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FISHERIES MARKETING BULLETIN

SPECIAL

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

AUGUST IS SANDWICH MONTH



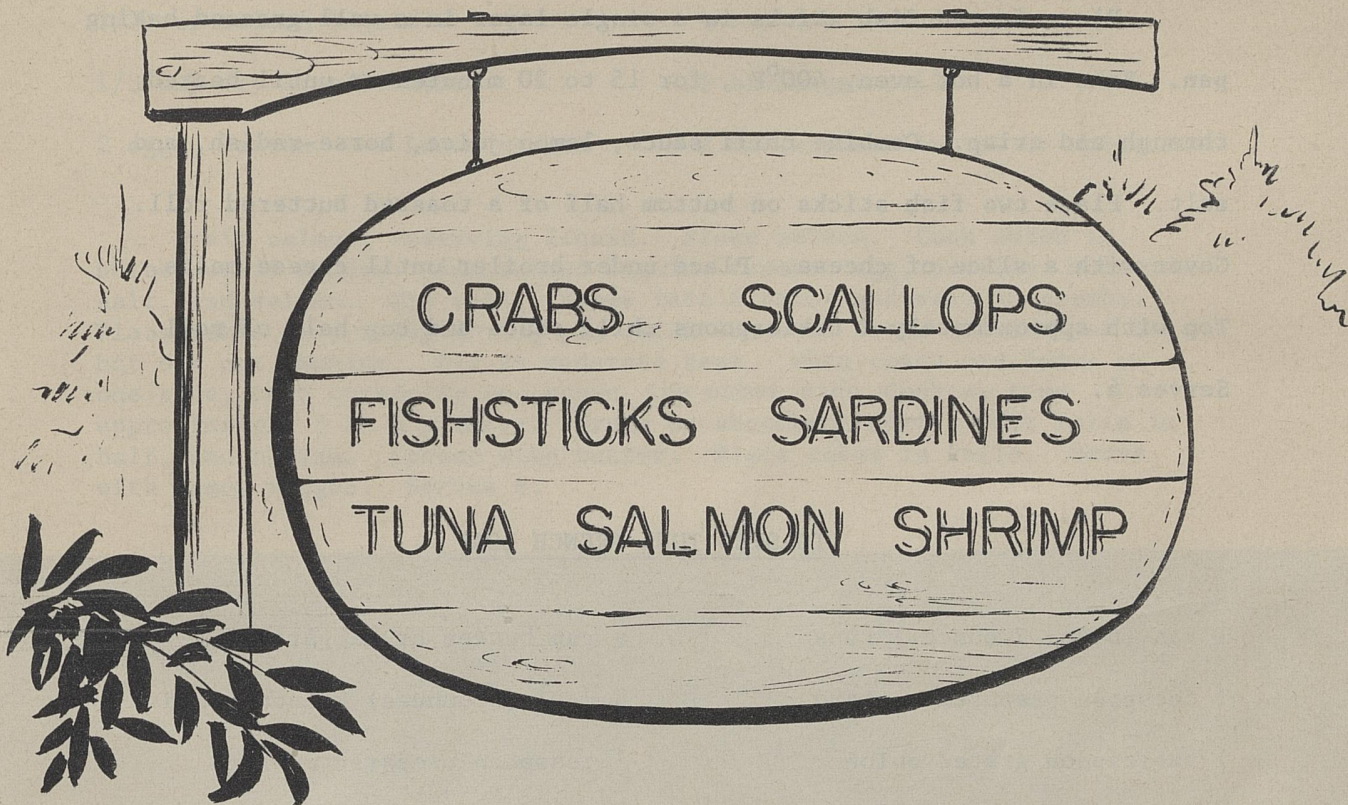
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ISSUED BY THE BUREAU OF COMMERCIAL FISHERIES, U. S. FISH AND WILDLIFE SERVICE,
AS A PART OF ITS CONTINUING CONSUMER EDUCATION PROGRAM
IN COOPERATION WITH THE FISHING INDUSTRY

FOR A REAL TASTE TREAT--
FISH SANDWICHES ARE HARD TO
BEAT



THE SIGN OF GOOD EATING



A fish sandwich will flatter any luncheon plate. Seafood gives variety to sandwiches, they are good for supper or outdoor eating.

