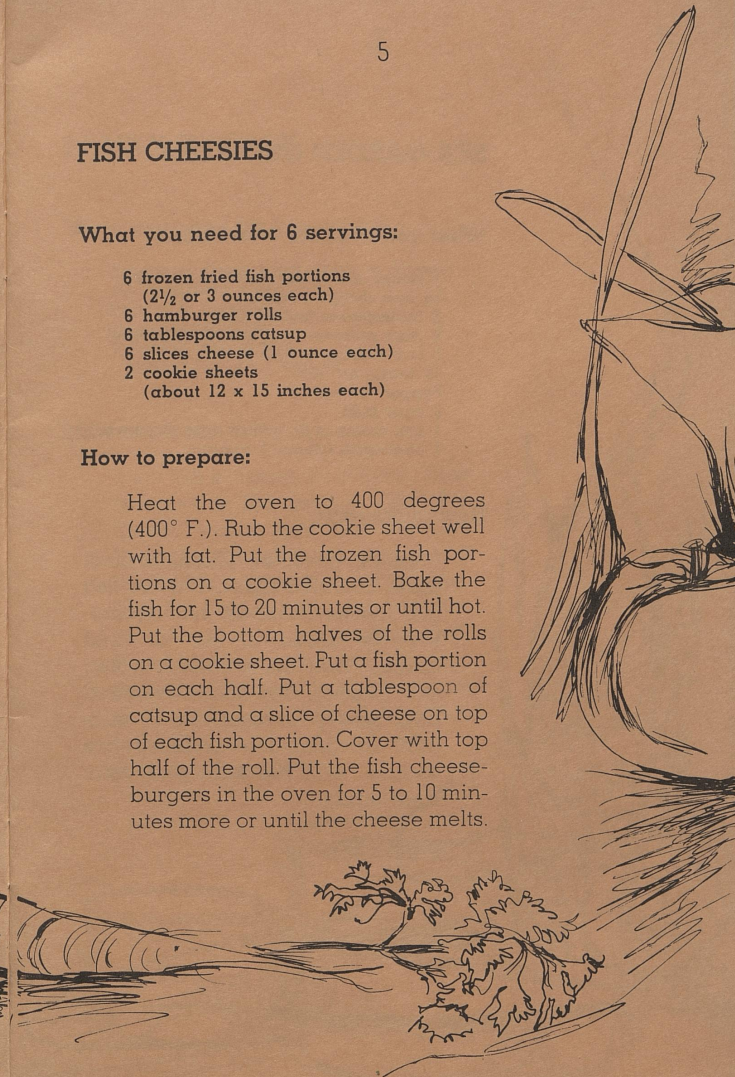
## FISH CHEESIES

### What you need for 6 servings:

- 6 frozen fried fish portions (2½ or 3 ounces each)
- 6 hamburger rolls
- 6 tablespoons catsup
- 6 slices cheese (1 ounce each)
- 2 cookie sheets (about 12 x 15 inches each)

### How to prepare:

Heat the oven to 400 degrees (400° F.). Rub the cookie sheet well with fat. Put the frozen fish portions on a cookie sheet. Bake the fish for 15 to 20 minutes or until hot. Put the bottom halves of the rolls on a cookie sheet. Put a fish portion on each half. Put a tablespoon of catsup and a slice of cheese on top of each fish portion. Cover with top half of the roll. Put the fish cheeseburgers in the oven for 5 to 10 minutes more or until the cheese melts.



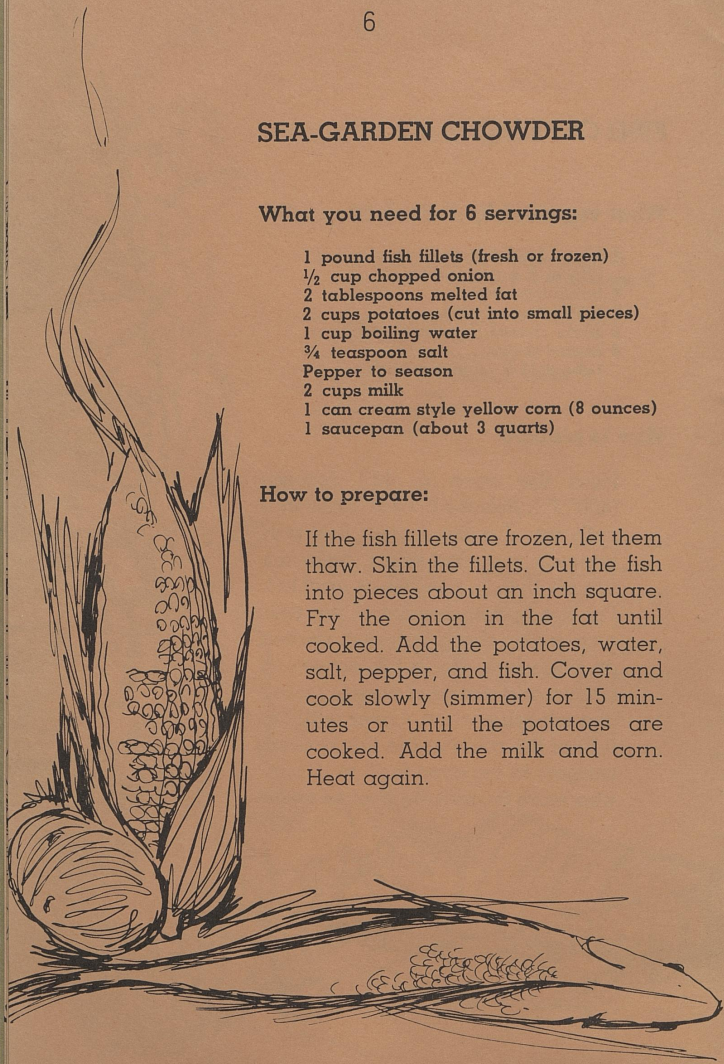
## SEA-GARDEN CHOWDER

### What you need for 6 servings:

- 1 pound fish fillets (fresh or frozen)
- 1/2 cup chopped onion
- 2 tablespoons melted fat
- 2 cups potatoes (cut into small pieces)
- 1 cup boiling water
- 3/4 teaspoon salt
- Pepper to season
- 2 cups milk
- 1 can cream style yellow corn (8 ounces)
- 1 saucepan (about 3 quarts)

### How to prepare:

If the fish fillets are frozen, let them thaw. Skin the fillets. Cut the fish into pieces about an inch square. Fry the onion in the fat until cooked. Add the potatoes, water, salt, pepper, and fish. Cover and cook slowly (simmer) for 15 minutes or until the potatoes are cooked. Add the milk and corn. Heat again.



