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UNIVERSITY OF KENTUCKY
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Home

seafood
recipes to

go with



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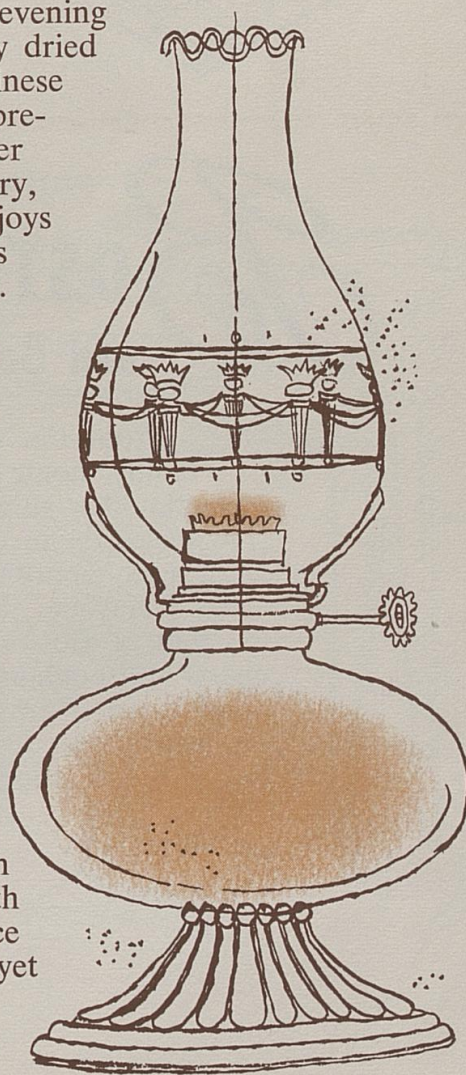
ISSUED BY THE BUREAU OF COMMERCIAL FISHERIES AS
A PART OF ITS CONTINUING CONSUMER EDUCATIONAL PROGRAM
IN COOPERATION WITH THE COMMERCIAL FISHING INDUSTRY.



HE TIME IS 1890 . . .

The windows of a stately, red brick house on Boston's famed Beacon Hill transmit kaleidoscopic patterns from a crystal chandelier outside to the street below; inside, the spirited conversation lulls momentarily as an adroit butler efficiently serves traditional New England haddock. Two thousand miles west, by campfire's light, a wizened Colorado miner methodically turns rainbow trout in an iron skillet, contemplating his evening fare; and, on San Francisco's Nob Hill, tiny dried shrimp are patiently chopped by an aged Chinese cook, as the evening's repast is thoughtfully prepared. By moonlight, a trim Mississippi River packet glides silently past Tom Sawyer country, while inside, a rowdy, conglomerate crowd enjoys Great Lakes whitefish and animatedly discuss their early morning's arrival in St. Louis. Wholesome, nutritious, and richly satisfying — fish and shellfish have played an integral part of America's great expansion. Today, American regional cookery has become world famous, and fish and shellfish, native to the various areas, are well represented in grandmother's prize collection of selected recipes. Fish and shellfish from lucent lakes, raucous rivers, silent streams, and awesome oceans are now readily available in endless shapes and sizes in markets across the nation.

In this publication, Home Economists of the United States Department of the Interior's Bureau of Commercial Fisheries have developed 16 new recipes that whisper of grandmother's practicality and reflect the rich heritage of America's wonderful ways with fish and shellfish. By utilizing convenience products, these selected recipes are simple, yet satisfying; easy, yet elegant; and different, yet delightful.



SAUCY PORTIONS

- | | |
|--|---|
| 6 frozen raw breaded fish portions (2½ or 3 ounces each) | 1 can (10 ounces) frozen cream of shrimp soup |
| 2 tablespoons melted fat or oil | ½ cup milk |
| Paprika | ¼ cup grated sharp cheese |
| 1 can (14½ ounces) green asparagus spears | 1 tablespoon horseradish |
| | Paprika |

Place frozen portions on a well-greased cookie sheet, 15 x 12 inches. Drizzle fat over fish. Sprinkle with paprika. Bake in an extremely hot oven, 500° F., for 15 to 20 minutes or until fish is brown and flakes easily when tested with a fork. Heat asparagus; drain. Combine soup and milk and heat until soup is thawed, stirring occasionally. Add cheese and horseradish and blend thoroughly. Arrange asparagus on portions. Pour sauce over asparagus and sprinkle with paprika. Serves 6.



Source: U. S. Bureau of Commercial Fisheries

DELUXE BAKED SCALLOPS

- | | |
|---|--------------------------------|
| 2 pounds scallops, fresh or frozen | 2 tablespoons chopped parsley |
| 1 quart boiling water | 1 tablespoon lemon juice |
| 2 tablespoons salt | 1 tablespoon grated onion |
| 1 can (10½ ounces) condensed cream of mushroom soup | ½ teaspoon salt |
| ¼ cup sour cream | ¼ cup dry bread crumbs |
| 2 tablespoons frozen orange juice concentrate | 1 tablespoon melted fat or oil |

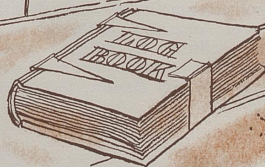
Thaw frozen scallops. Rinse with cold water to remove any shell particles. Place in boiling salted water. Cover and return to the boiling point. Reduce heat and simmer for 3 to 4 minutes, depending on size. Drain. Cut large scallops in half. Combine all ingredients except crumbs and fat. Place in 6 well-greased, individual shells or 6-ounce custard cups. Combine crumbs and fat; sprinkle over top of scallop mixture. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until lightly browned. Serves 6.

