



FISH

and



SEAFOOD

HOW TO BUY FISH

Frozen fish: choose a reliable brand and a store you know keeps frozen fish properly.

Top quality fresh fish will have bright eyes and firm, moist and elastic flesh.

Oysters and Clams: Shells will be tightly clamped together. Gaping shells indicate that the fish are dead and, therefore, not good.

When buying shucked clams, oysters and scallops, deal only with a dependable fish market. Shucked shellfish keep fresh when properly iced and handled.

Crabs and Lobsters should be alive when purchased. Use immediately or keep on a pan of cracked ice until used. Never put into fresh water.

Shellfish can be purchased already cooked, and should be kept on ice at the fish market. Test a cooked lobster by straightening out its tail. If the tail springs back into a curled position, the lobster was alive when cooked, as it should be.

Frozen shellfish is always a good buy.

Allow $\frac{1}{2}$ lb per person when buying whole fish, fresh or frozen. Allow $\frac{1}{3}$ lb per person when buying fresh or frozen, steaks or fillets.

HOW TO CLEAN FRESH FISH

Scald - Hold fish by the tail. Scrape with a blunt knife (or fish scraper) from tail to head in short, firm strokes. Slit underside, remove entrails. If desired, cut out fins and cut off head. Wipe out fish well before storing or cooking.

Skin - Cut through the skin of the abdomen, loosen it at the tail, and pull it off. Remove the head, open the abdomen and take out the entrails. Wipe out well before storing or cooking.

HOW TO STORE FISH

Frozen fish should be kept in the frozen state until just before cooking. Store it in the freezing compartment of the automatic refrigerator or in the freezer.

Flavor of fish and seafood is better if defrosted before cooking, although it can be cooked from the frozen state.

Once thawed or partially thawed, cook the fish immediately. NEVER REFREEZE.

Fresh fish should be wrapped lightly in waxed paper and stored in the meat compartment of the refrigerator. Store for only 1 to 2 days.

Be sure fish and seafood is VERY FRESH if it is to be frozen. Prepare fresh fish for freezing as for cooking. Only fresh caught fish and seafood should be frozen uncooked. Cook crabs and lobsters as for table use (omit salt); cool. Pick meat from shells and pack in moistureproof containers. Storage time for any frozen fish or seafood is 1 to 2 months.

Shrimp can be frozen cooked or uncooked. Shell and clean cooked shrimp before freezing. Oysters, clams and scallops should be shelled before freezing.

FRYING FISH

1. Dip pieces of fish in flour and cornmeal mixed in equal quantities. Chill crumbed fish in refrigerator for several hours so that it will hold its shape perfectly while cooking.
2. Heat skillet and add fat or drippings. Fry fish over a medium heat until tender and delicately browned on both sides.
3. Serve with Lemon Butter.

NOTE: *To prevent fish from breaking when turning, be sure to use enough fat to thoroughly grease skillet.*

BAKED FISH

Temp: 450°F Time: 15-20 min

1. Grease a heatproof platter or a shallow pan with drippings and sprinkle with fine dry crumbs.
2. Arrange fillets of fish on crumbs.
3. Brush fish with drippings and sprinkle with crumbs. Bake in preheated oven.

NOTE: *A cheese sauce can be poured over the fish before baking.*

BAKED STUFFED FISH

*Temp: 425°F Time: 10 min per lb
over 5 lbs: 5 minutes per lb*

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|-----------------------|-----------------------------------|
| 1 fish (3-4 lbs) | 1 t salt |
| 1 onion, chopped | Few grains pepper |
| 4 T fat | 4 T hot water |
| 2 c soft bread crumbs | $\frac{1}{4}$ t poultry seasoning |

1. Clean fish, wash thoroughly and dry well. Rub inside with salt.
2. Brown onion in fat and add remaining ingredients. Mix well.
3. Stuff fish and skewer together.
4. Place in a greased shallow baking dish. Brush with melted butter. Bake in preheated oven.
5. Flounder, haddock, halibut, mackerel, salmon, bass, trout and whitefish are common in our markets and can be used for baking.

PLANKED FISH PLATTER

1. Prepare fish as for Baked Stuffed Fish and arrange on greased heat proof platter. The last 15 minutes of cooking time arrange cooked vegetables such as crumbed whole carrots, mashed potato nests filled with peas, and glazed onions on platter with fish.
2. Return to oven and finish baking.
3. Garnish platter with lemon wedges and paprika before serving.

