

Fish AND SEAFOOD *Cookery*



Mid-Central Fish Co.

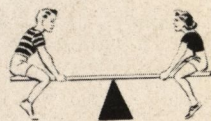
An Important Note to You!



Fish offers the modern homemaker an opportunity to serve the family delicious, economical and nutritious food requiring a minimum of time and effort to prepare. Fish dishes are easy and simple to cook, even without previous experience.

Each of the recipes in this book have been tested in a kitchen just like that in your own home, and judged for taste appeal by boys and girls and men and women such as those who make up the average discriminating American family.

By using different methods, a variety of delicious fish dishes can be served several times weekly, and while giving your family new food sensations, you will also be sure of serving a truly balanced diet.



Mid-Central Fish Co.

KANSAS CITY, MO.
OKLAHOMA CITY
AMARILLO, TEXAS
ST. JOSEPH, MO.
LUBBOCK, TEXAS
WICHITA, KANSAS

Fish—the Everyday Food ENJOY IT OFTEN!

CHOICE FISH IS NOW AVAILABLE EVERY DAY IN THE WEEK!



It is no longer necessary to deny your family delectable fish dishes at any time of the year because modern science has found the way to seal in all the goodness of fresh from the ocean fish, into quick frozen fish and fish fillets. Your up-to-date merchant can supply you every day in the week now, with several varieties of fish in quick frosted form, all ready to cook.

Haddock, Cod, Halibut, Hake, Pompano, Sole, Whiting, Red Snapper and Mackerel from the oceans, and Pike, Lake Trout and Whitefish from the lakes and fresh water, are but a few of the many varieties of fish now available for your enjoyment at all times of the year.

The recipes in this book will be found to be the very best methods of cooking fish and seafoods and should be followed with confidence as they will lead you and your family to the greater enjoyment of one of man's earliest and most prolific foods.





All fish and shell fish are an excellent source of easily digested proteins; are specially rich in natural vitamins and contain an abundance of minerals, so necessary to vigorous health and growth. Medical authorities have recognized these properties of fish for many years but more recently, have shown enthusiasm for fish as a much needed addition to modern diet.

Since fish requires but little cooking to make the flesh tender and easily digested, children, elderly people and even most invalids find fish a most valuable food. The quickly assimilated proteins of fish are needed by all for the building of muscle and other body tissues.

Calcium, phosphorus, iron, copper, iodine and sulphur are some of the more important minerals needed by young and old alike for the development, growth and maintenance of bones and teeth and these minerals are found in quantities in all varieties of seafood and shellfish.

Fish are also recognized as a rich source of valuable vitamins and thus combine all the needed healthful and body-building properties with a deliciousness all its own. Proper cooking does not destroy the vitamins or minerals so abundant in fish.

Because fish is not considered a fattening food it is therefore usually found on all reducing diets.



FISH STEAKS are cut cross-wise from whole fish that have been scaled or skinned and should be cut at least three-fourths to seven-eighths of an inch thick to make the best servings. As a rule, select one steak for each serving, unless the steak has been cut from a very large fish, then figure on one pound serving three people. Fish steaks do not have the bones removed but contain a part of the back-bone and sometimes a few other bones, however, these bones are generally large and are easily removed when eating. Like fish fillets, steaks do not require special preparation before cooking and can be had quick frozen.

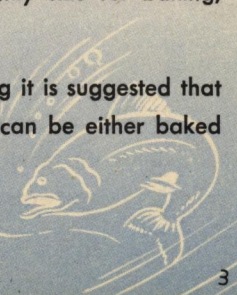
....the Almost Perfect Food

FILLETS OF FISH are cut lengthwise from the fleshy sides of different kinds of fish and are practically free from bones. These luscious, waste-free portions of fish can be bought every day in quick frozen form and need no special treatment before cooking. Fish does not shrink in cooking like other meats and each pound of fillets serves three people.

PAN DRESSED FISH are whole fish that have been scaled and cleaned and with the head and tail removed when desired. Some pan dressed fish are sold quick frozen while others are fresh. These small fish vary in size and are of several varieties. It usually requires at least one fish for a serving.

WHOLE FISH, such as Lake Trout, Whitefish, Salmon and Pike are usually bought whole for baking and are cleaned and scaled so that little effort is needed to prepare for cooking. The larger whole fish can be had as big as 10 or 12 pounds but the sizes mostly average from 3 to 8 pounds and these are the best family size for baking, although any size is equally good.

When whole fish are too large for home baking it is suggested that a large piece or chunk be purchased and these can be either baked or boiled as indicated in the different recipes.



THE 5 BASIC METHODS OF COOKING *Fish*



TO FRY IN DEEP FAT

Many fine cooks like to vary their cooking of fish by using the deep fat method as a different and delightful flavor is thereby obtained.

Cut fillets or pieces of large fish into serving sizes and after drying thoroughly dip each piece into lightly beaten egg to which 2 table-spoons of cold water has been added, then cover with the preferred

While fish can be prepared in hundreds of ways that add piquancy and flavor, there are really just five basic methods of cooking most all varieties of fish—Baking—Boiling—Pan frying or Sauteing—Frying in deep fat and Broiling.

The use of different sauces and garnishes will make for a variety of flavor and taste-appeal.

breeding. Coat heavily by dipping again into egg and breading again. This heavy breading covers the fish completely with a grease-proof coating which seals in all the flavorful juices of the fish the moment it is placed in the hot fat.

Have the deep fat heated to from 360° to 390° or when a cube of bread will cook golden brown in 40 seconds. Avoid cooking too many pieces of fish at one time to prevent reducing temperature of the fat too quickly.

Unless the pieces of fish are extra large or thick only 3 to 5 minutes is all the time required for cooking to a rich golden brown. Or the fish is done when these golden brown pieces of deliciousness rise to the top of the fat.

Watch this closely because overcooking should be avoided.

Try any of the following fish cooked by the deep frying method:

Any kind of fillets, Catfish, Crappie, Halibut, Sole, Herring or Lake Trout. Catfish and Crappie are to be cooked whole. Halibut or Lake Trout and other large varieties can be steaked for deep frying.

Tartar sauce can always be served with deep fried fish but for a change try a Tomato Sauce or a Cream Sauce that has been pepped-up with either horseradish or mustard. Recipes for different sauces are given on pages 29, 30 and 31.

BAKED FISH

Many homemakers believe that baking is not only the most delicious, but also the easiest method of cooking fish. Baked fish, properly garnished, offers a main dish with real appetite appeal and is suitable for every occasion.

Whole fish, fillets and portions of different varieties of fish can be baked deliciously, without fear of failure, if the easy-to-follow recipes in this book are used as your guide.

And remember, left-over portions can be used in preparing different and delightful salads, croquettes, cocktails, loafs and sandwiches.



For the average size family, select a 3 to 5 pound fish of the fat variety for baking as these fish will cook in their own fat and the skin will stretch without splitting. Lean fish must be gashed in several places and larded with fat pork or oil and basted frequently while baking.

Be sure the fish has been thoroughly cleaned, wipe dry and rub generously inside and out with salt. Brush fish with butter or oil and place in a baking pan that has been *well greased on the bottom and sides*. Add a scant cup of water to the pan, cover and place in a very hot oven, 500° for the first ten minutes to sear. Then reduce temperature to 450° and continue cooking for another ten minutes.

After cooking covered for twenty minutes, remove from oven and peel-off top skin of fish. To do this—split the skin only, with a sharp knife along the center of the back and belly and gently lift off skin.

Now, dot the exposed creamy white flesh with butter and return to the oven uncovered so as to brown, for about ten more minutes when a 5 pound fish should be cooked to perfection.

For smaller fish reduce time slightly for the period of browning and for thick fish allow more time for cooking through while pan is covered.

Fish is always cooked when the flesh is easily pierced with a toothpick or when the flesh has become creamy white and has lost the watery appearance.