Source: U. S. Bureau of Commercial Fisheries

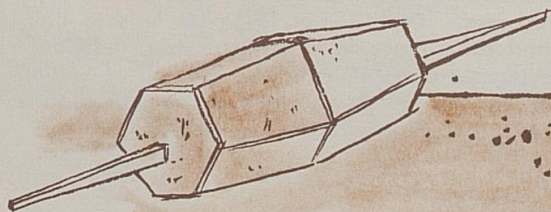
BOSTON

and Beacon Hill

From the angle-beamed attic of an old-line family home come recipes like these. Great grandmother might have stored them between the pages of an old sea log or stuffed them inside a desk reportedly used by the young Marquis de Lafayette. No seafood heritage is richer than that of Boston, where stately desks and sturdy chests still contain treasured seafood recipes steeped in a rich New England tradition. Hearty, happy ways with haddock; crafty, cunning ways with cod; super, savory ways with scallops; and simple, seasoned ways with scrod.



As stately as the ticking of a mantle clock and as light as a float from a lobster pot, sardines from Maine will add tang-o-the-sea atmosphere and savory "old" New England flavor to any table.

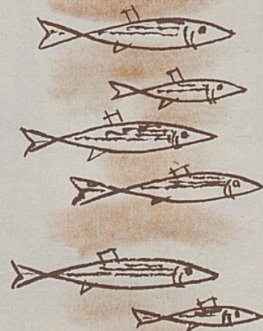


SARDINE PUFF

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| 2 | cans (3 ³ / ₄ or 4 ounces each) Maine sardines | 2 | cups milk |
| 8 | slices buttered day old white bread | 3 | eggs, lightly beaten |
| 1/4 | cup chopped green pepper | 1/2 | teaspoon salt |
| 3/4 | cup grated sharp cheese | 1/4 | teaspoon powdered mustard |
| | | | Dash pepper |
| | | | Paprika |

Drain sardines and cut into thirds. Remove crusts from bread and cut into 1/2-inch cubes. Place half the bread cubes in a well greased baking dish, 12 x 8 x 2 inches. Cover with a layer of sardines, green pepper, and half the cheese. Top with remaining bread cubes and cheese. Combine remaining ingredients except paprika; mix thoroughly. Pour over bread and sprinkle with paprika. Bake in a moderate oven, 350° F., for 40 to 45 minutes or until firm in the center. Remove from oven and let stand 5 minutes. Serves 6.

Source: U. S. Bureau of Commercial Fisheries



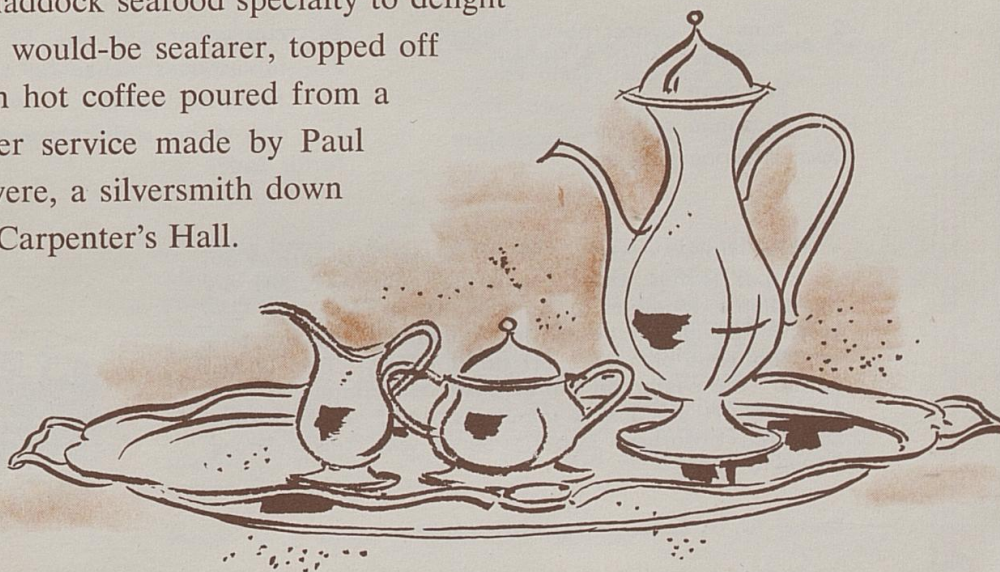
POACHED HADDOCK WITH EGG SAUCE

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| 2 | pounds haddock fillets or other fish fillets, fresh or frozen | 1/4 | teaspoon white pepper |
| 1 1/4 | cups milk | 2 | hard-cooked eggs, chopped |
| 1/4 | cup butter or margarine, melted | 1 | tablespoon chopped parsley |
| 2 | tablespoons flour | | Salt |
| 3/4 | teaspoon powdered mustard | | Paprika |

Thaw frozen fillets. Skin fillets and cut into serving-size portions. Place fish in a well-greased large skillet. Pour milk over fish. Cover and bring milk just to the boiling point. Reduce heat and simmer for 8 to 10 minutes or until fish flakes easily when tested with a fork. Remove fish to an oven glass or metal serving platter; keep warm. Combine butter, flour, mustard, and pepper. Add to hot milk and cook until thick, stirring constantly. Add egg and parsley. Add salt to taste. Pour sauce over fish and sprinkle with paprika. Serves 6.

Source: U. S. Bureau of Commercial Fisheries

A haddock seafood specialty to delight any would-be seafarer, topped off with hot coffee poured from a silver service made by Paul Revere, a silversmith down by Carpenter's Hall.