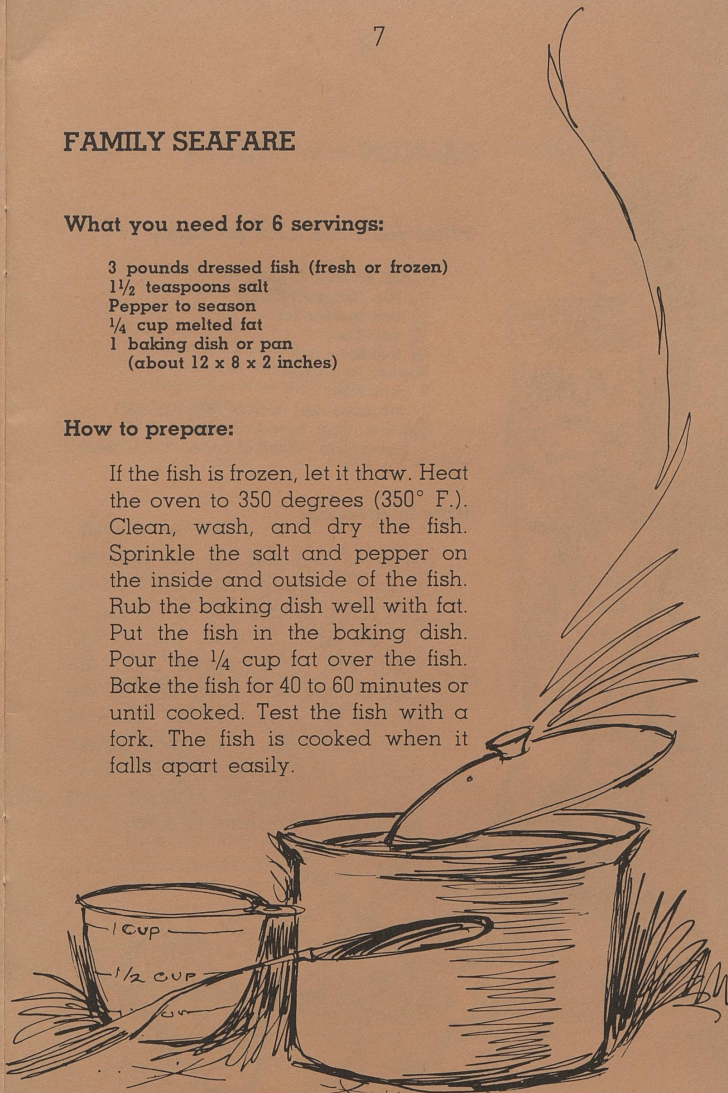
## FAMILY SEAFARE

### What you need for 6 servings:

- 3 pounds dressed fish (fresh or frozen)
- 1 1/2 teaspoons salt
- Pepper to season
- 1/4 cup melted fat
- 1 baking dish or pan  
(about 12 x 8 x 2 inches)

### How to prepare:

If the fish is frozen, let it thaw. Heat the oven to 350 degrees (350° F.). Clean, wash, and dry the fish. Sprinkle the salt and pepper on the inside and outside of the fish. Rub the baking dish well with fat. Put the fish in the baking dish. Pour the 1/4 cup fat over the fish. Bake the fish for 40 to 60 minutes or until cooked. Test the fish with a fork. The fish is cooked when it falls apart easily.



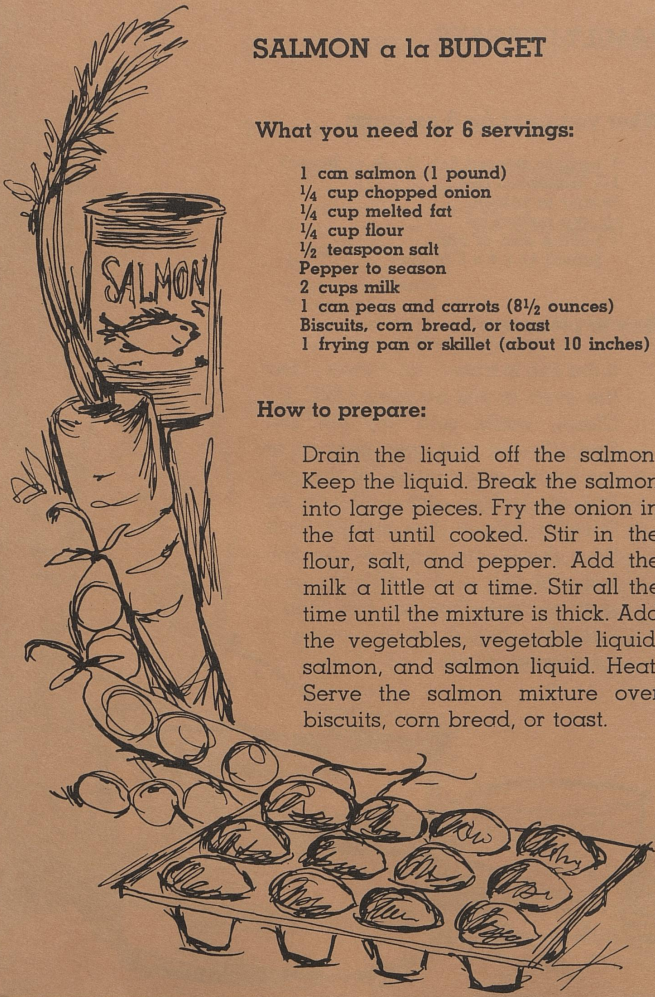
## SALMON à la BUDGET

### What you need for 6 servings:

- 1 can salmon (1 pound)
- 1/4 cup chopped onion
- 1/4 cup melted fat
- 1/4 cup flour
- 1/2 teaspoon salt
- Pepper to season
- 2 cups milk
- 1 can peas and carrots (8 1/2 ounces)
- Biscuits, corn bread, or toast
- 1 frying pan or skillet (about 10 inches)

### How to prepare:

Drain the liquid off the salmon. Keep the liquid. Break the salmon into large pieces. Fry the onion in the fat until cooked. Stir in the flour, salt, and pepper. Add the milk a little at a time. Stir all the time until the mixture is thick. Add the vegetables, vegetable liquid, salmon, and salmon liquid. Heat. Serve the salmon mixture over biscuits, corn bread, or toast.