Lake Trout, Whitefish, Salmon, Red Snapper, Sablefish, Shad, Bluefish and Grouper are considered "fat" fish and are preferred baked to any other method of cooking. Other fish that bake well are: Bluepike, Buffalo, Cod, Haddock, Halibut, Mackerel, Pollock, Pompano, Swordfish and Whiting.

Sauces of a wide variety can be used with baked fish, although with Lake Trout and Whitefish, most people prefer only drawn butter. However, Creole Sauce, Cream Sauce, Cheese Sauce are but a few of the sauces that combine to make baked fish one of the best of all fish dishes.

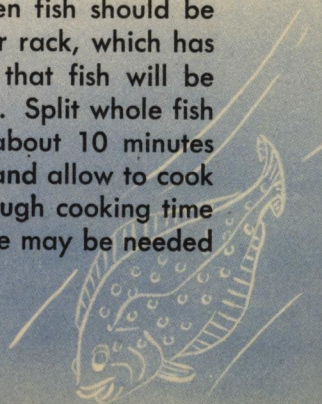


BROILED FISH

Broiling, or cooking by direct exposure to heat, is one of the easiest and quickest ways of cooking fish so that all the delicious flavors are retained.

For broiling, select fish fillets, steaks, or small or medium size fish. Small fish are broiled whole but larger fish should be split in half before broiling.

Wipe fish dry and sprinkle with salt and pepper, then brush both sides with butter or oil. (Frozen fish should be allowed to thaw.) Place on broiling pan or rack, which has been greased and preheated and set so that fish will be about 2 inches below flame or heating unit. Split whole fish should be started skin side down. Broil about 10 minutes on first side, turning when nicely browned and allow to cook about 15 minutes more. This is usually enough cooking time for fillets, steaks or thin split fish. More time may be needed for large fish or thick pieces.



SAUTEING OR PAN FRYING

Fillets, steaks and small fish are most delicious also when cooked in a hot skillet with just enough fat or oil to prevent sticking. This is by far the most popular method of cooking fish and no wonder, because the results are so very satisfactory.

Allow quick frozen fish to thaw and wipe dry. Season with salt and pepper and roll in cornmeal, flour or prepared breading material.

Have just enough fat or oil in a skillet, which must be hot, before putting in the fish after which the heat is reduced slightly. Cook fish on one side and then turn and cook other side until done. Just turn once and be careful to turn so as to not break the tender pieces. Three to five minutes is all the time that will be required to pan fry most fish.

Remember . . . Do not overcook as this dries out the fish and removes the more delicate and delicious flavors.

Bluepike, Catfish, Buffalo, Cisco, Crappie, Smelt, Sole, Herring, Pompano, White Bass and Whiting are considered best when pan broiled or saute'd. Bluefish, Cod, Haddock, Halibut, Lake Trout and Whitefish can also be pan broiled with excellent results, when filleted or sliced, as a change from the other favored methods of cooking these fish.



BOILED OR STEAMED FISH

Boiling or steaming is a method of cooking fish that has been long favored by New England housewives and those who have never tried this old, time-tested way of preparing fish are in for an agreeable surprise because of the new thrill in eating that will be experienced. Boiling is also recommended as the best way of cooking fish that are to be served cold or to be flaked and served creamed or in salads.



Fish that have been cut into individual servings, chunks or pieces from large fish or whole fish may be boiled. Lean varieties are the best for boiling.

Water alone or water to which milk has been added can be used but both should have an interesting flavor that can be obtained by using the following seasonings: 1 teaspoon of salt, 1 bay leaf, 1 tablespoon of vinegar or lemon juice, 1 onion sliced and 1 clove to each 2 quarts of liquid. Use just enough water to cover fish.

Pieces of fish to be boiled should be placed on a dish or pan and then dish and all tied in cheese cloth. This is all lowered into the boiling liquid and enough liquid is added to lower the temperature just below the boiling point and then allowed to simmer until the flesh of the fish leaves the bones. This usually requires from 6 to 10 minutes to the pound depending on the size of the pieces as thick chunks will take a little longer to cook through than the thinner pieces. Large whole fish may take a little longer also.

If the fish is boiled whole a string may be tied in loops to the head, center and tail so that it may be removed from the kettle without breaking up. Boiled fish is very tender and must be handled carefully.

When properly boiled, the flesh of the fish is a beautiful creamy white and served hot with a cream sauce to which hard cooked eggs have been added is a truly luscious treat.

Fresh or quick frozen Codfish is by far the best when boiled as is Pollock, but Hake, Haddock, Halibut, Lincol, Red Snapper, Sablefish and Salmon can be boiled most successfully and temptingly.

Cream Sauce with hard cooked eggs is best with boiled fish but other cream sauces, Newburg Sauce, Mustard, Horseradish or Cheese Sauce can also be used for variety.





TABLE OF *Fish Cookery*

All fish are delicious but most are better when prepared in a manner that brings out all their finest flavors. In the table "BEST" indicates the method of cooking recommended for the fullest enjoyment of each variety of fish.

Variety		Deep Fry	Pan Fry or Saute	Broil	Bake	Boil
Bass	Lean	Good	Best		Good	
Blufish	Lean	Good	Good	Good	Best	
Blue Pike	Lean		Best	Good	Good	
Buffalo	Fat		Best	Good	Good	
Catfish	Fat	Good	Best			
Cisco	Fat		Best	Good		
Cod	Lean	Good	Good	Good	Good	Best
Crappie	Lean	Good	Best	Good		
Flounder	Lean	Good	Best	Good	Good	
Grouper	Lean				Best	Good
Haddock	Lean	Good	Good		Good	Best
Hake	Lean				Best	Good
Halibut	Lean	Good	Good	Best	Good	Good
Herring	Fat	Good	Good	Best	Good	Good
Lake Trout	Fat	Good	Good	Good	Best	Good
Lingcod	Fat				Best	Good
Mackeral (Boston) . .	Fat			Best	Good	Good
Mackeral (Florida) . .	Fat		Good	Best	Good	
Perch	Lean		Best	Good	Good	
Pollock	Lean			Good	Good	Best
Pompano	Fat		Good	Best	Good	
Red Snapper	Lean			Good	Best	Good
Sablefish	Fat			Good	Best	Good
Salmon	Fat			Good	Best	Good
Shad	Lean			Good	Best	
Smelt	Fat		Best	Good	Good	
Sole	Lean	Best	Best	Good		
Swordfish	Lean			Best	Good	
White Bass	Lean	Good	Best	Good		
Whitefish	Fat		Good	Good	Best	
Whiting	Lean		Best	Good	Good	
Yellow Pike	Lean		Good	Good	Best	Good

TRY THESE *Home Proved Recipes*



WHEN something extra pleasing is wanted try one of these recipes that have proven successful in many tests. There are so many fine recipes for cooking fish that a large volume would not hold them all, so it is necessary in this small book to give as much specific information as possible and just a few of the choice methods that are sure to please the most critical of all judges—your family.

Broiled Fish Steaks

2 pounds halibut or other
fish steaks
Salad oil

Lemon juice
Salted water

Place fish steaks in salted water for $\frac{1}{2}$ hour, then marinate them in salad oil to which has been added the juice of one or two lemons, for another half hour. Wipe dry and broil from 15 to 20 minutes or until flesh is white and firm, turning twice carefully. Lay on hot plate and cover with parsley butter. Serves four.

Baked Salmon

For 6 pound fish—

6 large onions, sliced
6 large green peppers, sliced
6 large tomatoes, sliced
½ wine glass Sherry or White wine

1 tablespoon Worcestershire sauce
3 clove garlic
Olive oil, butter, salt and pepper

Cover bottom of baking pan with olive oil or cooking oil and add 2 tablespoons butter. Heat. Rub fish with salt and pepper and insert 3 cloves of garlic in gashes near backbone. (Remove garlic before serving.) Place fish in pan, cover with vegetables, salt and pepper again. Cover with waxed paper and bake 45 minutes in moderately hot oven, 350 to 400 degrees. Remove waxed paper and add wine and Worcestershire sauce and bake 15 minutes longer, or until vegetables are browned. Baste often. Serves eight people generously.