BROILED FISH

1. Have whole fish split and cleaned. Or use steaks or slices of large fish.
2. Wipe with a damp cloth or a paper towel. Brush with melted fat and season with salt and pepper.
3. Place skin side up on greased broiler rack 2" from heat and broil until skin is slightly browned.
4. Turn and broil 8-15 minutes, depending on thickness.
5. About 2 minutes before fish is done, dot generously with butter and sprinkle well with paprika. Slip back under broiler to brown.

NOTE: *In step 5 above, use a souffle sauce instead of butter for a variation.*

QUICK METHOD OF COOKING FISH *Temp: 450°F Time: 10-15 min*

1. Cut fish into pieces for serving. Add 1 T salt to 1 c milk and dip fish in milk. Roll in fine dry bread crumbs.
2. Arrange in a shallow pan and bake in a preheated oven.

TO DEEP-FAT FRY SEAFOOD (Oysters, Clams, Scallops, Cooked Shrimp)

1. Clean oysters, clams, scallops or cooked shrimp and dry thoroughly.
2. Season with salt and pepper, roll in fine dry crumbs, dip in slightly beaten egg and roll in crumbs, or dip in fritter batter. Chill.
3. Fry in deep fat (370°F). Drain on crumpled paper and serve with a sauce.

NOTE: *Fish fillets can be done this way, also.*

STEAMED FROZEN FISH FILLET

2 sheets of aluminum foil, 18"x42" and 13"x27"	Few grains pepper 2 T butter
2 lbs frozen fish fillets (haddock, halibut, perch)	Paprika Lemon
$\frac{1}{2}$ t salt	Parsley

1. Fold large sheet of aluminum foil in half. Fold small sheet of foil in thirds and place in center of large sheet of foil.
2. Remove frozen fish from package and place on the small piece of foil. Season with salt, pepper and butter.
3. Fold foil around fish using a drug store wrap. Be sure edges are securely folded to prevent leakage of liquid.
4. Cook 30 min on top of range on medium heat. No pan is necessary.
5. To serve: Remove outer sheet of foil, leaving fish on small piece of foil, and place on serving platter. Garnish with lemon and parsley.

SEAFOOD CREOLE

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|---|------------------------------|
| 2 T butter or margarine | 2 c Creole Sauce |
| 1 lb (2-2½ c) seafood, tuna
or cooked fish | ½ c water or stock from fish |

1. Melt butter in frying pan, add fish and saute 5 min.
2. Add Creole Sauce and water or stock, simmer 5 min.
3. Serve on hot platter in a ring of boiled rice. Serves 6.

Creole Sauce

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|--------------------------|------------------------|
| 2 T drippings | 2 t salt |
| ½ c finely chopped onion | 2 t sugar |
| 1 clove garlic | 2 sprigs parsley |
| 2½ c canned tomatoes | 8 cloves |
| 1 t celery seed | 1 t chili powder |
| 1 bay leaf | 1 chopped green pepper |

1. Heat fat with onion and garlic and cook 5 min.
2. Add remaining ingredients and simmer over low heat until mixture thickens. Strain, if desired. Makes about 2 c.

CRISPY FISH

Temp: 425°F Time: 20-25 min

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|--------------------|----------------------------|
| ½ lbs fish fillets | 1 egg, beaten |
| 1/3 c flour | 3 T cold water |
| ½ onion, grated | 3 c corn flakes, crushed |
| Juice of 1 lemon | 3 T bacon fat or drippings |
| ½ t salt | |

1. Remove skin from fish and cut into pieces for serving. Roll in flour.
2. Combine onion, lemon juice, salt, egg and water.
3. Dip fish in egg mixture, then roll in corn flakes.
4. Arrange on greased heat-proof platter. Melt drippings and pour over fish.

SEAFOOD A LA NEWBURG

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|---|----------------------------|
| 2 c cooked shrimp, crabmeat
or lobster | ¾ c top milk or thin cream |
| 3 T butter | 2 egg yolks |
| 1 t lemon juice | 2 T cooking sherry |
| 1 T flour | Salt and pepper |

1. Add seafood to butter and lemon juice; simmer 2-3 min. Overcooking will toughen fish.
2. Push to one side, add flour and cream. When smooth, add a little of the hot mixture to slightly beaten egg yolks. Then add egg yolk mixture, sherry and seasonings to seafood mixture. Heat over hot water until heated. (Not more than 1 or 2 min.) Serve on crisp toast. Serves 4.