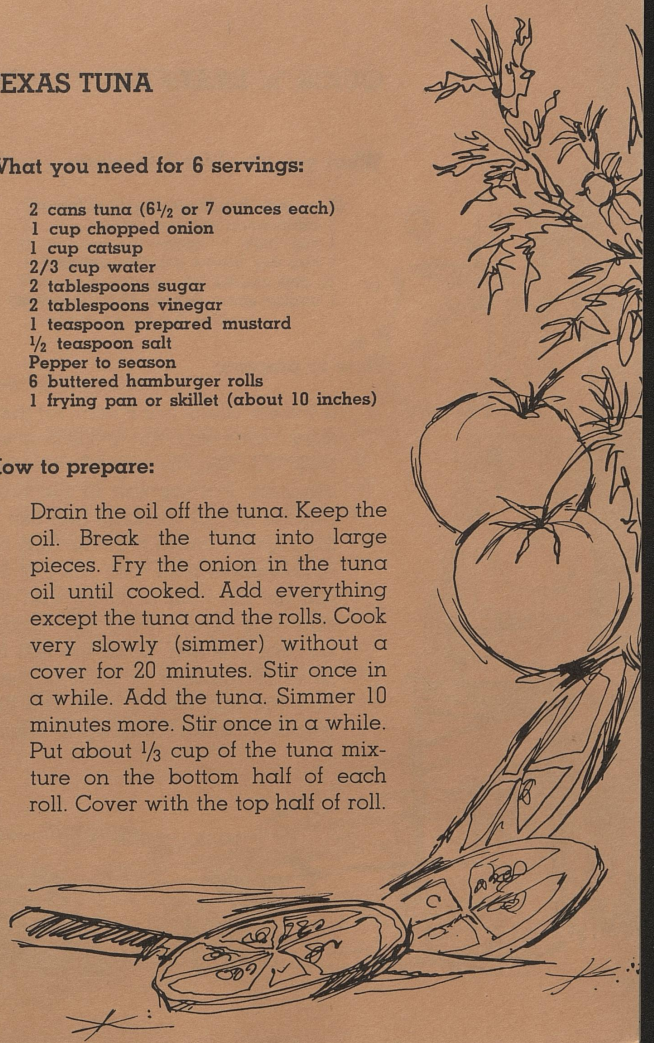
## TEXAS TUNA

### What you need for 6 servings:

- 2 cans tuna (6 1/2 or 7 ounces each)
- 1 cup chopped onion
- 1 cup catsup
- 2/3 cup water
- 2 tablespoons sugar
- 2 tablespoons vinegar
- 1 teaspoon prepared mustard
- 1/2 teaspoon salt
- Pepper to season
- 6 buttered hamburger rolls
- 1 frying pan or skillet (about 10 inches)

### How to prepare:

Drain the oil off the tuna. Keep the oil. Break the tuna into large pieces. Fry the onion in the tuna oil until cooked. Add everything except the tuna and the rolls. Cook very slowly (simmer) without a cover for 20 minutes. Stir once in a while. Add the tuna. Simmer 10 minutes more. Stir once in a while. Put about 1/3 cup of the tuna mixture on the bottom half of each roll. Cover with the top half of roll.



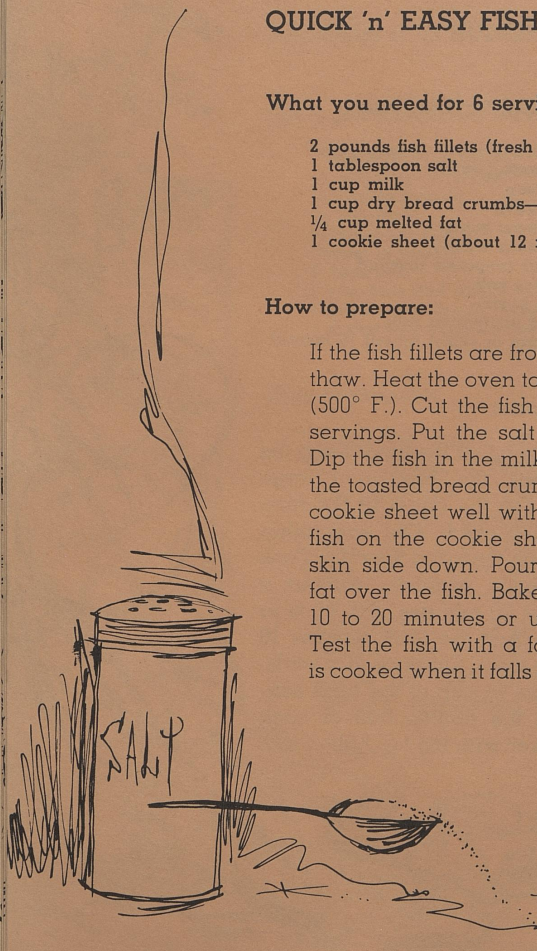
### QUICK 'n' EASY FISH

#### What you need for 6 servings:

- 2 pounds fish fillets (fresh or frozen)
- 1 tablespoon salt
- 1 cup milk
- 1 cup dry bread crumbs—toasted
- 1/4 cup melted fat
- 1 cookie sheet (about 12 x 15 inches)

#### How to prepare:

If the fish fillets are frozen, let them thaw. Heat the oven to 500 degrees (500° F.). Cut the fish fillets into 6 servings. Put the salt in the milk. Dip the fish in the milk. Roll fish in the toasted bread crumbs. Rub the cookie sheet well with fat. Put the fish on the cookie sheet with the skin side down. Pour the 1/4 cup fat over the fish. Bake the fish for 10 to 20 minutes or until cooked. Test the fish with a fork. The fish is cooked when it falls apart easily.