Red Snapper Creole



Bake Red Snapper according to Basic recipe and place on a large platter and pour over Creole sauce. See page 31 for making sauce. If preferred, sauce can be served on the side in separate bowl.

Baked Halibut with Tomato Sauce

3 to 5 pounds Halibut
1 can of tomatoes
1 cup of water
1 slice of onion

3 clove
3 tablespoons of butter
3 tablespoons of flour
Salt, pepper and sugar

Make sauce of above by cooking tomatoes in water for 20 minutes with onion, clove, salt, pepper and a little sugar. Melt butter, add flour and then stir into sauce. Place fish in greased pan; pour sauce over fish and bake about 35 minutes. Baste frequently.

Baked Fish with Sour Cream

Split a 4-pound Whitefish; remove bones and rub inside and out with salt, pepper, paprika and butter. Place flattened fish skin side down under a flame until lightly browned, then cover with 2 cups sour cream. Put lid on pan and bake in moderate oven, 375 degrees for about ½ hour or until done.

Fillets of Haddock, Cod, Hake, Halibut, Perch or other fish may be substituted for Whitefish.

Fish Steaks Baked in Milk

Select 2 pounds of Fish Steaks cut into 6 or 8 pieces. Dip pieces into ½ cup flour seasoned with ½ teaspoon of salt and ½ teaspoon paprika. Place in a greased pan, cover with 1½ cups of boiling milk and cook in a moderate oven, 375 degrees.

Cut into thick slices 2 medium size Bermuda onions and saute lightly in butter or oil. After fish has cooked for 10 minutes arrange onions over steaks and cook 10 minutes longer.

Thick fish fillets may be used instead of steaks. Serves six.

Haddock Fillets Baked in Wine

Cut 2 pounds Haddock fillets into serving pieces and soak in a cooking Sherry for 5 minutes. Grease baking pan and after arranging fillets pour about ½ cup of Sherry in which fillets were soaked into baking pan. Bake in a moderate oven, 375 degrees, for about 20 minutes. Serves six.

Fish Fillets Baked with Cheese

1½ pounds Fish Fillets
1 tablespoon minced onion
4 tablespoons butter

¼ teaspoon salt—dash pepper
1½ cups fine soft bread crumbs
¼ cup grated American cheese

½ cup milk

Cut fillets into servings; sprinkle with salt and pepper and place in shallow baking dish. Saute onion in butter until lightly browned; add salt, pepper, bread crumbs, and cheese, and toss with fork to mix well. Spread over fillets and press on firmly. Pour milk around fish and bake in moderate oven, 350 degrees, for 35 minutes or until done.

Fillets Baked by Spencer Hot Oven Method

Cut fish fillets into portions of three to the pound and then bread by dipping into milk which has been salted with 1 tablespoon of salt to the cup, then roll in a pan of finely sifted bread crumbs. Be careful to avoid wetting the crumbs when breading the fillets. Place fillets side by side in a baking pan and then sprinkle with a little oil or melted fat. Do not use any more fat than this in the entire cooking. Place baking pan in a very hot oven, 500 to 600 degrees, and cook for 10 minutes. Do not be afraid of burning and never add any water. If oven is sufficiently hot each fillet will be evenly browned on all sides; the pan will be dry underneath the fish and the fish may be removed perfectly with a pancake turner.

Baked Perch Fillets with Tomato

2 pounds Perch fillets
2 tablespoons butter
1 tablespoon minced onion
1 cup canned tomato pulp

1 teaspoon salt
1 teaspoon sugar
¼ teaspoon pepper
6 drops Worcestershire sauce

Salt and pepper fillets and arrange in baking dish. Saute onions in butter; add other ingredients and boil 5 minutes. Pour over fish and bake in hot oven, 450 degrees, for 25 minutes or until done. Serves six.

Poached Fish Fillets

2 pounds Fish fillets
½ pint milk

1 tablespoon butter
Salt and pepper

Add butter to milk and bring to a boil. Cut fillets into serving portions, over which pour hot milk. Add salt and pepper and allow to simmer for 15 minutes. Do not boil. Serves six.

Fish Fillets Fried in Batter

1½ pounds fish fillets
2 eggs separated
1 teaspoon prepared mustard
1 tablespoon melted butter

½ cup milk
1 cup flour
½ teaspoon salt
1 teaspoon baking powder

Cut fish fillets into serving sizes and salt and pepper after wiping dry. Beat egg yolks well and add butter and mustard. (If desired, leave out mustard.) Sift flour, salt and baking powder and add alternately with the milk, beating well; fold in the egg whites beaten stiff. Dip pieces of fish into batter, one by one and drop into hot fat, 390 degrees, frying only three or four at a time. Drain before serving. Serves four.

Fish Fillets with Golden Sauce

2 pounds fish fillets
2 tablespoons flour
2 tablespoons melted butter or other fat
1 cup milk

1/4 cup grated yellow cheese
1 tablespoon vinegar
2 egg yolks, beaten
1 teaspoon scraped onion
Salt and pepper

Dry fish; cut into serving pieces and roll in seasoned flour, then saute carefully until delicately browned. Place in a shallow, greased baking dish and cover with Golden Sauce: Blend flour with melted butter or other fat; add milk. Cook until thickened, then add vinegar, egg yolks, onion and seasonings. Sprinkle with grated cheese and brown in moderate oven (350°) for about ten minutes. Serves six.

Baked Fish with Cheese Dressing

2 pounds fish fillets or steaks
1/2 cup shortening
1/2 cup chopped onion
1 cup chopped celery
3 cups mashed potatoes (hot)

1 teaspoon salt
3/4 teaspoon poultry dressing
6 oz. diced nippy cheese
grated cheese
dash pepper

Salt fish both sides and place in greased baking pan and pour around milk but not to cover, then bake for about ten minutes in hot oven (425°) or until done. Mix other ingredients except grated cheese and then spread hot dressing on top of fish. Sprinkle with grated cheese and return to oven for about ten minutes. Serves 4 to 6.

Boiled New England Fish Dinner

2 pounds fresh or quick frozen codfish
1/4 pound salt pork
12 beets

2 pounds small potatoes
2 cups small onions
2 cups white sauce
2 hard cooked eggs, chopped

Cut salt pork into thin slices and fry crisp. Cook vegetables separately. Cook fish by boiling according to basic recipe. Place fish in center of platter and cover with cream sauce. Sprinkle top with chopped eggs. Garnish platter with vegetables and pork strips. Serves six.

Baked Fish Italian Style

2 pounds halibut steaks or other fillets
1 can tomatoes (2 cups)
1/4 cup chopped parsley

1/2 cup diced green pepper
1 clove garlic, minced
2 tablespoons butter or margarine
Salt and pepper

Place fish in lightly greased baking pan. Cook tomatoes with other ingredients except butter until slightly reduced, then add butter and pour over fish and bake in moderate oven (350°) about 30 minutes or until done. In last few minutes of cooking sprinkle with grated cheese. Serves 4 to 6.

Fish Fillets en Turban

1 pound fish fillets
2 tablespoons grated onion
2 tablespoons butter or margarine
3 tablespoons lemon juice
3 tablespoons cooking fat
1/2 teaspoon salt

1 lightly beaten egg
2 tablespoons water
1/4 cup flour
1 cup crushed corn flakes or other breading

Cut fish into 1- or 1 1/2-inch wide strips for rolling. Combine onion, butter, lemon juice and salt; brush over fish. Bread in usual manner and chill about 2 hours to set crust. Roll fish strips into turbans or pinwheels and skewer with toothpicks. Fry golden brown in hot fat but as usual, avoid overcooking. Serve with tartar sauce or hot salad dressing. Serves 3 to 4.