CHESAPEAKE BAY

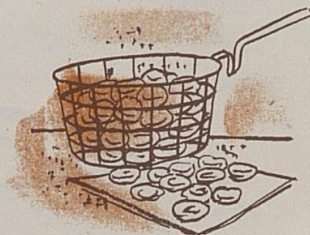
"Fish and shellfish reach their flavor peak, from the clear, cold waters of the Chesapeake," any renowned Tidewater cook will tell you this. No doubt about it, cumbersome crabs make company casseroles; opulent oysters make super soups; and Tidewater terrapins are terrific. Heirloom seafood recipe treasures abound in this historic land of the "*Star Spangled Banner*."

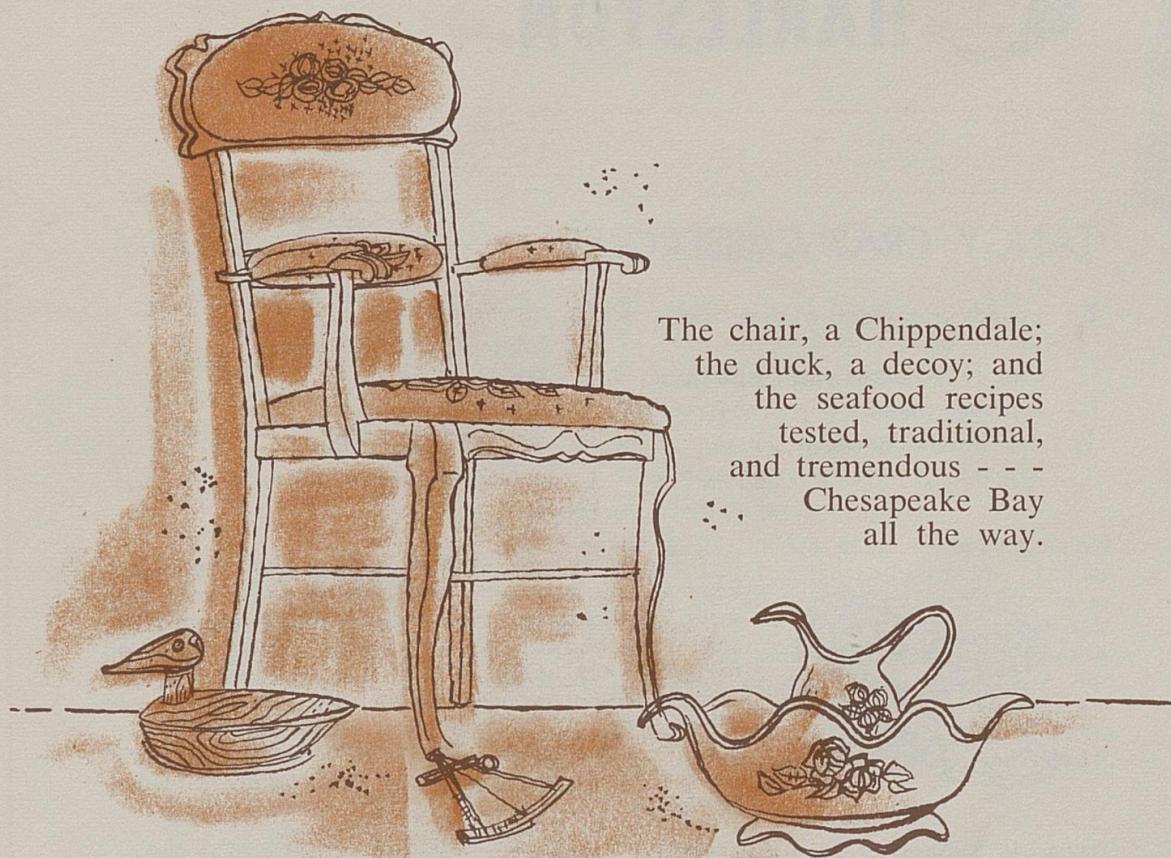
OYSTER FRITTERS

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| 2 cans (12 ounces each) shucked oysters, fresh or frozen | $\frac{2}{3}$ cup water |
| 1 cup flour | 2 tablespoons melted fat or oil |
| 1 teaspoon salt | 1 egg yolk, beaten |
| Dash cayenne pepper | 1 egg white, stiffly beaten |
| | Tartar Sauce |

Thaw frozen oysters. Drain oysters and spread out on paper towels to remove excess moisture. Sift dry ingredients together. Combine water, fat, and egg yolk. Add gradually to dry ingredients, stirring only until batter is blended. Let stand 1 hour. Fold in egg white. Dip oysters in batter. Fry immediately in deep fat, 375° F., for 3 to 4 minutes or until golden brown. Drain on absorbent paper. Serve with Tartar Sauce. Serves 6.

Source: U. S. Bureau of Commercial Fisheries





The chair, a Chippendale;
 the duck, a decoy; and
 the seafood recipes
 tested, traditional,
 and tremendous - - -
 Chesapeake Bay
 all the way.

SUMPTUOUS BROILED FLOUNDER

- | | |
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| 2 pounds flounder fillets or other fish fillets, fresh or frozen | 2 cans (4 ounces each) mushroom stems and pieces, drained |
| ¼ cup melted fat or oil | 1 cup grated cheese |
| 1 teaspoon salt | 2 tablespoons chopped parsley |
| Dash pepper | |



Thaw frozen fillets. Skin fillets and cut into serving-size portions. Combine fat, salt, and pepper; mix thoroughly. Chop mushrooms. Combine mushrooms, cheese, and parsley. Place fish on a well-greased broiler pan and brush with fat. Broil about 3 inches from source of heat for 3 to 4 minutes. Turn carefully and brush with fat. Broil 3 to 4 minutes longer or until fish flakes easily when tested with a fork. Spread mushroom mixture on fish and broil 2 to 3 minutes longer or until lightly browned. Serves 6.