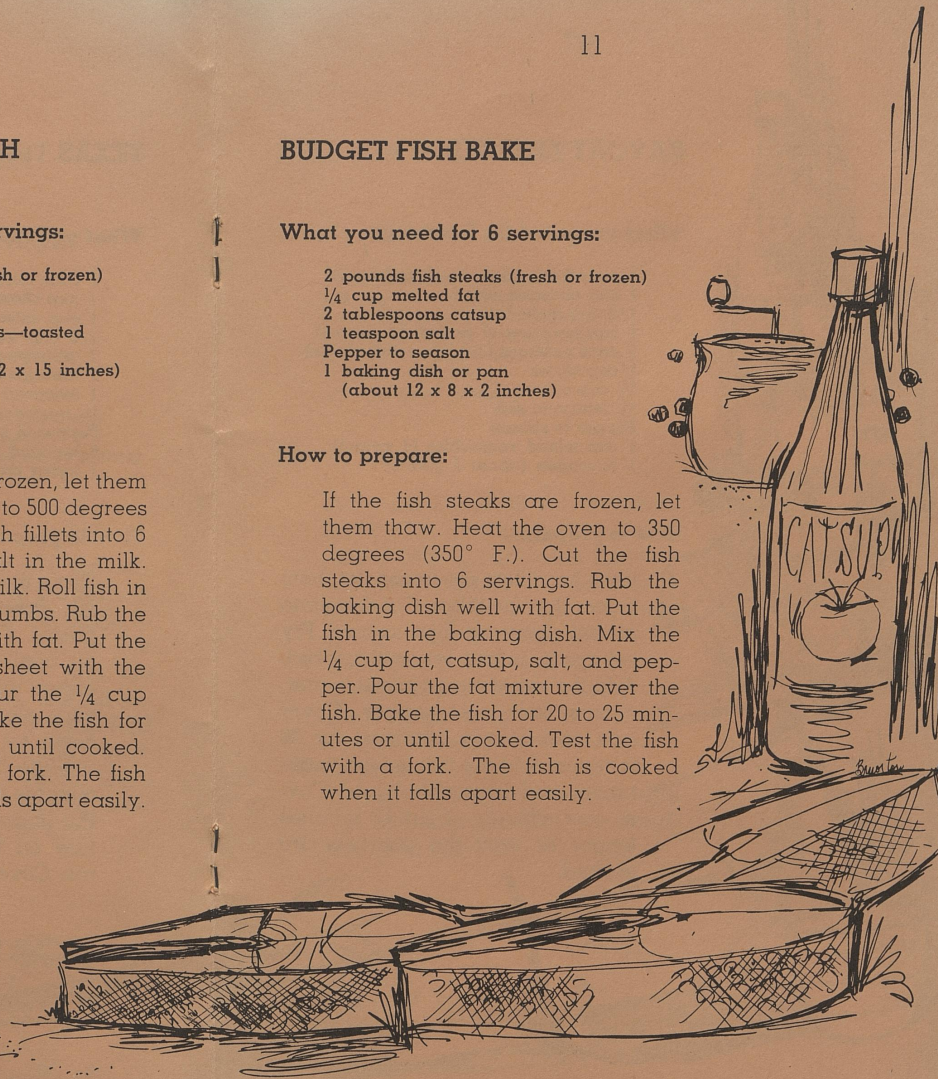
### BUDGET FISH BAKE

#### What you need for 6 servings:

- 2 pounds fish steaks (fresh or frozen)
- 1/4 cup melted fat
- 2 tablespoons catsup
- 1 teaspoon salt
- Pepper to season
- 1 baking dish or pan (about 12 x 8 x 2 inches)

#### How to prepare:

If the fish steaks are frozen, let them thaw. Heat the oven to 350 degrees (350° F.). Cut the fish steaks into 6 servings. Rub the baking dish well with fat. Put the fish in the baking dish. Mix the 1/4 cup fat, catsup, salt, and pepper. Pour the fat mixture over the fish. Bake the fish for 20 to 25 minutes or until cooked. Test the fish with a fork. The fish is cooked when it falls apart easily.





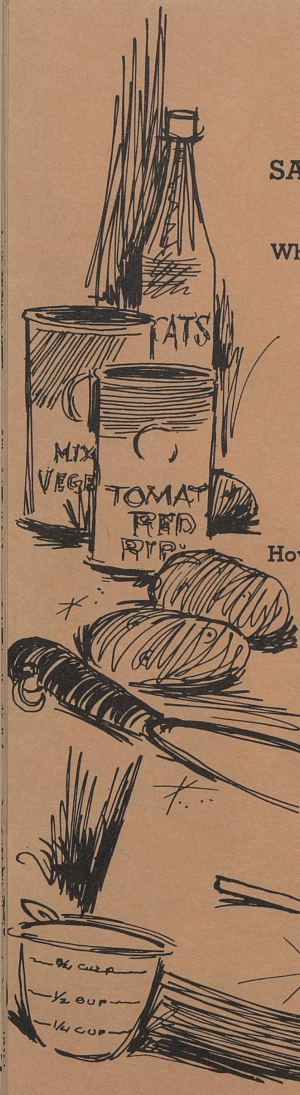
## SAVORY FISH STEW

### What you need for 6 servings:

- 1 pound fish fillets (fresh or frozen)
- 1 cup chopped onion
- 1/3 cup melted fat
- 1 can tomatoes (1 pound, 12 ounces)
- 2 cups potatoes (cut into small pieces)
- 1 cup water
- 1/4 cup catsup
- 1/2 teaspoon salt
- Pepper to season
- 1 can mixed vegetables (1 pound)
- 1 saucepan (about 3 quarts)

### How to prepare:

If the fish fillets are frozen, let them thaw. Skin the fillets. Cut them into pieces about an inch square. Fry the onion in the fat until cooked. Add the tomatoes, potatoes, water, catsup, salt, and pepper. Cover and cook slowly (simmer) for 30 minutes. Add the fish, mixed vegetables, and vegetable liquid. Cover and simmer about 15 minutes longer or until the potatoes are cooked.