Halibut Roast

4 pound chunk of halibut
4 slices salt pork
1 large onion
Bread crumbs

1 bay leaf
1/2 teaspoon Curry powder
Lemon juice
Butter

Line baking pan with salt pork 1/4 inch thick or use bacon, cover with onion sliced thin, bay leaf and Curry powder. Place halibut on this bed, drench with lemon juice and add some salt to the top. Cover fish with butter and then with bread crumbs. Place in hot oven (425°) and roast for 50 minutes, basting several times with drippings from the pan. Serves 6.

Boiled Salmon

2 pounds salmon (one piece)
Cream sauce or white sauce

Hard cooked eggs
Lemon juice

Place salmon on a dish and tie in a piece of cheese cloth, then boil in water to which has been added juice of 1/2 lemon, 1 tablespoon chopped parsley and 1 bay leaf. Boil for 30 minutes. Make cream sauce and add chopped hard cooked eggs (2) and 1 teaspoon lemon juice. Pour sauce over fish and serve. Serves four to six.

Baked Fillets Thermidor

1 1/2 pounds fish fillets
1 cup milk
3/4 teaspoon salt
Dash pepper

2 tablespoons butter or margarine
2 tablespoons flour
2 tablespoons sherry wine
1/4 cup grated American cheese

Place fish fillets in a shallow greased baking dish with milk, salt and pepper. Bake in moderate oven (350°) for 30 minutes. Melt butter in double boiler and stir in butter. When fish is done pour off milk from baking dish and add to butter and flour. Cook sauce until thickened, stirring constantly. Add sherry and cheese and stir until cheese melts. Pour over fish; then place under broiler until lightly browned on top. Serves 4 to 5.



Fish Fillets Canadian

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|-----------------------------------|--------------------------|
| 3 pounds fish fillets | 3 egg yolks, beaten |
| 1 small onion | ½ cup milk |
| 1½ teaspoons salt | ½ cup fish liquor |
| 6 tablespoons butter or margarine | 1½ teaspoons lemon juice |
| 2 tablespoons flour | Dash pepper |
| 2 diced carrots | Minced parsley |

Place carrots and onion in 1½ quarts cold water and bring to a boil. Salt and pepper each fillet, roll up lengthwise and fasten with toothpicks. Place in boiling water, cover and simmer for ten minutes or until tender. Drain, reserving ½ cup fish liquor. Keep fish warm. Melt butter in double boiler, stir in flour, then add egg yolks combined with milk. Add fish liquor, lemon juice, ½ teaspoon salt, and pepper. Cook, stirring constantly until thickened. Pour sauce over fish, garnish with parsley. Serves 8.

Deviled Fish Fillets

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| 3 pounds fish fillets | ½ teaspoon Worcestershire sauce |
| ½ teaspoon dry mustard | ¼ teaspoon salt |
| 2 tablespoons melted fat | 1 tablespoon lemon juice |
| ¼ cup chili sauce | ½ teaspoon sugar |
| 1 dash Angostura bitters | |

Wipe fillets dry, salt and pepper on each side. Combine other ingredients. Grease shallow baking pan and after placing fillets in pan, brush them lightly with prepared sauce. Place pan so fish will be about three inches below heat and broil for about 20 minutes or until done. Serves six.

Gefulte Fish

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| 1½ pounds whitefish | 1 tablespoon cracker meal |
| 1½ pounds yellow pike | 1 teaspoon salt |
| 3 medium sized onions | ½ teaspoon sugar |
| 2 medium sized carrots | ¼ teaspoon pepper |
| 1 egg | 8 shelled almonds |
| ⅓ cup water | |

For best results clean, fillet, remove all bones possible, then salt fish and keep in refrigerator over night. Retain heads, skin and large bones. Use a four-quart pot into which put onions sliced fine, carrots cut into round slices and one quart of water. Add fish bones and skin and let boil ten minutes before adding fish patties which are made by putting fish, one onion and almonds through food chopper. Place in a wooden bowl, add ⅓ cup water, egg, salt, pepper, sugar and cracker meal and mix thoroughly and make into patties about the size of cup cakes. Place patties into boiling water very gently. After water comes to boil again, turn down fire and simmer for two and a half hours. Set aside to cool and remove fish from gravy. Arrange patties on platter with slices of carrots and garnish with water cress. Strain gravy and serve either warm or cpegealed.

Fish Fillets Chinese

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| 1 pound fish fillets | 2 tablespoons lemon juice |
| 2 teaspoons soy sauce | 2 tablespoons minced parsley |
| 2 tablespoons salad oil | Salt and pepper |

Cut fillets into serving pieces; salt and pepper both sides. Combine soy sauce and salad oil. Broil fish until golden brown or for about 8 minutes, basting frequently with soy and oil mixture. Turn and broil another 5 minutes or until done. Heat remaining oil and soy sauce mixture with fish drippings; add lemon juice and parsley and pour over fish just before serving. Serves 3 to 4.

Baked Red Snapper Marguery

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| 2 pounds Red Snapper | 3 hard cooked eggs |
| 2 pounds boiled shrimp, chopped | 1 can mushrooms |
| ½ pound American cheese, grated | 1 tablespoon chopped oysters |
| White sauce | or truffles |

Boil fish and separate from bones into large pieces. Put one-half of fish in buttered or oiled casserole, cover with one-half of cheese, eggs, shrimp, mushrooms and oysters. Repeat, then pour over White sauce (1 cup) and bake 30 minutes in moderate oven, 350 to 375 degrees. Any boiled or leftover fish can be used instead of Red Snapper.

Stuffed Fish Fillets

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| 4 fillets of haddock, cod sole or other fish | ¼ cup melted butter or substitute |
| 2 cups dry bread crumbs | 1 tablespoon chopped parsley |
| 1 teaspoon salt | 1 lemon, rind and juice |
| 2 tablespoons onion juice | 2 cans condensed vegetable soup |

Combine ingredients of dressing and place on two of the fish fillets and cover with other two fillets. Place in greased baking pan and cover with contents of two cans of condensed vegetable soup. Bake in a moderate oven (350°) for about ½ hour. Serves four.

New Idea For Pan Frying Fish

An improved method of sauteing or pan frying different varieties of fish, proven successful by a clever amateur chef, is passed on so that even the most inexperienced cook can easily serve a fish dish that will win immediate acclaim for its deliciousness.

To cook one and one-half pounds of fish, cream together 2 tablespoons of Butter or Cooking Oil and 2 tablespoons of Olive Oil with 2 tablespoons of Vegetable Shortening and use enough to generously cover bottom of skillet. Prepare fish in usual manner with preferred breading and when skillet is piping hot gently lay in fish. Cook to a delicious golden brown on one side, then turn and complete cooking. Be careful not to overcook. For larger amounts of fish, increase ingredients proportionately and any mixed fats left over can be stored in refrigerator for later use.

Fish Fillet Chowder

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| 2 pounds Fish fillets | 3 cups cooked potatoes |
| ¼ pound salt pork | 1 pint milk |
| 2 tablespoons onions, chopped | Salt and pepper |

Boil fish fillets and flake. Saute salt pork with onions then add flaked fish, pork, onions, diced potatoes and fat from pork frying to one quart of water in which potatoes have been boiled. Heat thoroughly and add pint of hot milk, salt, and pepper. Serves six.

Fish or Seafood Creole

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| 2 cups cooked fish, shrimp lobster, etc. | 1 quart stewed tomatoes |
| 2 cups onions, chopped | 2 tablespoons butter |
| 2 cups green pepper, chopped | ⅓ teaspoon paprika |
| Salt and pepper | 1 clove garlic, chopped |

Melt butter, add paprika and blend. Add onion, green pepper and garlic and saute until tender, then add tomatoes and other seasoning. Allow to simmer for 5 minutes and then add fish flakes or seafood and continue to simmer 10 minutes more. Serves six.