Source: U. S. Bureau of Commercial Fisheries

C HARLESTON

TANGY CRAB CASSEROLES

- | | |
|---|--------------------------------|
| 2 pounds crab meat, fresh or frozen
or | 1 tablespoon lemon juice |
| 6 cans (6½ ounces each) crab meat | 1 tablespoon grated onion |
| 1 cup sour cream | ½ teaspoon salt |
| ½ cup grated Parmesan cheese | Dash tabasco |
| | ¾ cup soft bread cubes |
| | 1 tablespoon melted fat or oil |
| | Paprika |



Thaw frozen crab meat or drain canned crab meat. Remove any remaining shell or cartilage from crab meat. Combine sour cream, cheese, lemon juice, onion, salt, and tabasco; mix thoroughly. Pour over crab meat and mix lightly. Place in 6 well-greased, individual shells or 6-ounce custard cups. Combine bread cubes and fat; sprinkle over top of crab mixture. Sprinkle with paprika. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until lightly browned. Serves 6.

Source: U. S. Bureau of Commercial Fisheries

The soft light from the fan window falls on old Charleston treasures. The glass bell of preserved flowers, the "colours" of the Palmetto Guards and faded notes on secretive ways of preparing crab and mullet "Cahlina" style.



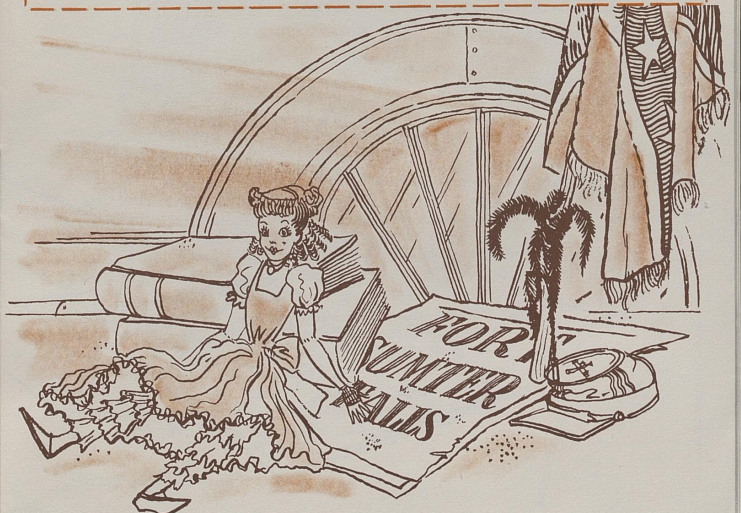
MULLET, EGG, AND OLIVE SANDWICH

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| 1 pound mullet fillets or other fish
fillets, fresh or frozen | ¾ cup chopped olives |
| 1 quart boiling water | ½ cup mayonnaise or salad dressing |
| 1 tablespoon salt | 1 tablespoon horseradish |
| 3 hard-cooked eggs, chopped | Dash pepper |
| | Salt |
| | 12 large slices buttered rye bread |
| | 6 lettuce leaves |



Thaw frozen fillets. Place fillets in boiling salted water. Cover and return to the boiling point. Reduce heat and simmer for 10 minutes or until fish flakes easily when tested with a fork. Drain. Remove skin and bones; flake. Combine egg, olives, mayonnaise, horseradish, pepper, and fish; mix thoroughly. Add salt to taste. Chill. Spread 6 slices bread with approximately ½ cup mullet mixture. Top with lettuce and cover with remaining 6 slices bread. Cut in half. Serves 6.

Source: U. S. Bureau of Commercial Fisheries



New Orleans

OVEN-FRIED CURRIED SHRIMP

2 pounds shrimp, fresh or frozen	2 teaspoons curry powder
1 egg, beaten	1/2 teaspoon salt
1 tablespoon water	Dash pepper
1 cup dry bread crumbs, toasted	1/4 cup melted fat or oil
	Hot Marmalade Soy Dip


Thaw frozen shrimp. Peel shrimp. Remove sand veins and wash. Combine egg and water. Combine crumbs, curry powder, salt, and pepper. Dip shrimp in egg and roll in crumbs. Place on a well-greased cookie sheet, 15 x 12 inches. Drizzle fat over shrimp. Bake in an extremely hot oven, 500° F., for 10 to 15 minutes or until golden brown. Serve with Hot Marmalade Soy Dip. Serves 6.

HOT MARMALADE SOY DIP

1/3 cup orange marmalade	1 clove garlic, finely chopped
1/4 cup lemon juice	Dash ginger
1/4 cup soy sauce	1 teaspoon cornstarch
	1 tablespoon cold water

Combine marmalade, lemon juice, soy sauce, garlic, and ginger; bring to the boiling point. Dissolve cornstarch in water. Add to hot sauce and cook until thickened, stirring constantly. Serve hot.

Source: U. S. Bureau of Commercial Fisheries



Grandmère was French, and her treasured recipes were altered to utilize the wonderful seafoods so popular in New Orleans. Recipes like this could be found in garrets crammed with Eugenie bonnets, Laffite swords, and portraits of L'Empereur. Cosmopolitan Creole cooks cautiously blend the flavor of Cajun country with fastidious French flavors to produce seafood dishes which are distinctively New Orleans. In no area of the world have traditional recipes been treated with such imagination and respect. Truly, seafood recipe treasures from the Gulf are admired and handled with the care of priceless Napoleonic antiques.



MISSISSIPPI

Those floating palaces, the Mississippi paddle wheelers, were "culinary castles" too. Famous cooks appealed to the tastes of fur-clad trappers and beaver-hatted gamblers with dishes that were the envy of shore-bound wives. Grandmother relished and collected recipes like those on her rare excursions. With these two recipes, today's busy homemaker may sample the ante-bellum flavor from the great variety of fish and shellfish served aboard famous packets like the *Robert E. Lee*.