## DEEP SEA SUBMARINE

### What you need for 6 servings:

- 1 can mackerel (15 ounces)
- 1/3 cup salad dressing
- 3 submarine rolls (12 inches each)
- 6 slices cheese (1 ounce each)
- 2 tomatoes—sliced thin
- 1 onion—sliced thin
- 1/3 cup salad dressing

### How to prepare:

Drain the liquid off the mackerel. Break the mackerel into large pieces. Mix 1/3 cup salad dressing with the mackerel. Cut the rolls in half the long way. Spread about 1/2 cup of the mackerel mixture on the bottom half of each roll. Put the cheese slices, tomato slices, and onion slices on top of the mackerel mixture. Spread the other 1/3 cup salad dressing on the top half of the rolls. Cover sandwiches with top half of rolls. Cut the sandwiches in half.



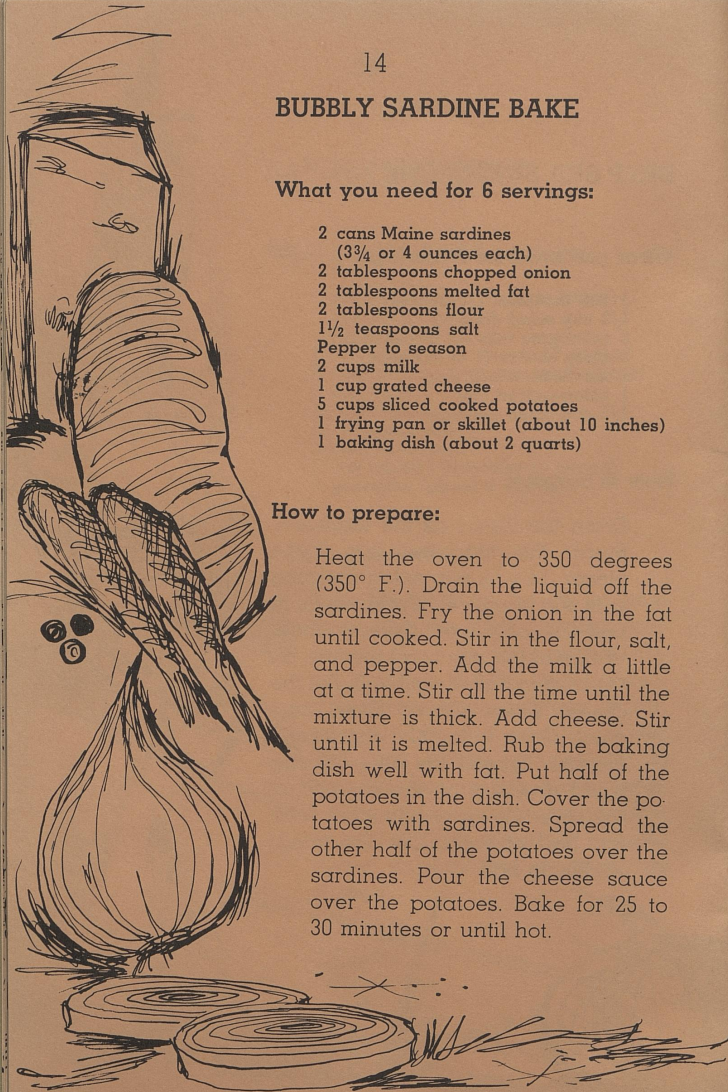
## BUBBLY SARDINE BAKE

## What you need for 6 servings:

- 2 cans Maine sardines  
(3 $\frac{3}{4}$  or 4 ounces each)
- 2 tablespoons chopped onion
- 2 tablespoons melted fat
- 2 tablespoons flour
- 1 $\frac{1}{2}$  teaspoons salt
- Pepper to season
- 2 cups milk
- 1 cup grated cheese
- 5 cups sliced cooked potatoes
- 1 frying pan or skillet (about 10 inches)
- 1 baking dish (about 2 quarts)

## How to prepare:

Heat the oven to 350 degrees (350° F.). Drain the liquid off the sardines. Fry the onion in the fat until cooked. Stir in the flour, salt, and pepper. Add the milk a little at a time. Stir all the time until the mixture is thick. Add cheese. Stir until it is melted. Rub the baking dish well with fat. Put half of the potatoes in the dish. Cover the potatoes with sardines. Spread the other half of the potatoes over the sardines. Pour the cheese sauce over the potatoes. Bake for 25 to 30 minutes or until hot.