Baked Stuffed Fish

3 to 5 pound trout, pike, red snapper
or other whole fish
4 strips bacon
Salt and pepper

Cooking oil
Stuffing prepared as given on
page 25

Allow fish to stand 5 minutes in salted water, drain, slit skin in several places and rub with cooking oil. Sprinkle inside and out with salt and pepper. Fill fish with stuffing and sew together or tie with string and lay on two strips of bacon which have been placed in bottom of greased baking pan, then lay two strips of bacon on top of fish. Bake for 10 minutes at 500°, then lower to 400° and bake 8 to 10 minutes longer.

Baked Halibut Steaks

2 pounds halibut steaks
2 lemons
½ teaspoon whole pepper and
allspice
Salt pork in strips

2 tablespoons melted butter or
margarine
2 bay leaves
3 cloves
Salt and pepper

Pour juice of 2 lemons over steaks, season with salt and pepper and let stand 2 hours. Place pork strips in baking dish, sprinkle with whole pepper and allspice and bay leaves, then cover with fish steaks. Pour over melted butter or margarine and bake about 20 minutes in hot oven (425°). Serve with tomato sauce. Serves four.

Fish Salad Irene

2 cups cooked flaked fish
2 tablespoons clear gelatine
½ cup cold water
1 cup celery, chopped fine

1 ½ cups mayonnaise
1 tablespoon lemon juice
½ teaspoon salt
2 hard boiled eggs

Soften gelatine with cold water. Mix other ingredients together and add dissolved gelatine. Line glass mould with sliced eggs and pour mixture over top. If aluminum pan is used instead of glass be sure to line pan with waxed paper. Take out in squares. Serves six.

Baked Eggs and Fish Flakes

2 cups cooked flaked fish
1 teaspoon onion, minced
1 teaspoon lemon juice
1 teaspoon minced green pepper

1 cup white sauce
6 eggs
Salt and pepper
Paprika

Combine fish, onion, green pepper, lemon juice and seasoning with white sauce and place in 6 buttered ramkins. Make indentation in top of each filled ramkin with bowl of tablespoon and break into it an egg. Add dash of paprika and set in baking pan with hot water coming almost to top of ramkins. Bake in hot oven, 450 degrees, until eggs are cooked. Serves six.

Fish Loaf Supreme

2 cups cooked flaked fish
2 tablespoons vinegar
2 tablespoons tomato catsup
1 cup water

2 hard cooked eggs, chopped
12 stuffed olives, chopped
1 cup mayonnaise
2 tablespoons gelatin

Soak gelatin in ½ cup cold water 5 minutes. Pour ½ cup boiling water over this to dissolve gelatin. Make paste of fish, salt and pepper, vinegar and catsup; add eggs and olives. Mix gelatin with ½ cup mayonnaise and add fish mixture then pour into mold. Use balance of mayonnaise when serving. Serves six.



Delicious Dishes FROM Leftover Fish

NOTHING offers more possibilities for delightful and appetizing dishes than left-over fish. The rich, delicious flakes of baked fish, boiled fish or fish that has been cooked in any other way can be used creamed, in croquettes, cakes, salads, cocktails, fritters and loafs to mention a few of the dishes to be made from fish left-overs.

The use of left-over fish adds to the economy of fish as an entree and it will be found that meals prepared around fish left-overs will be pleasing to the family that is no doubt tired of the usual left-over stews and hashes.

Fish Flakes a la King

2 cups cooked flaked fish
½ cup green pepper, minced
1 tablespoon pimiento, minced
1 cup milk

½ cup minced celery
1 tablespoon butter
1 tablespoon flour
Salt and pepper

Simmer green peppers, celery and pimiento in butter until tender. Add flour, then stir in milk, gradually. Season and add fish flakes. Heat thoroughly and serve on toast. Serves six. This recipe can be used for serving large buffet suppers or luncheons by increasing.

Fish Flakes Neapolitan

1 cup cooked flaked fish
1 ½ cups milk
3 cups cooked spaghetti
1 teaspoon salt

2 tablespoons butter or oil
½ teaspoon pepper
½ green pepper, chopped
½ cup bread crumbs

Melt 1 tablespoon butter in baking dish, cover with half the crumbs, then with alternate layers of spaghetti, fish, green peppers and seasonings until all are used. Add milk, sprinkle with bread crumbs and dot with butter. Bake 12 minutes in hot oven 400 degrees. Serves eight.

Flaked Fish Salads

Use flakes of fish in any manner that you would chicken. You may depend upon left-over fish or buy either pieces of large fish or fish fillets and boil according to basic recipe. After cooling, bones can all be removed and fish will flake into large white pieces.

Combine left-over fish flakes with oysters, shrimp, crabmeat or other seafoods to make an excellent cocktail.

Fish Flakes Chung King

2 cups cooked flaked fish
1 1/2 cups cooked rice
1 1/2 cups white sauce

2 tablespoons bread crumbs
1 tablespoon butter
Salt and pepper

Arrange alternate layers of fish (seasoned), rice and white sauce, leaving sauce on top. Sprinkle crumbs and butter over top and bake 20 minutes in hot oven (450°). Serves six.

Scalloped Fish Flakes

2 cups cooked flaked fish
1 quart milk
3 tablespoons butter

2 tablespoons parsley, minced
2 tablespoons onions, minced
2 cups bread crumbs

Place layer of fish flakes on bottom of well buttered baking dish and sprinkle with part of onions, parsley, salt and a small dash of cayenne pepper. Next place a layer of crumbs dotted with butter. Repeat layers using buttered crumbs for top layer. Add milk and bake in a hot oven, 450 degrees for 30 minutes. Serves six.

Fish Croquettes with Potato

Flake cold cooked fish and add salt, pepper, teaspoon tomato sauce, teaspoon onion juice or less if desired, and one well beaten egg. Mix in enough mashed potatoes to make firm and shape into balls or cakes and then use preferred breading. Fry in deep fat, 360 degrees, until brown. Serve with parsley cream sauce.

Fish Souffle

2 cups cooked fish, flaked
1 tablespoon parsley, minced
1 1/2 cups white sauce

1 teaspoon onion, minced
3 eggs
1/4 teaspoon pepper
1/2 teaspoon salt

Add salt, pepper, parsley, onion and fish to sauce. Beat egg yolks until light; add to mixture and then fold in egg whites beaten dry. Pour into greased baking dish set in pan of hot water. Bake 30 to 40 minutes in a moderately hot oven, 350 to 400 degrees, until firm in the center. Serve with tomato sauce or mushroom sauce.

Codfish Balls

1 cup cooked flaked codfish
or other left over fish
2 tablespoons cream

6 medium sized potatoes, boiled
1 teaspoon onion, grated
2 eggs

Chop fish flakes and add to potatoes that have been riced or mashed. Beat in eggs one at a time and beat until fluffy. Add cream, salt, pepper and onion and shape into balls or drop from teaspoon into deep fat or bake at 375 degrees for 35 minutes.

Creamed Fish Flakes, Au Gratin

1 1/2 cups cooked flaked fish
2 egg yolks
1 teaspoon salt

1 1/2 cups hot white sauce
3 tablespoons sharp cheese
1/8 teaspoon cayenne pepper

Pour white sauce over egg yolks in double boiler. Add flaked fish, cheese, seasonings and cook over boiling water until very hot and blended. Serve on toast. Serves four.



FINNAN HADDIE

FINNAN HADDIE and smoked fillets are mildly salted and smoked haddock that originated in Findon, Scotland over two hundred years back when some salted haddock was hung in a shed to dry and the shed caught fire. When the fire was out it was discovered that the salted fish had not been destroyed but were only smoked and were found to have a pleasing piquant flavor which became so popular that an entirely new industry was started. From the original name of Findon Haddock we now have the shorter Finnan Haddie. Everyone who tries these delicious and different pieces of fish finds themselves coming back for more and more servings no matter which way they are prepared.