Fish sandwiches are generally easy to prepare, nutritious, and their cost is low. Fish and shellfish sandwiches are always delicious to eat, easily digested, and a storehouse for many nutrients essential for proper functioning of the body.

The home economists of the Bureau of Commercial Fisheries recommend the following kitchen tested recipes for tasty, tempting sandwiches.

STICKS ON A BUN

12 frozen fried fish sticks	1 tablespoon horse-radish
3/4 cup chili sauce-- $\frac{1}{2}$ teaspoon salt	6 toasted buttered rolls
1 tablespoon lemon juice	6 slices (1 ounce each) cheese

Place frozen fish sticks in a single layer in a well-greased baking pan. Bake in a hot oven, 400°F., for 15 to 20 minutes or until heated through and crisp. Combine chili sauce, lemon juice, horse-radish, and salt. Place two fish sticks on bottom half of a toasted buttered roll. Cover with a slice of cheese. Place under broiler until cheese melts. Top with approximately 2 tablespoons chili sauce and top half of roll. Serves 6.

TOASTED TUNA FRENCH LOAF

1 can (6 $\frac{1}{2}$ or 7 ounces) tuna	$\frac{1}{2}$ cup butter or margarine
1 teaspoon prepared mustard	1 loaf (8 ounces) French bread
1 tablespoon grated onion	1 teaspoon prepared mustard
1 cup grated cheese	2 tablespoons chopped sweet pickle or sweet pickle relish

Drain tuna. Flake. Cream butter and blend in mustard. Cut bread in half lengthwise and remove a small amount of the center. Spread bread with mustard-butter. Combine remaining ingredients. Fill bread with the tuna mixture. Cut loaf into 12 slices and wrap in aluminum foil. Bake in a very hot oven, 450°F., for 30 minutes. Serves 6.

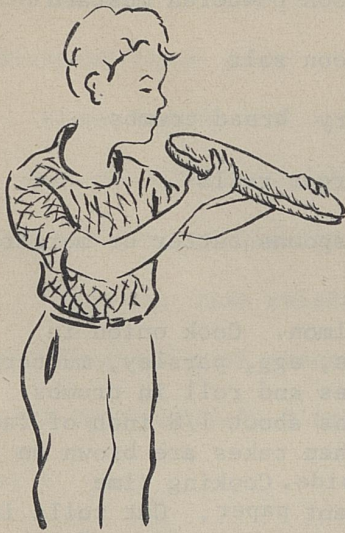
SALMONBURGERS

1 pound can salmon	$\frac{1}{2}$ cup chopped parsley
$\frac{1}{2}$ cup chopped onion	1 teaspoon powdered mustard
$\frac{1}{2}$ cup butter or other fat, melted	$\frac{1}{2}$ teaspoon salt
$\frac{1}{3}$ cup salmon liquid	$\frac{1}{2}$ cup dry bread crumbs
$\frac{1}{3}$ cup dry bread crumbs	6 hamburger rolls
2 eggs, beaten ---- Lemon wedges	2 tablespoons butter or margarine

Drain salmon, reserving liquid. Flake salmon. Cook onion in butter until tender. Add salmon liquid, crumbs, egg, parsley, mustard, salt, and salmon. Mix well. Shape into 6 cakes and roll in crumbs. Place cakes in a heavy frying pan which contains about $\frac{1}{8}$ inch of fat, hot but not smoking. Fry at moderate heat. When cakes are brown on one side, turn carefully and brown the other side. Cooking time approximately 5 to 8 minutes. Drain on absorbent paper. Cut rolls in half, lengthwise. Spread with butter. Place cakes in rolls. Serve with lemon wedges. Serves 6.