SHELLFISH

CLAMS

STEAMED CLAMS

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|---------------------------|-----------------|
| 4 dozen clams in shell | Salt and pepper |
| $\frac{1}{2}$ c hot water | Melted butter |
1. Scrub clams with a brush and rinse in cold running water until all sand is removed.
 2. Place in large saucepan, add water and cover. Cook over low heat about 20 minutes or until shells open.
 3. Place clams on hot platter. Season broth with salt and pepper. Serve in cups. Clams are dipped first in broth, then in butter and eaten hot.
 4. Allow 6-12 clams per person.

CLAMBAKE - FOR 6

1. If a steamer is not available, use either a wash boiler or an electric roaster or any large container that will hold the following:

100 clams	6 pieces of chicken
6 sweet potatoes	12 ears of corn

The use of lobster or fish is optional.
2. With an improvised steamer, make some kind of a rack of wood to place in the bottom of the pan.
3. Scrub the clams and sweet potatoes, husk corn, flour the chicken, season with salt and pepper and drippings or butter.
4. If lobster is to be used, have lobster split, remove the intestinal vein and the lady. If fish is to be used, clean and season with salt and pepper and brush with butter.
5. Arrange a layer of clams in the bottom of the steamer on a rack. Cover with 1 or 2 stalks of celery. Add the browned chicken, sweet potatoes, corn and pile clams on top. Put a few stalks or leaves of celery over the clams, add 3 cups of boiling water, cover tightly and steam $1\frac{1}{4}$ to $1\frac{1}{2}$ hours.
6. Serve hot accompanied by cups of clam broth. Have plenty of melted butter available for use on the lobster and the clams. The clams may be put into bags for steaming, if it is easier to handle them that way.
7. If desired, serve raw clams as a first course. Have a relish plate of raw vegetables like celery, carrot curls and tomatoes, and serve a simple dessert like fruit.

CLAMS CASINO

Temp: 450°F Time: 10 min

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| 36 littleneck clams | 4 strips bacon, finely minced |
| $\frac{1}{2}$ c finely minced green pepper | 2 T lemon juice |
| | $\frac{1}{2}$ t pepper |

1. Have clams opened at the market. Arrange on half shells in baking pan.
2. Sprinkle each with green pepper, bacon, lemon juice and pepper.
3. Bake in preheated oven. Yield: 6 servings

CLAM CASSEROLE

Temp: 400°F Time: 25-30 min

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|------------------------|---------------------------------------|
| 2 c medium white sauce | 1 can clams |
| 1 c grated cheese | $\frac{1}{2}$ c buttered bread crumbs |
| 3 c cooked macaroni | |

1. Add cheese to white sauce.
2. Arrange macaroni, sauce and clams in alternate layers in a casserole dish. Add buttered crumbs.
3. Bake in preheated oven. Serves 6.

CRAB

CRABMEAT SOUFFLE

Follow recipe for Fluffy Salmon Loaf (Page 12), using 1 small can crabmeat in place of salmon.

DEVILED CRAB

Temp: 450°F Time: 20-25 min

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|------------------------------------|----------------------------------|
| 3 T butter or margarine | 2 t Worcestershire sauce |
| $\frac{1}{4}$ lb mushrooms, sliced | 1 T chopped parsley |
| 1 t chopped onion | 1 t salt |
| 3 T flour | $\frac{1}{8}$ t pepper |
| 1 c milk | $2\frac{1}{2}$ c flaked crabmeat |
| 1 T chili sauce | Buttered bread crumbs |

1. Melt butter, add mushrooms and onion. Cover and cook until tender.
2. Add flour and stir until smooth. Gradually add milk, stirring constantly.
3. Add chili sauce, Worcestershire sauce, parsley, salt and pepper. Blend well. Add flaked crabmeat or any other flaked fish.
4. Fill individual baking dishes, crab shells or other ramekins. Top with buttered crumbs.
5. Bake in preheated oven until nicely browned.

NOTE: *Baking dishes can be filled with crab mixture ahead of time, and stored in the refrigerator until time for baking.*

CRAB IMPERIAL

Temp: 375°F Time: 20-25 min

1/3 c butter or margarine
3 T flour
1 t salt
1/8 t pepper

1 1/2 c milk or top milk
2 egg yolks, beaten
1 can crabmeat
1 c soft, grated cheese

1. Melt butter, add flour, salt and pepper and cook until frothy.
2. Add milk and bring just to the boiling point, stirring constantly.
3. Add a little of the hot sauce to the egg yolks, then combine the two mixtures.
4. Add crabmeat and pour into a shallow greased casserole dish or 4 individual ramekins. Top with grated cheese.
5. Bake in preheated oven until cheese is melted.