WHITEFISH AMANDINE

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|---|---|
| 2 pounds whitefish fillets or other fish fillets, fresh or frozen | $\frac{1}{2}$ cup flour |
| 2 tablespoons lemon juice | $\frac{1}{3}$ cup melted fat or oil |
| 2 teaspoons salt | $\frac{1}{2}$ cup blanched slivered almonds |
| Dash pepper | 2 tablespoons chopped parsley |

Thaw frozen fillets. Cut into serving-size portions. Sprinkle fish with lemon juice, salt, and pepper. Roll in flour. Fry in hot fat at moderate heat until brown on one side; turn carefully and brown the other side. Cooking time approximately 10 to 12 minutes, depending on thickness of fish. Remove fish to hot platter. Fry almonds until lightly browned. Add parsley. Serve over fish. Serves 6.

Source: U. S. Bureau of Commercial Fisheries



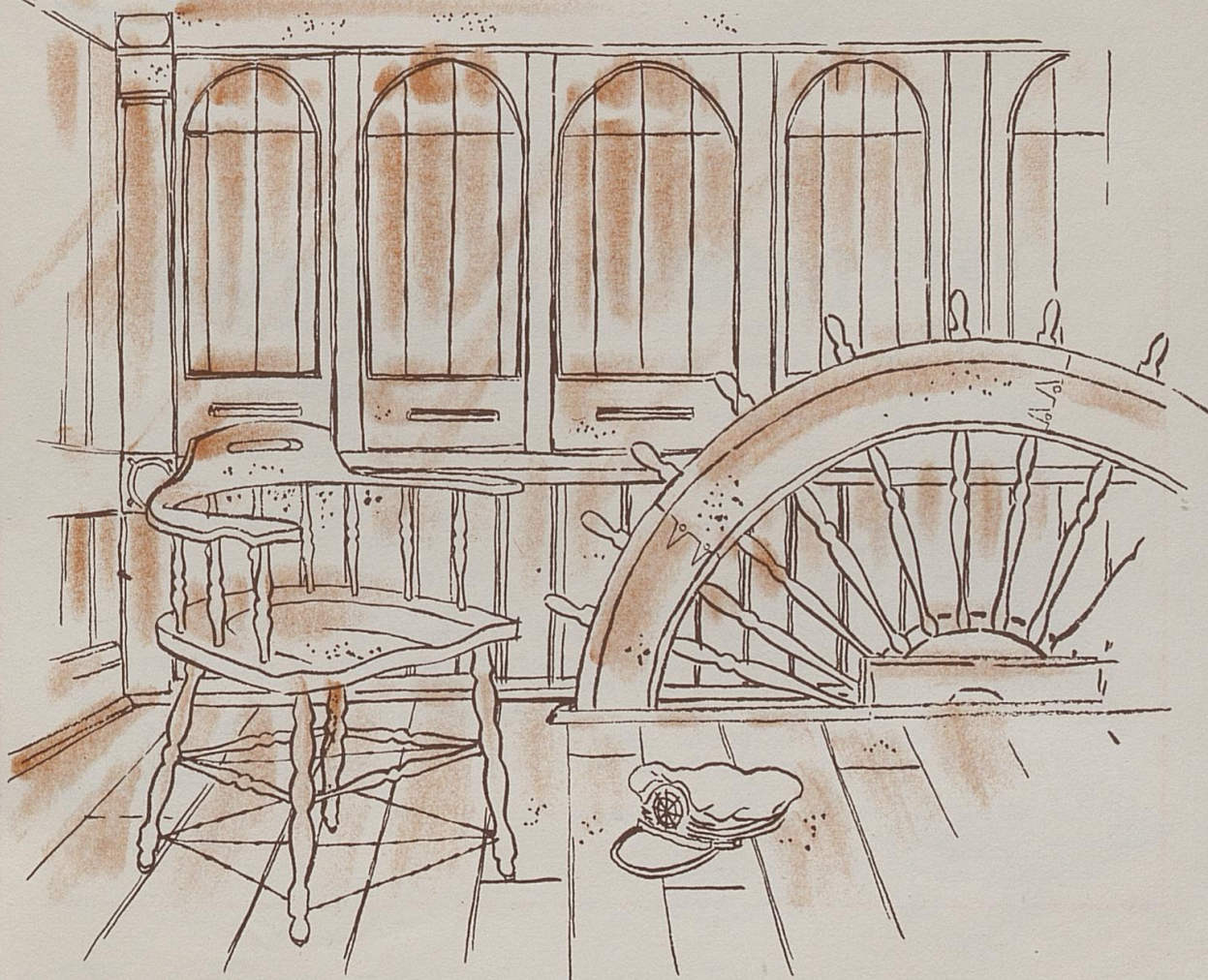
SPICY RED SNAPPER

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| 2 | pounds red snapper fillets or other fish fillets, fresh or frozen | 1 | tablespoon vinegar |
| $\frac{1}{3}$ | cup steak sauce | 1 | teaspoon salt |
| $\frac{1}{4}$ | cup catsup | $\frac{1}{2}$ | teaspoon curry powder |
| $\frac{1}{4}$ | cup melted fat or oil | | |

Thaw frozen fillets. Cut into serving-size portions. Combine remaining ingredients and mix thoroughly. Place fish, skin side up, on a well-greased broiler pan and brush with sauce. Broil about 3 inches from source of heat for 4 to 5 minutes. Turn carefully and brush with sauce. Broil 4 to 5 minutes longer, basting occasionally, until fish flakes easily when tested with a fork. Serves 6.