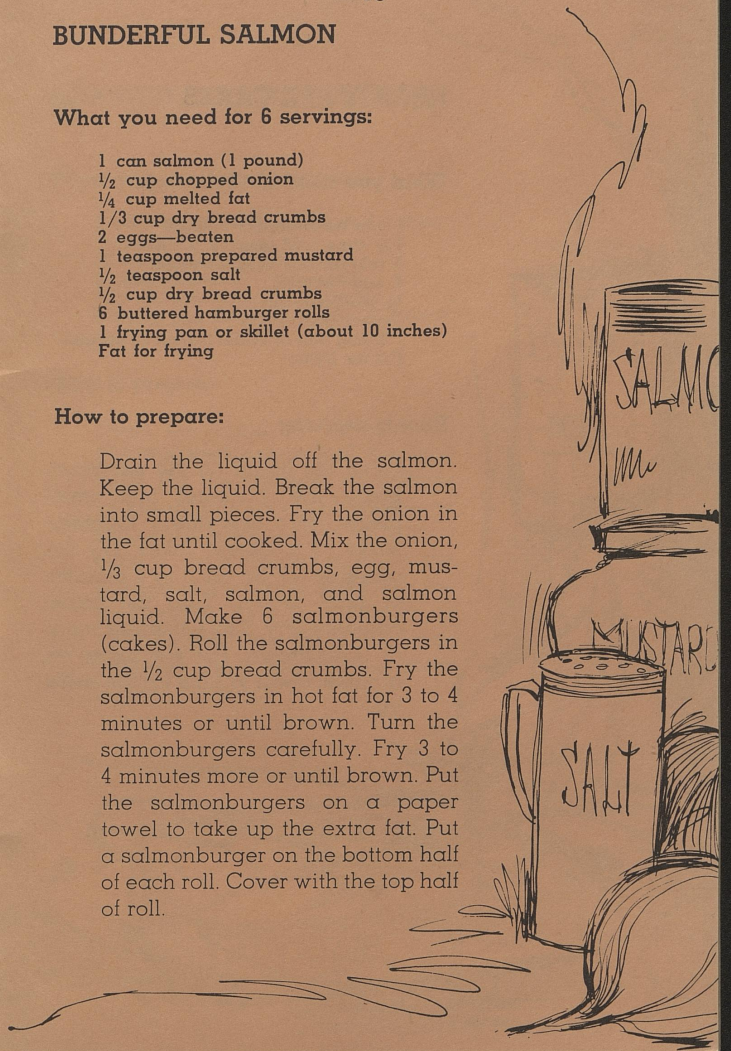
## BUNDERFUL SALMON

## What you need for 6 servings:

- 1 can salmon (1 pound)
- $\frac{1}{2}$  cup chopped onion
- $\frac{1}{4}$  cup melted fat
- $\frac{1}{3}$  cup dry bread crumbs
- 2 eggs—beaten
- 1 teaspoon prepared mustard
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  cup dry bread crumbs
- 6 buttered hamburger rolls
- 1 frying pan or skillet (about 10 inches)
- Fat for frying

## How to prepare:

Drain the liquid off the salmon. Keep the liquid. Break the salmon into small pieces. Fry the onion in the fat until cooked. Mix the onion,  $\frac{1}{3}$  cup bread crumbs, egg, mustard, salt, salmon, and salmon liquid. Make 6 salmonburgers (cakes). Roll the salmonburgers in the  $\frac{1}{2}$  cup bread crumbs. Fry the salmonburgers in hot fat for 3 to 4 minutes or until brown. Turn the salmonburgers carefully. Fry 3 to 4 minutes more or until brown. Put the salmonburgers on a paper towel to take up the extra fat. Put a salmonburger on the bottom half of each roll. Cover with the top half of roll.



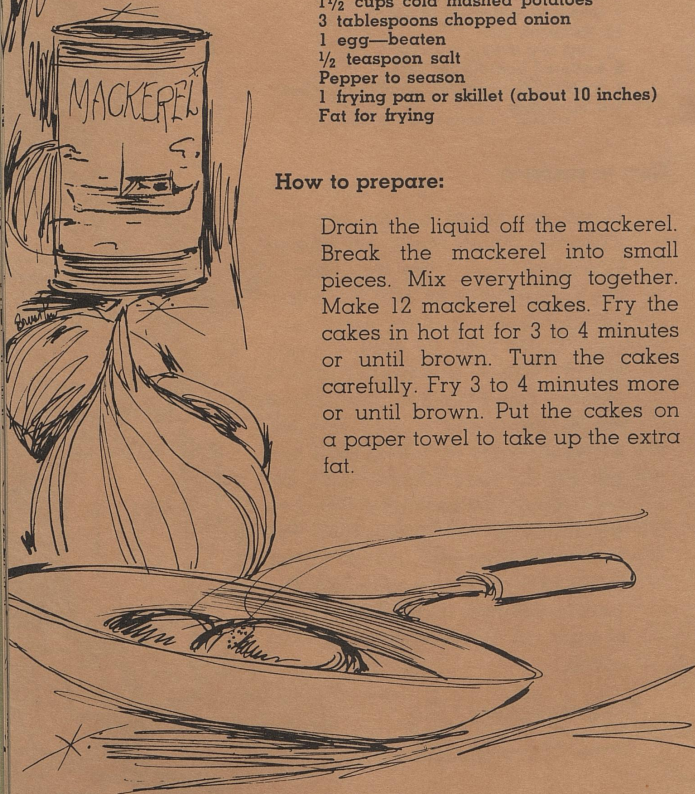
## HEARTY SEA CAKES

### What you need for 6 servings:

1 can mackerel (15 ounces)  
 1½ cups cold mashed potatoes  
 3 tablespoons chopped onion  
 1 egg—beaten  
 ½ teaspoon salt  
 Pepper to season  
 1 frying pan or skillet (about 10 inches)  
 Fat for frying

### How to prepare:

Drain the liquid off the mackerel. Break the mackerel into small pieces. Mix everything together. Make 12 mackerel cakes. Fry the cakes in hot fat for 3 to 4 minutes or until brown. Turn the cakes carefully. Fry 3 to 4 minutes more or until brown. Put the cakes on a paper towel to take up the extra fat.



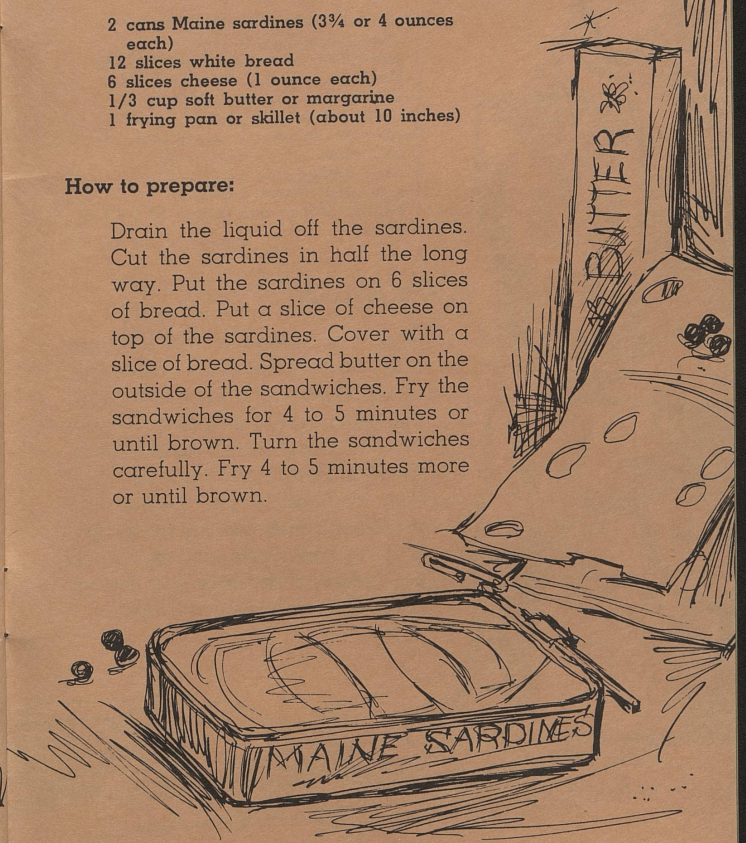
## TOASTED SARDINE SURPRISE

### What you need for 6 servings:

2 cans Maine sardines (¾ or 4 ounces each)  
 12 slices white bread  
 6 slices cheese (1 ounce each)  
 ⅓ cup soft butter or margarine  
 1 frying pan or skillet (about 10 inches)

### How to prepare:

Drain the liquid off the sardines. Cut the sardines in half the long way. Put the sardines on 6 slices of bread. Put a slice of cheese on top of the sardines. Cover with a slice of bread. Spread butter on the outside of the sandwiches. Fry the sandwiches for 4 to 5 minutes or until brown. Turn the sandwiches carefully. Fry 4 to 5 minutes more or until brown.