NOTE: *If desired, use 1 c of fresh crabmeat.*

LOBSTER

BOILED FRESH OR FROZEN LOBSTER TAILS

1. Wash lobster tails. Drop tails into a large kettle of boiling, salted water (1 t salt for each qt water.)
2. Bring water to a boil again and simmer 20 min.
3. Drain lobster and rinse under a stream of cold water until cool enough to handle.
4. Remove shells and cut meat in cubes. Use in newburg, creole sauce or salad.

NOTE: *If using a pressure saucepan, follow directions above, except use only 1/2 c water and cook 5 min. at 15 lbs pressure.*

BROILED LOBSTER TAILS

1. Thaw frozen tails and cut off thin undershell membrane with kitchen scissors. Bend tail back to crack shell or insert long skewers lengthwise to prevent curling.
2. Broil 5 min, shell side up. Turn flesh side up; brush with melted butter. Broil 6 min more. Allow 6 oz per serving.

LOBSTER DAINTIES

If frozen, drop into boiling salted water and let water come back to the boil. Remove dainties from water.

*Cut down the center through the back and top to remove intestinal vein. With flesh side up, brush with butter and broil 2 min. If dainties are thawed, proceed from *.

BOILED LOBSTER

1. Plunge live lobster head first into a large kettle of rapidly boiling water, adding 1 T salt and 1 T vinegar for each quart of water.
2. Bring to boil, cover and boil 15-20 minutes, depending on size of lobster.
3. Remove from water and place on its back to drain. With sharp pointed knife, make a deep incision near mouth and cut down through body, from mouth to end of tail. Remove intestinal vein and stomach which is near head of lobster. Crack the claws.
4. Serve hot with hot melted butter, or cold with mayonnaise. Allow 1 lobster per serving.

BROILED LIVE LOBSTER

1. Place live lobster on its back, cross the large claws and hold firmly. With a sharp pointed knife make a deep incision near the mouth and cut down through the body, from the mouth to the end of tail. Remove intestinal vein and stomach and crack the claws. (You can ask to have this done at the fish market.)
2. Brush with melted butter. Place on broiler rack and broil 8-10 minutes on shell side and 6-9 minutes on flesh side.
3. Serve with melted butter.

NOTE: *Boiled lobster may be broiled in the same manner. Broil flesh side up 6-8 minutes or until slightly browned and well heated. Serve at once.*

OYSTERS

SCALLOPED OYSTERS

Temp: 400°F Time: 25-30 min

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| 1 pt oysters | $\frac{1}{2}$ t salt |
| $\frac{1}{2}$ c cracker or bread crumbs | $\frac{1}{8}$ t pepper |
| $\frac{1}{3}$ c butter, melted | $\frac{1}{4}$ c oyster liquor |
| $\frac{1}{4}$ c milk | |

1. Strain liquor from oysters and remove any particles of shell that may cling to the oysters. Arrange half of oysters in greased shallow casserole dish.
2. Mix crumbs, butter, salt and pepper. Sprinkle half over oysters.
3. Add remaining oysters and rest of bread crumbs.
4. Mix liquor and milk and pour over oysters.
5. Bake in preheated oven until edges of oysters curl.

NOTE: $\frac{1}{2}$ c grated sharp cheese can be added with the crumbs.

OYSTER STEW

Directions under Soups and Chowders.

OVEN FRIED OYSTERS

Follow directions for Oven Fried Scallops.

SHRIMP

TO COOK FRESH (GREEN) OR FROZEN* SHRIMP

1. Rinse shrimp and drop into boiling water. To each quart of water add 1 t salt and 1 T vinegar. For a delicious flavor, add also a stalk of celery, a bay leaf, a dash of thyme, a sprig of parsley and $\frac{1}{2}$ lemon, sliced.
2. When water comes back to a boil cook 8-10 min. The shells will turn pink.
3. Drain, plunge into cold water and shell. Remove black line (intestine.)

1 lb fresh shrimp yields 2 c cooked shrimp

This amount will serve 4 people.