Source: U. S. Bureau of Commercial Fisheries

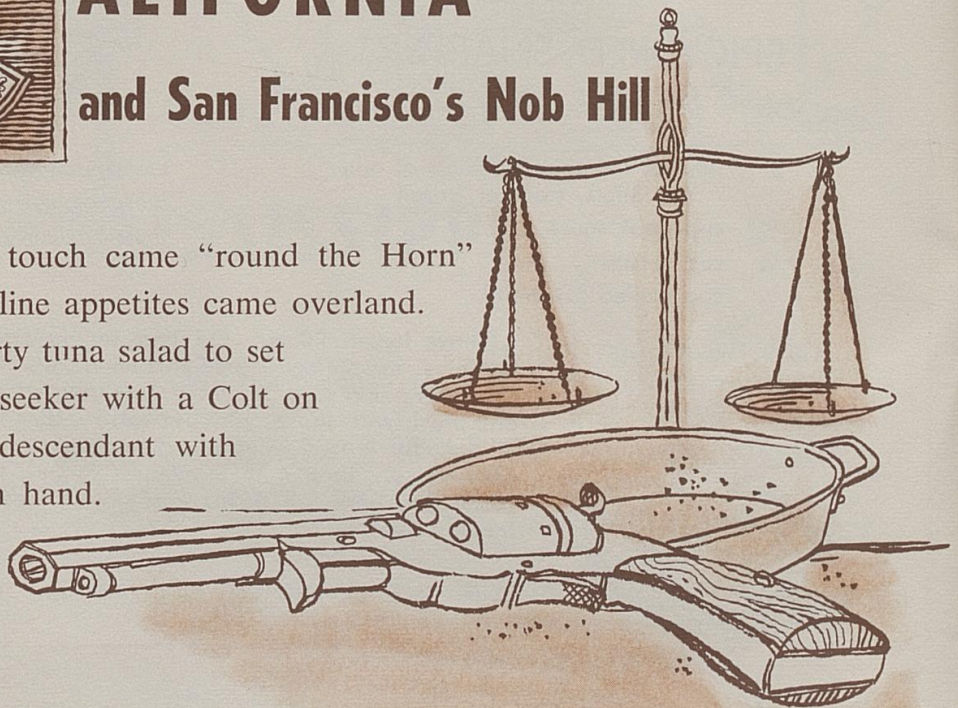




ALIFORNIA

and San Francisco's Nob Hill

The feminine touch came "round the Horn" but the masculine appetites came overland. Here is a hearty tuna salad to set before a gold seeker with a Colt on his hip or a descendant with a slide rule in hand.

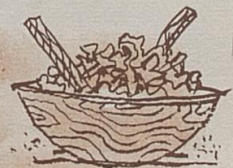


HEARTY TUNA SALAD

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|---|--|---|---|
| 2 | cans (6½ or 7 ounces each) tuna | 1 | tablespoon lemon juice |
| 1 | package (10 ounces) frozen green peas | ⅛ | teaspoon curry powder |
| 1 | cup thinly sliced celery | ⅛ | teaspoon garlic salt |
| 2 | jars (3½ ounces each) cocktail onions, drained | 1 | teaspoon soy sauce |
| ¾ | cup mayonnaise or salad dressing | 1 | cup chow mein noodles |
| | | 6 | lettuce cups |
| | | ½ | cup toasted, blanched, slivered almonds |

Drain tuna and break into large pieces. Cook peas according to directions on package; drain. Combine peas, celery, onions, and tuna; chill. Combine mayonnaise, lemon juice, soy sauce, curry powder, and garlic salt; chill. Add noodles to tuna mixture. Add mayonnaise mixture and toss lightly. Serve in lettuce cups. Sprinkle almonds over top. Serves 6.

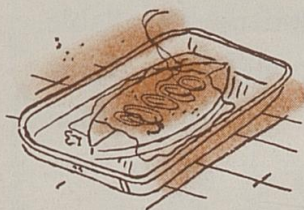
Source: U. S. Bureau of Commercial Fisheries



BAKED HALIBUT SURPRISE

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|---|---|---|-------------------------------------|
| 2 | pounds halibut steaks or other fish steaks, fresh or frozen | ¼ | teaspoon salt |
| ½ | cup French dressing | 1 | can (3½ ounces) french fried onions |
| 2 | tablespoons lemon juice | ¼ | cup grated Parmesan cheese |

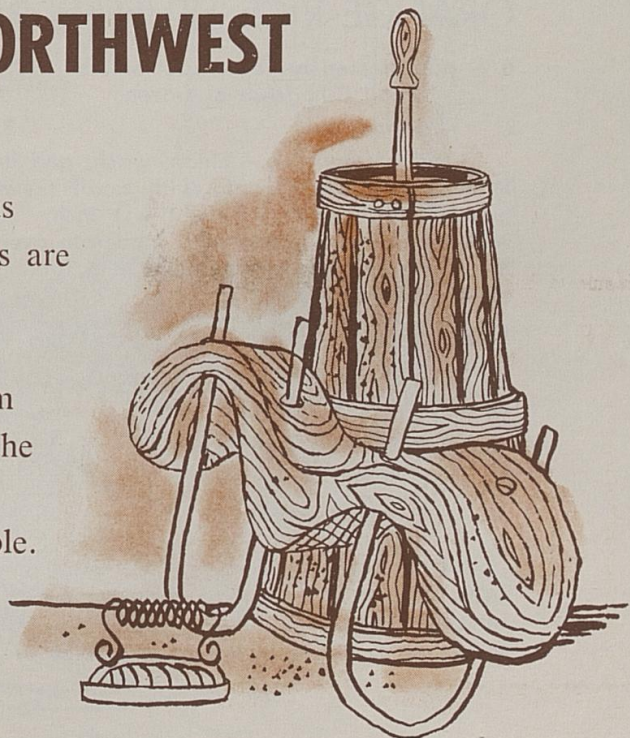
Thaw frozen steaks. Cut into serving-size portions. Place fish in a shallow baking dish. Combine dressing, lemon juice, and salt. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish from sauce and place in a well-greased baking dish, 12 x 8 x 2 inches. Crush onions. Add cheese and mix thoroughly. Sprinkle onion mixture over fish. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until fish flakes easily when tested with a fork. Serves 6.