Finnan Haddie Quick Dish

Wash fish, cut off tail and place in baking pan. Almost cover with boiling water and allow to stand 10 minutes. Drain, place in oiled baking pan and cover with undiluted canned or condensed milk. Allow to heat through, about 15 minutes, and serve with melted butter or thin white sauce.

Baked Finnan Haddie

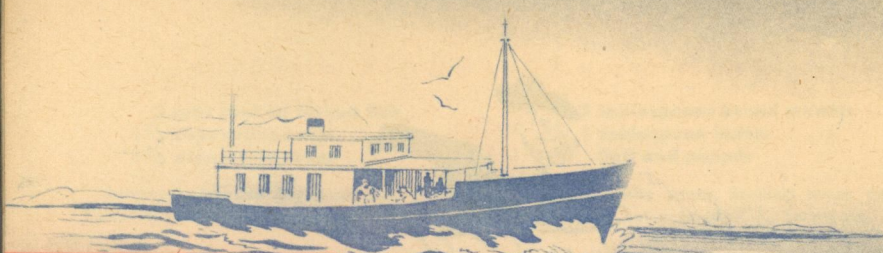
Soak fish in warm water 5 minutes, drain and rinse with cold water. Place in greased baking pan and bake 25 to 30 minutes in moderately hot oven, 400 degrees. Or brown some butter in a baking pan, and after soaking fish, place in pan and bake 15 minutes. Baste every 5 minutes.

Creamed Finnan Haddie

Soak fish in warm water 5 minutes, drain and rinse. Place in buttered or greased baking dish, pour over white sauce, then lay slices of hard cooked eggs over top. Sprinkle with buttered bread crumbs and bake in oven until crumbs are browned.

Broiled Finnan Haddie

Soak in warm water 5 minutes, drain and dry. Place in a hot broiler and cook for about 30 minutes or a little longer if rather thick. Serve with melted butter.



OYSTERS

WITHOUT a doubt, oysters are the most universally enjoyed of all seafoods and with good reason too, because these tender, juicy bivalves have a delicacy of flavor matched by few other foods. The fastest and most modern methods of transportation and distribution are used today to bring to all parts of the country the luscious goodness of oysters from the best producing oyster beds of the sea coasts.

In addition to their wonderful flavor, oysters have the quality of lending themselves to a wide variety of very delicious dishes and yet have provoked much discussion as to the best ways to cook them. The recipes which have been included here, will, without question, meet with the approval of the most discerning.

Fried Oysters

Carefully wash and dry 1 pint of large oysters. Use preferred breading as for any deep fat cooking. Heat fat until it is 390 degrees and cook oysters until golden brown. If heavy breading is desired, let crumbed oysters stand for 15 minutes or more in a cool place then dip in egg and in crumbs again. Repeat if desired. If preferred, only enough fat can be used to cover half the oysters when cooking and they can be turned when one side is done.

Panned Oysters

1 pint oysters	½ cup cream
2 tablespoons butter	Salt and pepper

Put 2 tablespoons of butter in sauce pan and when hot, add 1 pint drained and washed oysters. Cook until edges begin to curl then add ½ cup cream, salt and pepper. Pour over toast and sprinkle with paprika. Serves four.

Oyster Soup

1 quart oysters	1 tablespoon butter
1 quart of milk	Cracker crumbs

Place milk and 1 pint of water with salt, pepper and butter in a sauce pan. Allow this to come to a boil and add drained and washed oysters, then permit to simmer for 5 minutes. Use cracker crumbs to thicken to taste.

Oysters Rockefeller

2 dozen oysters in shells	¼ cup chopped cooked spinach
2 tablespoons parsley, minced	1/3 cup fine bread crumbs
1 tablespoon onion, minced	Paprika
1 tablespoon butter, melted	Salt and pepper

Remove oysters from shells and dry carefully. Replace oysters in deep half of shell. Combine onions, parsley and melted butter then spread over oysters. Season with salt, pepper, paprika, and top with chopped spinach and bread crumbs. Dot with butter and brown in hot oven, 450 degrees, for 10 minutes. To assist in baking, place rock salt or sand about one inch deep in a shallow pan and preheat before setting in oysters. This bed of salt or sand will keep the oysters level while cooking and carry heat through the shells.



Oyster Stew

1 pint oysters	Butter
¾ quart milk	Salt and pepper

Drain and wash oysters, then place in a stew pan with just enough water to cover. Season with salt and pepper and cook until edges curl. Scald milk and add to oysters. Use butter to taste.

Scalloped Oysters

1 quart of oysters	Bread crumbs
¼ cup butter	Milk

Drain and wash oysters, then place a layer of oysters in a buttered baking dish. Alternate with cracker crumbs or bread crumbs, bits of butter, salt and pepper. When dish is full, add milk to moisten, and bake in a hot oven 450 degrees for 30 minutes. Serves six.

Fried Oyster, California

Wash and dry 2 dozen medium sized oysters, season with salt and pepper and roll in flour; then dip in beaten egg and roll in fine bread crumbs. Melt 6 tablespoons of butter in frying pan and add oysters when pan is hot. Fry to a golden brown on one side and before turning them pour over 4 eggs beaten light. Cook for a minute, then turn over and cook until desired golden brown color has been reached. Serve with strips of crisp bacon or small link sausages.

Oyster Dressing for Poultry or Fish

1 pint oysters	1 tablespoon chopped parsley
½ cup chopped celery	1 teaspoon poultry dressing
½ cup chopped onion	2 beaten eggs
¼ cup butter	1 ¾ cups milk
6 cups dry bread crumbs	1 bay leaf

Cook celery and onion in butter until soft but not brown. Add crumbs and parsley and mix thoroughly. Mix in, oysters which have been chopped, bay leaf, salt and pepper and beaten eggs. Add enough milk to moisten as desired. This should be enough for a 10 or 12 pound turkey and can be reduced proportionately for smaller fowl or fish.



SHRIMP

SERVED hot-spiced, French fried, in creole sauce and in a cocktail or salad, shrimp pleases young and old alike. With a delicate and delicious flavor all of its own, shrimp can be used in a wide variety of ways that are easy to prepare.

Shrimp is a favorite with hostesses as it can be prepared in advance and needs no "last minute" attention. Hot-spiced shrimp, cole-slaw, crackers and coffee make an ideal meal for a crowd but be sure and have enough shrimp cooked because guests make an ordinary supply disappear like magic.

Like other fish and seafood, shrimp is easy to cook and as in the case of other fish left-overs, is never allowed to go to waste.

Hot-Spiced Shrimp

For 5 pounds of shrimp have 1 1/2 quarts of water to which is added 1/2 sliced onion, 1/2 lemon sliced, 1/2 potato, peeled and quartered, 1 1/2 level tablespoons ground red pepper, 1/2 cup salt and 5 ounces of mixed spices. (Mixed spices for cooking shrimp may be bought already packaged.) Allow these to simmer in the water for 20 minutes.

Place shrimp in a collander and pour boiling water over them; then put shrimp into boiling spiced liquid and allow to boil for 40 minutes, stirring often. Drain and serve with a "hot" type of cocktail sauce.

The five pounds of shrimp called for in this recipe is sufficient to serve five persons. If more are to be served change the recipe proportionately.

Shrimp Cocktail

One pound of cooked, peeled shrimp will provide four generous servings. For shrimp, most people prefer a sauce made with a chili sauce base but mayonnaise or tartar sauce may also be used successfully.