**When cooking frozen shrimp it will take quite awhile for the water to come back to a boil.*

CURRIED SHRIMP

$\frac{1}{4}$ c melted butter or margarine	$\frac{1}{2}$ c milk
$\frac{1}{4}$ c flour	3 T catsup
$\frac{1}{2}$ t salt	$\frac{1}{4}$ c cooking sherry
Dash paprika	$\frac{1}{2}$ c cleaned shrimp
$\frac{1}{2}$ -1 t curry powder	2 c cooked rice

1. Blend butter, flour and seasonings; gradually stir in milk. Cook until thick and smooth, stirring constantly.
2. Add catsup, sherry and shrimp to the first mixture; heat. Serve over hot rice.

SHRIMP GUMBO

3 T butter	1 t salt
1 green pepper	$\frac{1}{4}$ t pepper
1 onion	$\frac{1}{2}$ lbs shrimp
3 T flour	2 c sliced okra (cooked)
1 qt tomatoes	or 2 c green beans
	Cooked rice

1. Melt butter, add pepper and onion and cook until transparent but not brown. Push to side of pan.
2. Add flour and cook until smooth.
3. Add tomatoes, salt and pepper. Bring to boiling point, add shrimp and okra. Simmer 5-10 minutes.
4. Pile cooked rice in center of serving dish and pour Gumbo over it.

FISH

CODFISH

CODFISH PUFF

Temp: 325°F Time: 30-40 min

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|---------------------|--------------|
| 2 c codfish | 1½ c milk |
| 2 c sliced potatoes | 1/8 t pepper |
| 1 T butter | 2 eggs |
| 1 T flour | |

1. Shred codfish; add potatoes, cover with cold water and bring to boiling point.
2. Pour off water, cover with fresh hot water and cook until potatoes are tender. Drain and mash.
3. Add butter, flour, milk and pepper to codfish. Cook 5 min. Cool.
4. Fold in thickly beaten egg yolks and then stiffly beaten egg whites.
5. Pour into greased casserole dish and bake in preheated oven.

SALMON

BROILED SALMON WITH MUSHROOM EGG SAUCE

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|-------------------------------|---------------------------|
| 4 medium potatoes | ¼ c milk |
| 1 tall can red salmon | 4 hard cooked eggs, diced |
| 1 can condensed mushroom soup | Buttered green beans |

1. Scrub potatoes and cut into ½" slices. Arrange around edge of heat-proof platter. Brush with melted drippings.
2. Place platter on broiler rack 2 to 3" from heat. Broil 10 min or until light brown and puffy.
3. Turn potato slices. Brush again with drippings, season with salt and pepper.
4. Drain liquor from salmon and save for sauce. Empty whole can of salmon in center of platter. With 2 forks break salmon in half lengthwise. Broil 10 min without turning salmon.
5. Heat soup with liquor from salmon. Add milk and eggs and heat for 5 min.
6. Pour sauce over salmon and garnish with buttered green beans. Serves 4.

BROILED SALMON STEAKS

1. Follow directions for Broiled Fish on Page 4.
2. After broiling on one side, turn and spread uncooked side with mayonnaise. Broil 8-10 minutes longer.

FLUFFY SALMON LOAF

Temp: 325^oF Time: 45-55 min

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|-------------------------|----------------------------|
| 3 T butter or margarine | 1 T lemon juice |
| 3 T flour | 2 T minced onion |
| 1 c evaporated milk | 4 egg yolks, beaten |
| $\frac{1}{2}$ c water | 1-1 lb can salmon, flaked |
| $\frac{1}{4}$ t salt | 4 egg whites, beaten stiff |

1. Melt butter, add flour and cook until frothy. Add milk, water, salt, lemon juice and onion. Cook until thickened, stirring constantly.
2. Add a little of the hot sauce to the beaten egg yolks, then pour yolks into sauce and cook 2 minutes longer.
3. Add salmon and fold in the stiffly beaten egg whites.
4. Pour into greased casserole dish and bake in preheated oven. Serves 6.

SARDINES

SARDINES SPANISH STYLE

Temp: 375^oF Time: 30 min

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| $\frac{1}{2}$ clove garlic | $\frac{3}{4}$ c condensed vegetable soup |
| $\frac{1}{4}$ c chopped onion | 1 T catsup |
| 2 T chopped green pepper | 2 15 oz cans sardines |
| 1 T fat | |

1. Cook the garlic, onion, and green pepper in fat until onions are transparent but not brown. Remove garlic.
2. Add vegetable soup and catsup.
3. Arrange sardines in baking pan. Pour vegetable sauce over them. Bake in preheated oven.