Source: U. S. Bureau of Commercial Fisheries

PACIFIC NORTHWEST

Our great Northwest is solid. Solid as an oxbow. Sturdy as a churn. The traditional meals are solid too, made for men who work in the great out-of-doors. Take a tip from the hardy Northwest, and let the hearty flavor of halibut add that protein punch to your table.





DENVER

From miners huddled over wood fires to the lofty kitchens of the brownstone mansions of the silver lords, Denver has always loved its food with an outdoor elegance. Culture came quickly following the sound of silver coins; and, after the theatre, imported wine glasses clinked over crusty trout. Fresh-caught fish, quickly cooked, and now available everywhere, quick frozen, can bring the same golden goodness to your table that grandmother loved so well.

ORANGE-RICE STUFFED RAINBOW TROUT

- | | | |
|---|--|---------------------------------|
| 6 | pan-dressed rainbow trout or other small fish, fresh or frozen | Orange-Rice Stuffing |
| 2 | teaspoons salt | 2 tablespoons melted fat or oil |
| | | 2 tablespoons orange juice |

Thaw frozen fish. Clean, wash, and dry fish. Sprinkle inside and out with salt. Stuff fish. Close opening with small skewers or toothpicks. Place fish in a well-greased baking pan, 14 x 11 x 1 inch. Combine fat and orange juice. Brush fish with fat mixture. Bake in a moderate oven, 350° F., for 25 to 35 minutes or until fish flakes easily when tested with a fork. Baste occasionally with fat mixture. *Remove skewers. Serves 6.

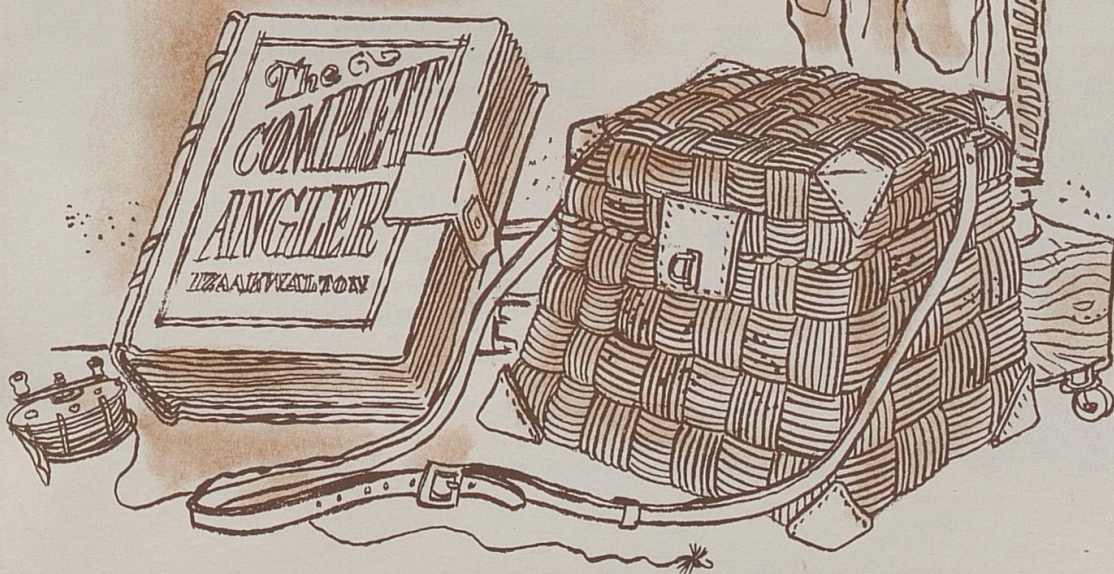
ORANGE-RICE STUFFING

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|-----|--------------------------------|-----|---|
| 1 | cup chopped celery with leaves | 2 | tablespoons lemon juice |
| 1/4 | cup chopped onion | 1 | tablespoon grated orange rind |
| 1/4 | cup melted fat or oil | 3/4 | teaspoon salt |
| 3/4 | cup water | 1 | cup precooked rice |
| 1/4 | cup orange juice | 1/2 | cup toasted, blanched, slivered almonds |

Cook celery and onion in fat until tender. Add water, juices, orange rind, and salt; bring to a boil. Add rice and stir to moisten. Cover and remove from heat. Let stand 5 minutes. Add almonds and mix thoroughly.

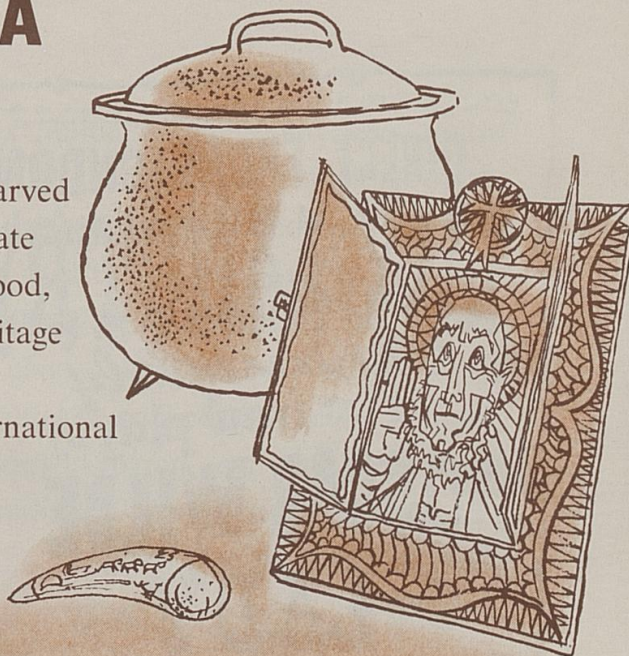
Source: U. S. Bureau of Commercial Fisheries

DIRECT FROM LONDON
WILLY LANGTRY
The Jersey Lily
in a new play by
OSCAR WILDE
LADY
WINDERMERE'S
FAN



ALASKA

Sour dough kettles and irons. Carved sea tusks and icons. Our new State also offers its most popular food, versatile salmon. This tasty heritage from the crisp, cold waters of the Pacific Northwest is an international favorite served simply or with a gourmet flair.