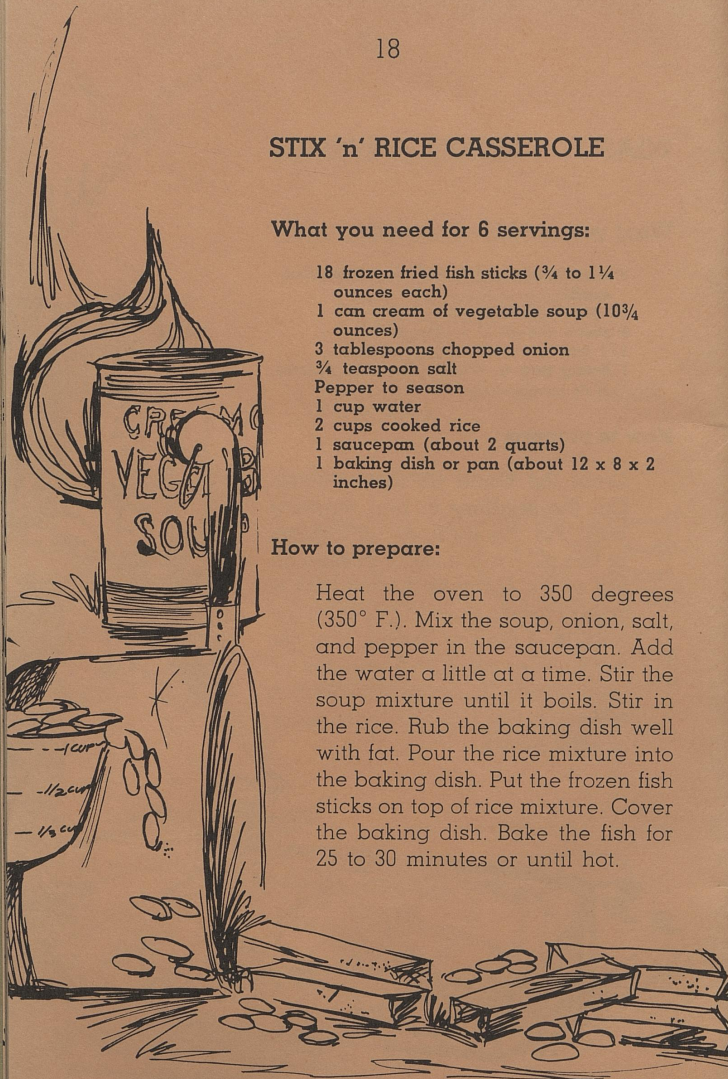
## STIX 'n' RICE CASSEROLE

## What you need for 6 servings:

- 18 frozen fried fish sticks ( $\frac{3}{4}$  to  $1\frac{1}{4}$  ounces each)
- 1 can cream of vegetable soup ( $10\frac{3}{4}$  ounces)
- 3 tablespoons chopped onion
- $\frac{3}{4}$  teaspoon salt
- Pepper to season
- 1 cup water
- 2 cups cooked rice
- 1 saucepan (about 2 quarts)
- 1 baking dish or pan (about 12 x 8 x 2 inches)

## How to prepare:

Heat the oven to 350 degrees ( $350^{\circ}$  F.). Mix the soup, onion, salt, and pepper in the saucepan. Add the water a little at a time. Stir the soup mixture until it boils. Stir in the rice. Rub the baking dish well with fat. Pour the rice mixture into the baking dish. Put the frozen fish sticks on top of rice mixture. Cover the baking dish. Bake the fish for 25 to 30 minutes or until hot.