SCALLOPS

OVEN FRIED SCALLOPS

Temp: 400^oF Time: 20-25 min

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|------------------------|----------------------------|
| 2 dozen scallops | 1 egg, slightly beaten |
| 1 c flour | Fine dry bread crumbs |
| 1 t salt | Melted butter or salad oil |
| $\frac{1}{4}$ t pepper | |

1. Look over scallops carefully. Drain off liquid and use as sauce.
2. Combine flour, salt and pepper and coat scallops.
3. Dip scallops into egg, then roll in crumbs, dip in melted butter or salad oil and arrange in shallow baking pan.
4. Bake in preheated oven.

TUNA FISH

TUNA TERRAPIN

3 T butter or margarine	2 c top milk
3 hard cooked eggs	2-7 oz cans tuna fish
3 T flour	1 pimiento, diced
$\frac{3}{4}$ t prepared mustard	1 T chopped green pepper
1 t salt	4 ripe olives
$\frac{1}{4}$ t pepper	1 T lemon juice

1. Melt butter. Mash egg yolks, flour and seasonings, add to butter and cook to blend well. Add milk and cook until mixture thickens.
2. Add diced egg whites along with rest of ingredients. Stir carefully and heat through.
3. Serve in Patty Shells. Garnish with strips of pimiento. Serves 6.

NOTE: *This may be put into a greased casserole, topped with buttered crumbs and baked 20-25 min in a 350°F oven.*

HOLLYWOOD TUNA LOAF

Temp: 375°F Time: 50-60 min

$\frac{1}{2}$ lb potato chips	1 t celery salt
2 cans tuna fish	1 t poultry seasoning
1 can chicken noodle soup	1 t Worcestershire sauce
$\frac{1}{2}$ c medium cream sauce	

1. Put potato chips in bottom of a greased casserole dish, add flaked tuna fish and soup.
2. Add seasonings to cream sauce and pour over mixture. Bake in preheated oven.

TUNA SALAD MOLD

1 T unflavored gelatin	$\frac{1}{4}$ t salt
$\frac{1}{4}$ c cold water	$\frac{1}{4}$ t paprika
$\frac{3}{4}$ c hot water	2-7 oz cans tuna, flaked
2 T lemon juice	1 c chopped celery
1 t prepared mustard	$\frac{1}{2}$ c heavy cream, whipped

1. Soften gelatine in cold water; dissolve in hot water. Add lemon juice and seasonings.
2. Chill until partially set; add tuna and celery; fold in whipped cream.
3. Chill in individual molds until set. Makes 6 servings.

SOUPS AND CHOWDERS

TOMATO CLAM CONSOMME

$\frac{1}{2}$ c clam juice	Dash pepper
$\frac{1}{2}$ c tomato juice	1 t onion juice
$\frac{1}{2}$ t salt	1 t Worcestershire sauce
$\frac{1}{2}$ t celery salt	2 T lemon juice

1. Combine ingredients and bring to the boiling point.
2. Pour into bouillon cups and garnish with a slice of lemon which has been dipped in finely chopped parsley.

FISH CHOWDER

2 lbs cod or haddock	6 stalks celery, diced
6 c cold water	1 carrot, diced
2 t salt	2 medium onions, coarsely chopped
10 peppercorns	3 T cornstarch
1 bay leaf	2 egg yolks, well beaten
4 cloves	2 T parsley, chopped
2 T prepared mustard	

1. Place fish in heavy pan and cover with water. Add salt, peppercorns, bay leaf, cloves, mustard.
2. Simmer gently until fish is cooked (when flesh falls away from bones). Strain.
3. To the liquid add the vegetables and simmer until all are cooked, (approximately 15-20 minutes.)
4. Add a little of the liquid to cornstarch and mix to a smooth paste. Add to soup mixture. Add fish in small pieces and reheat.
5. Remove from heat and pour over egg yolks. Sprinkle with parsley and serve immediately.

OYSTER STEW

$\frac{1}{2}$ pts oysters	$\frac{1}{8}$ t pepper
6 c milk	3 T butter
$\frac{1}{2}$ t salt	

1. Strain liquor from oysters and remove any particles of shell that may cling to oysters.
2. Heat oysters in liquor until edges curl.
3. Scald milk, season to taste, add oysters and let stand over hot water 15 minutes.
4. Add butter just before serving.