SALMON CHEESE SOUP

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|---|------------------------------------|
| 1 can (1 pound) salmon | 1 cup grated process cheese |
| 1 can (10 ounces) frozen cream of potato soup | 1 teaspoon caraway seed (optional) |
| 3 1/2 cups salmon liquid and milk | Dash pepper |
| 1 vegetable bouillon cube | Chopped parsley |



Drain salmon, reserving liquid. Break salmon into large pieces. Combine soup, salmon liquid and milk, and bouillon cube; heat until soup is thawed, stirring occasionally. Add cheese, caraway seed, pepper, and salmon. Heat until cheese melts, stirring occasionally. Sprinkle with parsley. Serves 6.

Source: U. S. Bureau of Commercial Fisheries

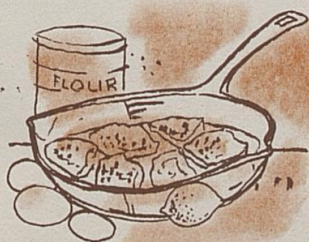
Chicago and Prairie Avenue



Elegant French chateaus and rich Victorian brownstones housed the industrial and agricultural tycoons of 1890 Chicago. Only the best was good enough and the new aristocracy favored tender lake perch only hours away from the clear, cold waters of the Great Lakes. Today this "favorite" fish has found favor with economy-minded homemakers with an eye to easy, elegant entree excitement.

LEMON FRIED YELLOW PERCH

- | | | | |
|-----|--|-------|----------------|
| 2 | pounds yellow perch fillets or other fish fillets, fresh or frozen | 3 | eggs, beaten |
| 1/4 | cup lemon juice | 1 1/2 | teaspoons salt |
| | | 1 | cup flour |



Thaw frozen fillets. Cut into serving-size portions. Place fish in a shallow baking dish. Pour lemon juice over fish and let stand 10 minutes, turning once. Combine egg and salt. Roll fillets in flour and dip in egg. Fry immediately in hot fat at moderate heat until brown on one side; turn carefully and brown the other side. Cooking time approximately 6 to 8 minutes depending on thickness of fish. Serves 6.

Source: U. S. Bureau of Commercial Fisheries

FISHERY MARKET DEVELOPMENT SERIES No. 3

UNITED STATES DEPARTMENT OF THE INTERIOR

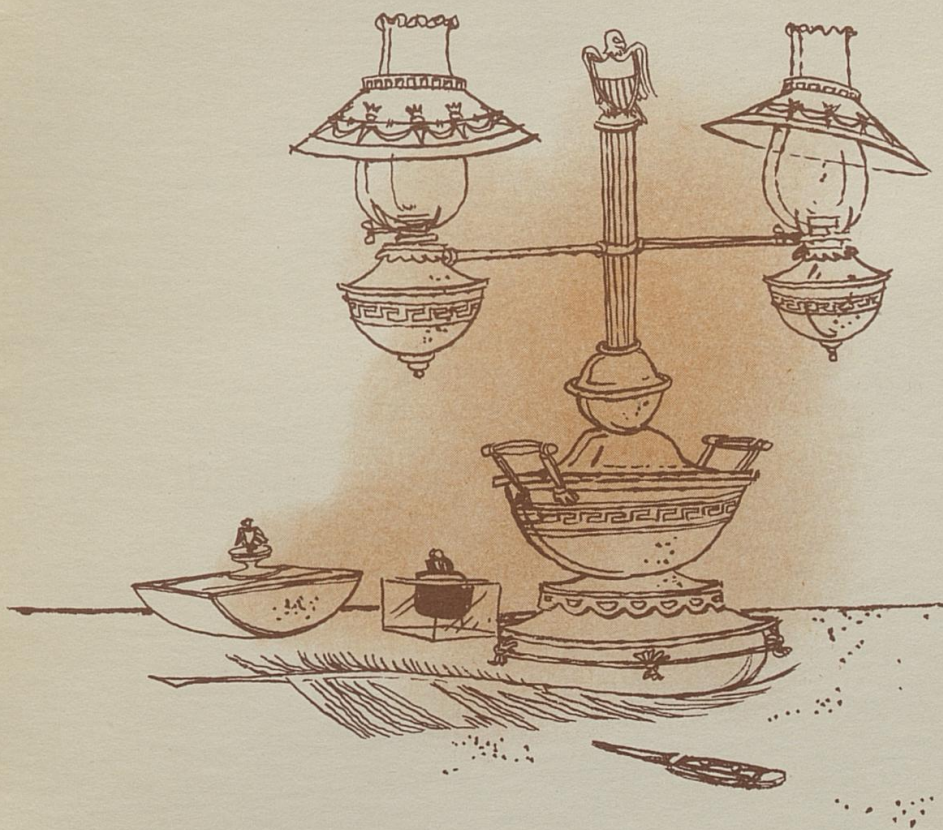
FISH AND WILDLIFE SERVICE

BUREAU OF COMMERCIAL FISHERIES



Created in 1849, the Department of the Interior—America's Department of Natural Resources—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.

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