Shrimp Creole

1 pound uncooked shrimp
with shell removed
2 tablespoons melted butter
1 cup chopped onions

1 cup chopped green peppers
1/2 clove garlic, chopped
1/8 teaspoon paprika
1 pint stewed tomatoes

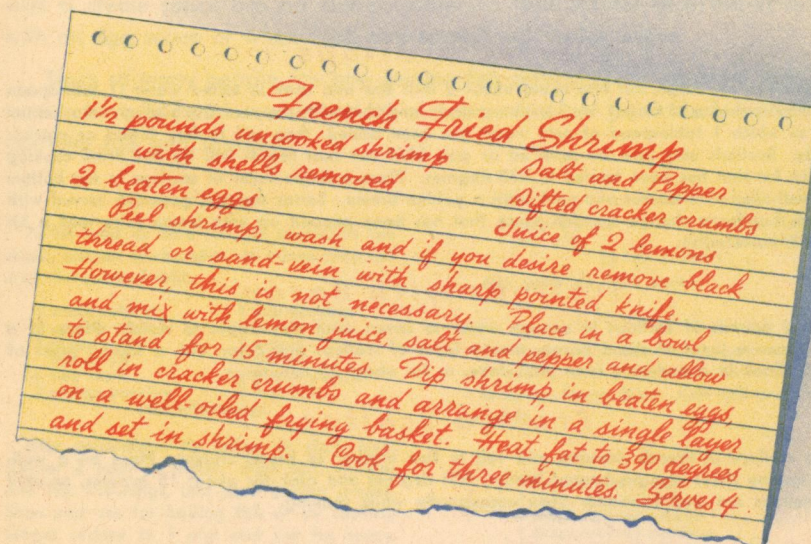
Peel and wash shrimp and if you desire remove sand vein. Add onions, green pepper and garlic to melted butter and simmer until pepper is tender, then add tomatoes, salt and pepper to taste and boil 5 minutes. Add shrimp and cook for 10 minutes.

Shrimp Newburg

1 pound cooked shrimp
2 tablespoons butter
1 3/4 tablespoons flour
1 cup cream

3 tablespoons tomato catsup
3/4 tablespoon Worcestershire sauce
Salt, paprika, cayenne pepper
2 tablespoons sherry wine

Remove shells and clean shrimp cooked according to instructions at bottom of this page. Melt butter and stir in flour until blended, then slowly stir in cup of cream. When sauce is thick add catsup and Worcestershire sauce and then add shrimp, stirring until shrimp are well heated. Season with salt, paprika and a few grains of cayenne pepper. Immediately before serving add sherry. Serve over rice or toast. Serves 4.



Preparing Shrimp for Different Uses

Wash shrimp with cold water, drain. Cover with boiling water to which has been added 1/2 tablespoon of salt to the quart and then simmer until tender, or for about 20 minutes. Drain and remove shell by tearing open from the under-side, beginning at the front. Use a sharp pointed knife to remove the black cord or sand vein which is visible just under the surface. The shrimp is now ready to use in recipes calling for cooked shrimp or for cocktails. Leftover hot spiced shrimp may be used when chilled, in salads or cocktails.



SCALLOPS

LIKE oysters and clams, scallops are mollusks or shell fish and are one of the true delicacies of the ocean that can be prepared and served at home with confidence. When you want something that is "different" and sure to please, serve scallops.

Scallops may be bought both in the fresh or quick frozen form and either way they are a delightful treat.

Fried Scallops

If scallops are large, cut into cubes about $\frac{3}{4}$ inch size and soak in salted water (1 tablespoon of salt to each cup of water) for 3 minutes; drain and dust with pepper. Dip scallops into beaten eggs to which 1 tablespoon of cold water has been added, then roll in fine bread or cracker crumbs. Scallops may now be saute'd or pan fried but best results will be had from cooking in deep fat that has been heated to 380 degrees. Place a single layer of scallops in the bottom of a well-oiled wire basket and cook until a golden brown. Tartar sauce is generally served with scallops but for a change try chili sauce that has been pepped up with lemon juice and a bit of fresh horseradish.

Scallops with Bacon

Boil 2 pounds of scallops in enough water to cover, until they begin to shrink. Place in a baking pan a layer of sliced bacon, then a layer of scallops and cover with a second layer of bacon. Cook in a moderate oven until done, or for about 20 minutes.

Broiled Scallops

Dip scallops in French dressing and roll in fine cracker or bread crumbs. Place on a well-oiled baking sheet in a pre-heated broiler, 550 degrees and cook for about 15 minutes, or until the scallops are well browned. Turn occasionally while cooking.

Creamed Scallops with Mushrooms

- | | |
|-------------------------------|----------------------|
| 1 pint scallops | 1 egg |
| $\frac{1}{2}$ pound mushrooms | 2 tablespoons butter |
| 1 cup white sauce, medium | Salt and paprika |

Simmer scallops in boiling water until tender. Saute mushrooms in butter for 5 minutes. Drain scallops well and add scallops and mushrooms to white sauce when it is smooth and boiling. Reduce heat to a low flame, add beaten egg, then cook and stir these ingredients until egg thickens or for about 2 minutes. Season with salt and paprika and serve over toast or in pattie shells. Serves six.



Sauces FOR FISH AND SEAFOOD

USING different sauces in the preparation and serving of fish and seafood add piquancy and flavor and at the same time make for variety. A fish served with a creole sauce has an entirely different taste-appeal than when served with an egg sauce or when fried and served with tartar sauce.

Since so many people are now serving fish several times weekly it is important to have at hand a wide variety of sauces that are particularly suitable to use with fish and seafoods.

Court Bouillon

To be used as base for fish sauces, in fish soups, bisques or chowder. In cream soup use stock for part of milk.

- | | |
|------------------------|----------------------------|
| 1 stalk celery | 1 cup vinegar |
| 2 quarts water | 1 carrot |
| 3 tbsp. butter | 1 onion |
| fat or oil | 3 cloves |
| $\frac{1}{2}$ bay leaf | $\frac{1}{4}$ green pepper |
| 2 sprigs parsley | 1 tsp. salt |
| Fish trimmings | |

Dice vegetables—tie spices in cloth bag, simmer $\frac{1}{2}$ hour in water. Add salt, vinegar and fish trimmings, and cook $\frac{1}{2}$ hour longer. Skim and use for boiling fish or by cooking longer reduce to 1 pint and use for soups, etc., as suggested above.

White Sauce (Thick)

- | | |
|-----------------------------|---------------------------|
| $2\frac{1}{2}$ tbsp. butter | $\frac{1}{3}$ cup flour |
| 1 cup milk | $\frac{1}{4}$ tsp. salt |
| | $\frac{1}{8}$ tsp. pepper |

Heat butter in saucepan until bubbling, add flour mixed with salt and pepper. Pour milk slowly over mixture—stirring until smooth.

White Sauce (Medium)

- | | |
|----------------|---------------------------|
| 2 tbsp. butter | 2 tbsp. flour |
| 1 cup milk | $\frac{1}{4}$ tsp. salt |
| | $\frac{1}{8}$ tsp. pepper |

Mix same as thick sauce.

Cocktail Sauce

To each tablespoon of tomato catsup or chili sauce, add $\frac{1}{2}$ teaspoon horseradish and 1 teaspoon lemon juice. Add salt and pepper to taste.

Tartar Sauce

- | |
|---------------------------------|
| 1 cup mayonnaise |
| 1 tbsp. minced onion |
| 1 tbsp. minced pickle |
| 1 tbsp. minced parsley |
| 1 tbsp. minced olives |
| 1 tbsp. minced capers, optional |

Mix thoroughly and chill before serving.

Drawn Butter

- | | |
|--------------------------|-------------------------------|
| $\frac{1}{3}$ cup butter | $\frac{1}{8}$ tsp. pepper |
| 3 tbsp. flour | $\frac{1}{2}$ tsp. salt |
| | $1\frac{1}{2}$ cups hot water |

Melt half butter, add flour mixed with seasonings and then gradually add hot water. Boil 5 minutes and add balance of butter piece by piece.

Lemon Butter

4 tbsp. melted butter
1 tsp. lemon juice
1/8 tsp. pepper

Blend together, serve hot. Parsley may also be added.

Cheese Sauce (Easy Method)

Dissolve 1 cup grated cheese in 1 1/2 cups of white sauce.

Processed cheese should be cubed but other cheeses should be grated.

Horseradish Sauce

4 tbsp. heavy cream
3 tbsp. horseradish, grated
Salt
Paprika
1 tbsp. vinegar

Whip cream stiff and gradually beat other ingredients into cream.