NEW ENGLAND CLAM CHOWDER

$\frac{1}{2}$ lb salt pork, diced	$\frac{1}{4}$ t pepper
2 medium onions, sliced	1 qt clams, chopped
3 c potatoes, diced	1 qt milk
2 c boiling water	2 T butter
$\frac{1}{2}$ t salt	Oyster crackers

1. Fry salt pork dices in a large saucepan until crisp. Add onions and cook 3 minutes or until onions are transparent.
2. Add potatoes, boiling water, salt and pepper. Cover and simmer 10 minutes.
3. Add diced clams with liquor, milk and butter. Cover and continue to simmer gently until potatoes are tender, about 10 minutes.
4. Pour chowder over oyster crackers arranged in hot soup dishes. Serves 6.

MANHATTAN CLAM CHOWDER

1 doz clams (raw)	2 c tomatoes
$\frac{1}{4}$ c butter	1 qt water
1 onion, chopped	$2\frac{1}{2}$ t salt
1 c diced carrots	$\frac{1}{4}$ t celery seed
2 medium potatoes, diced	Few grains pepper

1. Strain liquor from clams and chop clams.
2. Melt butter, add onion and cook until onion is transparent.
3. Add carrots and potatoes and cook 5 min. Then add rest of ingredients, including the clams and clam liquor. Cover and simmer 1 hr.

CANNED SOUP COMBINATIONS

CREAM OF CRABMEAT SOUP

1. Combine 1 can cream of mushroom and 1 can asparagus soup; add 1 can water, 1 can milk, $\frac{1}{2}$ c heavy cream.
2. Heat, do not boil. Add $\frac{1}{2}$ c shredded crabmeat and just before serving add $\frac{1}{4}$ c cooking sherry. Makes 6 servings.

CREOLE CLAM BISQUE

1. Mix 1 can clam chowder with 1 can chicken gumbo soup.
2. Add 1 can light cream. Heat.

SALADS

BAKED SEAFOOD SALAD

Temp: 350°F Time: 40 min

1-4½ oz can shrimp (1 c)	1 t Worcestershire sauce
1-6½ oz can crabmeat (1 c)	½ t salt
½ c chopped green pepper	¼ t pepper
¼ c minced onion	½ c dry bread crumbs
1 c diced celery	1 T melted butter
2/3 c mayonnaise	

1. Cut cleaned shrimp in half lengthwise and combine with flaked crabmeat.
2. Add green pepper, onion and celery.
3. Mix mayonnaise with Worcestershire sauce, salt and pepper and stir into fish mixture. Pour into 1 qt casserole.
4. Toss crumbs with butter and sprinkle over top.
5. Bake in preheated oven. Serves 5 to 6.

SALMON SALAD

1 lb can salmon or other fish	2 hard cooked eggs
Juice of ½ lemon	1 c shredded cabbage
2 chopped pickles	Mayonnaise

1. Drain salmon and flake. Sprinkle with lemon juice.
2. Add pickle, sliced eggs and cabbage.
3. Mix with enough mayonnaise to moisten, serve on lettuce.

SEAFOOD SALAD

½ lb macaroni	1 t salt
2 c flaked cooked leftover or canned seafood	2 T chopped green pepper
½ c diced celery	¼ c chopped stuffed olives
1 T chopped onion	¾ c mayonnaise

1. Cook macaroni in boiling salted water until tender.
2. Drain and rinse with cold water. Chill.
3. Combine macaroni with remaining ingredients. Serve in lettuce cups.

NOTE: *Leftover cooked fish is excellent in salad; add fresh shrimp for color and flavor.*

HOT CRAB SALAD

Temp: 400°F Time: 20 min

2-7 oz cans of crabmeat	2 t prepared mustard
2 t minced onion	¼ c mayonnaise
½ c minced green pepper	2 t Worcestershire sauce

1. Flake crabmeat and remove bones.
2. Add onion, green pepper and seasonings and combine well.
3. Heap into greased casserole dish and bake in preheated oven until brown on top. Serves 5.

SAUCES

CHEESE SAUCE

- | | |
|-------------------------|----------------------|
| 3 T butter or margarine | 1 c grated cheese |
| 3 T flour | $\frac{3}{4}$ t salt |
| $2\frac{1}{2}$ c milk | Dash pepper |

1. Melt butter, add flour and cook until frothy.
2. Gradually add milk and stir until mixture is smooth and beginning to bubble.
3. Add grated cheese and seasonings, and stir until melted.
4. Pour sauce over fish.