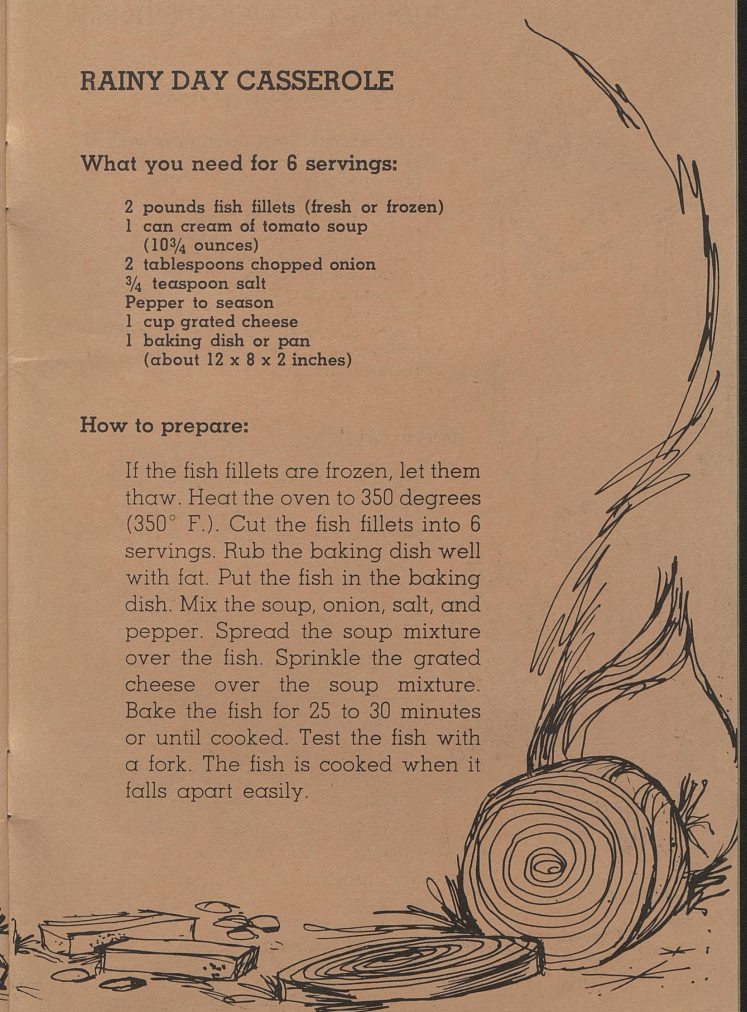
## RAINY DAY CASSEROLE

## What you need for 6 servings:

- 2 pounds fish fillets (fresh or frozen)
- 1 can cream of tomato soup ( $10\frac{3}{4}$  ounces)
- 2 tablespoons chopped onion
- $\frac{3}{4}$  teaspoon salt
- Pepper to season
- 1 cup grated cheese
- 1 baking dish or pan (about 12 x 8 x 2 inches)

## How to prepare:

If the fish fillets are frozen, let them thaw. Heat the oven to 350 degrees ( $350^{\circ}$  F.). Cut the fish fillets into 6 servings. Rub the baking dish well with fat. Put the fish in the baking dish. Mix the soup, onion, salt, and pepper. Spread the soup mixture over the fish. Sprinkle the grated cheese over the soup mixture. Bake the fish for 25 to 30 minutes or until cooked. Test the fish with a fork. The fish is cooked when it falls apart easily.



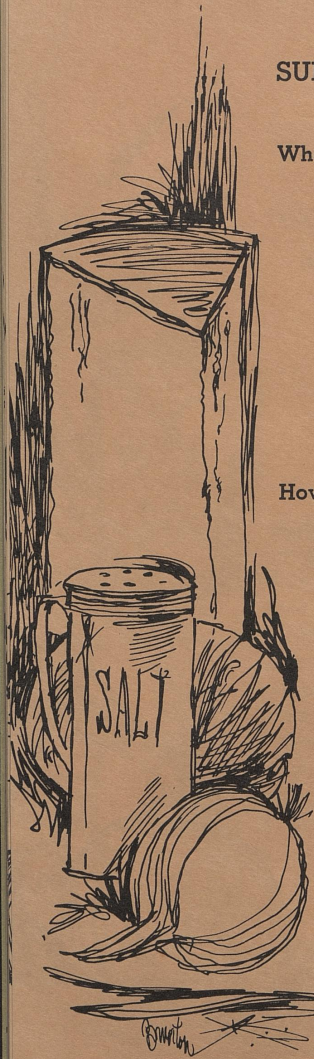
## SUDDENLY SEAFOOD SUPPER

### What you need for 6 servings:

2 pounds fish fillets (fresh or frozen)  
 1/2 cup of flour  
 1 teaspoon salt  
 Pepper to season  
 1/2 cup thin slices of onion  
 3 cups thin slices of potatoes  
 1 can tomatoes (1 pound)  
 2 tablespoons catsup  
 2 teaspoons salt  
 Pepper to season  
 1 slice cheese (cut into small pieces)  
 1 frying pan or skillet (about 10 inches)  
 Fat for frying

### How to prepare:

If the fish fillets are frozen, let them thaw. Cut the fish fillets into 6 servings. Mix the flour, 1 teaspoon salt, and pepper. Roll the fish in the flour mixture. Fry the fish in hot fat for 3 to 4 minutes or until brown. Turn the fish carefully. Fry 3 to 4 minutes more or until brown. Spread the onions over the fish. Cover the onions with potatoes. Mix the tomatoes, catsup, 2 teaspoons salt, and pepper. Pour tomato mixture over the potatoes. Sprinkle the cheese on top. Cover and cook slowly (simmer) for 30 to 35 minutes or until potatoes are cooked.

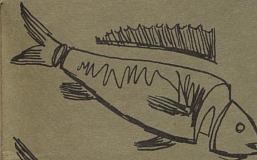


## BUYING FISH

### Fish are sold in a number of ways:



**Whole or round fish** are fish just as they come from the water. Clean the fish before you cook them. Take off the scales or skin and take out the insides. The head, the fins, and the tail may be left on the fish.



**Dressed or pan-dressed fish** have the scales or skin and the insides removed. They are ready to cook when you buy them.



**Fish steaks** are slices of fish cut across the fish. They are ready to cook when you buy them.

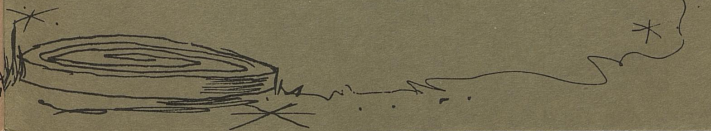


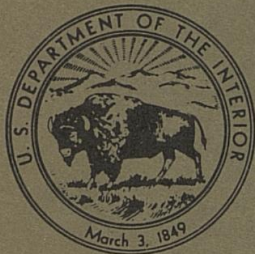
**Fish fillets** are the sides of the fish. They are cut away from the backbone. They are ready to cook when you buy them.



**Sticks and portions** are pieces of fish cut from blocks of frozen fillets. All the sticks in a package are alike. All the portions in a package are alike. They are ready to cook when you take them from the package.

**Canned fish** are ready to use when you take them from the can.





UNITED STATES DEPARTMENT OF THE INTERIOR  
Stewart L. Udall, Secretary

FISH AND WILDLIFE SERVICE, Clarence F. Pautzke, Commissioner  
BUREAU OF COMMERCIAL FISHERIES, Harold E. Crowther, Director

Created in 1849, the Department of the Interior—a Department of Conservation—is concerned with the management, conservation, and development of the Nation's water, fish, wildlife, mineral, forest, and park and recreational resources. It also has major responsibilities for Indian and Territorial affairs.

As the Nation's principal conservation agency, the Department works to assure that nonrenewable resources are developed and used wisely, that park and recreational resources are conserved for the future, and that renewable resources make their full contribution to the progress, prosperity, and security of the United States—now and in the future.