To vary—add 1 tsp. sugar and 1 tsp. dry mustard.

Also, above ingredients may be added to sour cream instead of sweet whipped cream.

Or, add horseradish to an ordinary white sauce.

Hollandaise Sauce

(Economy)

3 tbsp. butter
2 tbsp. flour
1 cup hot water

1 tbsp. lemon juice
2 egg yolks, beaten
1/2 tsp. salt

Melt butter in double boiler, add flour and blend well together. Add hot water slowly, stirring constantly until thickened. Season with salt, pepper and a few grains of cayenne pepper and add lemon juice. Leave sauce in double boiler until needed, then pour it over well beaten egg yolks. Stir thoroughly. Reheat and serve at once.



Special Hollandaise Sauce

3 tbsp. butter
3 egg yolks, 4 for thicker sauce
1/2 cup cold water
1/2 tsp. salt
1 tsp. paprika
2 tbsp. lemon juice

Use small saucepan that will fit into another pan in which water is boiling. Place in pan 1/2 teaspoon salt, 1 teaspoon paprika, 1/2 cup of water (cold), and the 3 or 4 egg

yolks. Mix by stirring well. Then add 3 tablespoons butter. Just before serving lower pan into boiling water and stir quickly and constantly. Now watch closely and remove from water when butter is melted and sauce is thickening but—keep stirring and lowering and raising from boiling water until the sauce is like soft custard. At this point remove from stove and stir in lemon juice. Serve at once. Always add lemon juice carefully to prevent curdling.

Brown Sauce

2 tbsp. butter or oil
2 tbsp. flour
1 cup hot water, court bouillon or milk or fish stock
1/2 tsp. salt
1/8 tsp. pepper

Brown butter, add flour and cook until brown. Then gradually add water, milk or fish stock. Season to taste and allow to boil for 5 minutes stirring slowly but constantly.

Newburg Sauce for Fish-Lobster

4 egg yolks
3 tbsp. Sherry
1 cup milk
1 cup cream

Beat egg yolks until very light then add rest of ingredients and cook over boiling water until thick and smooth—stirring constantly. Salt and pepper to taste. Use with fish flakes, lobster, shrimp or crab meat that has been cooked.

Mustard Sauce

3 tbsp. butter
2 tbsp. flour
1 cup fish stock
1/2 tsp. dry mustard
1/4 tsp. salt
1/2 tsp. pepper

Melt butter and stir in flour until blended. Slowly stir in fish stock or court bouillon. When thick add mustard, salt, and pepper and cook 1 minute.

Or, make white sauce and add dry mustard to taste.

Tomato Sauce

2 tbsp. butter
2 tbsp. flour
1 cup tomatoes
1/2 cup water
1 tsp. salt
1/4 tsp. onion juice

Heat butter, remove from fire and stir in flour. Add water, stir well and add other ingredients then boil 5 minutes.

Sauce Allemande

4 tbsp. butter
3 tbsp. flour
1 tbsp. lemon juice
2 egg yolks
2 cups strong white fish stock
Salt and pepper

Heat butter, stir in flour. Allow to cook into a roux. Then add boiling fish stock whisking well with whip until very smooth. Beat egg yolks and put a little of sauce with them. Draw saucepan aside and add yolks to sauce, stirring as it thickens just under the boiling point. Season.

Spanish Sauce

1/4 cup stuffed olives, cut fine
1/8 cup onion, minced
1/4 cup green pepper, minced
1/4 cup olive oil or cooking oil
1 cup fish stock or water
3 tsp. flour
4 tsp. lemon juice
1 tsp. Tarragon vinegar
Paprika
Salt and pepper to taste

Saute olives, onion and green pepper in oil until onions are lightly browned, then add flour, stirring well. Then add fish stock or water and cook, stirring constantly until thick and smooth. Add vinegar and lemon juice. Add salt as desired. Sprinkle with paprika when served.

Seafood Cocktail Sauce

Beat into 1 cup mayonnaise the following ingredients in order as listed, but add slowly:

1 cup heavy cream
5 tbsp. chili sauce
1/2 tsp. grated onion
1 tbsp. grated green pepper
1 tsp. Worcestershire sauce
1 1/2 tbsp. lemon juice
Season with salt and paprika.

Creole Sauce, Number 1

2 cups onions, chopped
2 cups green pepper, chopped
1 quart stewed or canned tomatoes
2 tablespoons butter
1/8 teaspoon paprika
1 clove garlic, chopped
Salt and pepper

Melt butter, add paprika and blend. Add onion, green pepper and garlic and saute until tender. Allow to simmer 15 minutes. Can be added to fish during final cooking or served on the side to be used as desired.

Creole Sauce, Number 2

3 tablespoons butter or margarine
1/4 cup celery, chopped
1/4 cup green pepper, chopped
4 tablespoons flour
1/4 teaspoon paprika
1 cup canned condensed tomato soup
1/2 teaspoon salt
1 cup boiling water

Melt butter, add celery and green pepper and saute until tender, or for 5 minutes. Add flour and when blended add remainder of ingredients and simmer for 10 minutes.

To each of the above creole sauces can be added shrimp, lobster, crab meat or fish flakes for a delicious all-in-one meal.

Garnishes FOR FISH DISHES



NOTHING pep-ups the appetite more than an eye entrancing platter of perfectly cooked fish beautifully garnished . . . and no other food lends itself so completely to attractive garnishes than fish cooked to a luscious golden brown.



Hard-cooked Eggs, sliced and sprinkled with paprika add to the appearance of any fish dish. Use devilled, cut into wedges and decorate with parsley or narrow strips of pimiento. Minced egg can be sprinkled over most creamed fish dishes.



Green Pepper, cut across or in strips add much with their dark color.



Lemons, always use with fish or seafood dishes except when creamed. Cut in quarters, slices or wedges. Sprinkle with parsley, paprika or finely chopped pimiento. Or, carve into baskets with handles and fill with tartar sauce. Or, cut into fancy shapes, with slices that have part of the peel curled.



Curly Endive, is specially effective because of its range of color from yellow green to dark green.



Lettuce, is always the standby as a basic garnishment.



Parsley and Watercress, both make a beautiful garnish for fish.



Cucumbers, slice, leaving peeling on for appearance or run tines of fork down lengthwise to score then slice. Make cups from the ends of unpeeled cucumbers by scooping out pulp then cut petals down almost to base. Drop into iced water which will make petals open. Trim flat on bottom. Fill with tartar sauce or mayonnaise.



Pimientos, can be cut into the shape of diamonds, clubs, etc., or sliced thin and added to other garnishes have a place all their own in the realm of garnishes.



Celery tops, with leaves give a note that is different.



Bacon, shouldn't be overlooked when serving trout or other game fishes and can be used with fried fillets.

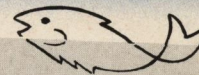


Beets, small whole pickled beets or sliced and cut into fancy shapes always are delicious as well as attractive.



Radishes, made into roses or tulips dress-up any dish.

Depend on Your Mid-Central Dealer for the Best in Fish and Sea Food



When buying fish or seafood, ask your reliable Mid-Central dealer to advise you as to the most desirable varieties available at each season of the year. You know, most fish are more delicious at certain times of the year than at others and even in fresh frozen varieties your dealer knows the fish that will most likely suit your purpose or desired method of cooking.

Accept your Mid-Central dealer's suggestion as to the fish or seafood to buy, then follow one of the simple, easy to prepare recipes in this book. By doing this you will always be sure of serving only the best and most delicious fish dishes.

The Mid-Central Fish Company, through selected dealers, has been supplying the fish and seafood needs of the middle-west and southwest for over thirty-five years and by using the most up-to-date and modern methods of transportation and distribution assures you and your dealer a continuous supply of choice fish and seafood every day in the year.

REMEMBER

Fish is a Delicious Every Day Food

EAT IT OFTEN