COCKTAIL SAUCE

- | | |
|-------------------------|---------------------------|
| $\frac{1}{2}$ c catsup | 2 T Worcestershire sauce |
| 3 T lemon juice | 1 T horseradish |
| Few drops Tabasco sauce | 2 T finely chopped celery |
| $\frac{1}{4}$ t salt | |

1. Mix ingredients in order given.
2. Serve with shrimp, crabmeat, raw clams or oysters.

SOUFFLE SAUCE

- | | |
|----------------------------|---------------------------|
| $\frac{1}{4}$ c mayonnaise | $\frac{1}{8}$ t salt |
| 2 T chopped pickle | Dash cayenne pepper |
| 1 T chopped parsley | 1 egg white, beaten stiff |
| 2 t lemon juice | |

1. Combine mayonnaise with seasonings. Fold in stiffly beaten egg white.
2. About 2 min before fish is done (in broiler), spread sauce over top of fish. Broil until sauce is puffed and lightly browned.

TARTAR SAUCE

- | | |
|-------------------------------|---------------------------------|
| 1 c mayonnaise | $\frac{1}{2}$ T chopped pickle |
| 1 T chopped olives | $\frac{1}{2}$ T chopped parsley |
| $\frac{1}{2}$ T chopped onion | 1 T Tarragon vinegar |

1. Combine all ingredients.
2. For an attractive garnish, scoop out halves of lemons, scallop edges and fill with Tartar Sauce. Serve with fish.

LEMON BUTTER

- | | |
|------------------------|-----------------|
| $\frac{1}{4}$ c butter | 1 T lemon juice |
| 1 T minced parsley | Dash of cayenne |

Cream butter, add parsley, lemon juice and cayenne. Mix well. Makes about $\frac{1}{4}$ cup.

IDEAS FOR LEFTOVER FISH

SCALLOPED FISH

Temp: 375°F Time: 25 min

- | | |
|------------------|---------------------------|
| 2 c flaked fish | 1½ c medium white sauce |
| 2 t minced onion | ½ c buttered bread crumbs |
1. Arrange fish and onion in a buttered casserole.
 2. Cover with white sauce and buttered crumbs. Bake.

SAVORY FISH LOAF

Temp: 350°F Time: 30-40 min

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|------------------------------------|---------------------|
| ½ c bread crumbs | ½ t salt |
| 1 T butter, melted | Few Grains pepper |
| 2 eggs, slightly beaten | ½ t sage |
| ½ c milk | 2 t chopped onion |
| 1 lb cooked or canned fish, flaked | 1 T chopped parsley |
| 1 t lemon juice | |
1. Butter bread crumbs and combine with other ingredients.
 2. Pack into a greased loaf pan. Bake in preheated oven.
 3. Garnish with hard cooked egg slices.

FISH CASSEROLE

Temp: 350°F Time: 30 min

- | | |
|-----------------------------------|-------------------------|
| 1½ c diced potatoes | ¼ c butter or margarine |
| 1 c sliced carrots | 6 T flour |
| 1¼ c water | 2 c milk |
| 1 c cooked peas | 1/8 t pepper |
| 2 c cooked or canned fish, flaked | 1½ t salt |
| 1 large onion, chopped | 1 T chopped parsley |
1. Cook potatoes and carrots in water for 15 min. Drain, saving 1 c liquid to use in sauce.
 2. Arrange potatoes, carrots, peas and cooked fish in a greased casserole.
 3. Cook onion in butter until onion is tender, but not brown. Add flour and blend well. Gradually add vegetable water and milk combined, stirring constantly until sauce is thickened. Add pepper, salt and parsley.
 4. Pour over vegetables and fish. Bake in preheated oven.

BAKED FISH CROQUETTES

Temp: 450°F Time: 30 min

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|---------------------------|------------------|
| 1 c cooked or canned fish | 1 t salt |
| 1 c fine bread crumbs | 1/8 t pepper |
| ½ c canned celery soup | 1 t minced onion |
| Buttered bread crumbs | |
1. Flake fish and mix with crumbs and soup. Add salt, pepper and onion.
 2. Shape into balls and roll in buttered crumbs. Shape into croquettes.
 3. Place in greased baking dish and bake in preheated oven.