A BOY-SIZE MEAL



MAINE SARDINE SUBMARINE SANDWICHES

- 2 cans (3 3/4 ounces each) Maine sardines
- 6 lettuce leaves
- 2 tomatoes --- 1 onion --- Salt
- 2 tablespoons butter or margarine
- 1 1/2 teaspoons prepared mustard
- 3 submarine rolls, 12 inches each
- 6 slices (1 ounce each) cheese
- 1/3 cup mayonnaise or salad dressing

Drain sardines. Wash lettuce leaves. Wash and slice tomatoes, crosswise, into 12 slices. Wash and peel onion. Slice onion, crosswise, into 6 slices. Separate into rings. Cream butter and blend in mustard. Cut rolls in half, lengthwise. Spread bottom half with mustard-butter. Cover with lettuce, tomatoes, and onion rings. Sprinkle with salt. Cover with cheese and sardines. Spread mayonnaise on top half of rolls. Cover sandwiches. Slice in half, crosswise. Serves 6.



CRAB SLAW ROLL

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| 1 pound crab meat | 3/4 cup chopped cabbage |
| 1/3 cup mayonnaise or salad dressing | 1/2 cup grated carrots |
| 1 1/2 tablespoons catsup | 6 large rolls |
| 1/2 teaspoon salt | 2 tablespoons butter or margarine |

Remove any shell or cartilage from crab meat. Combine mayonnaise, catsup, and salt. Blend thoroughly. Combine cabbage, carrots, mayonnaise mixture, and crab meat. Cut rolls in half, lengthwise. Spread with butter. Place about 1/2 cup crab slaw on each roll. Serves 6.

BROILED SCALLOPED SANDWICHES

1 pound scallops, fresh or frozen 1 quart boiling water
2 tablespoons salt 6 slices (1 ounce each) cheese
6 slices white bread 12 slices bacon --- Paprika

Thaw frozen scallops. Remove any shell particles and wash. Place in boiling salted water. Cover and return to the boiling point. Simmer for 3 to 4 minutes, depending on size. Drain. Cut large scallops in half. Fry bacon until crisp; drain on absorbent paper. Save bacon drippings. Trim crusts from bread. Place two slices of bacon on each piece of bread. Cover with cheese. Place scallops on top of cheese. Brush with bacon drippings. Sprinkle with paprika. Place on a greased broiler pan about 3 inches from source of heat. Broil for 3 to 4 minutes or until lightly browned. Serves 6.

SHRIMP SALAD ROLL

3/4 pound cooked, cleaned, peeled shrimp 1/4 cup chopped celery
1/4 cup chopped green pepper 1/4 cup chopped cucumber
1/2 cup shredded lettuce 1/4 cup diced tomatoes
1 teaspoon grated onion 1/4 cup mayonnaise or salad dressing
2 tablespoons butter or margarine 6 frankfurter rolls

Chop shrimp. Combine vegetables, mayonnaise, and shrimp. Mix thoroughly. Cut rolls almost through, lengthwise. Spread with butter. Place about 1/2 cup salad on each roll. Serves 6.





The following seafood sandwich recipes were chosen among the "20 Best Sandwiches of the Year", from the 1960 annual national sandwich idea contest.

This contest was conceived in 1955 (first competition in 1956) under the sponsorship of the National Restaurant Association and Wheat Flour Institute. The idea is to draw original sandwich recipes from the quantity food service industry, convert them to household-size recipes and distribute these top-rated, tested and tasted new ideas to Mrs. Consumer.

In addition to the two seafood sandwiches appearing in this bulletin, 21 seafood sandwiches have been chosen among the "20 Best Sandwiches of the Year", since 1956.

BAYOU QUEEN

12 slices enriched white bread
toasted

Butter or margarine

24 breaded butterfly or fantail
shrimp, French fried

1/3 cup tartar sauce

2 cups shredded sharp cheddar cheese
(8 ounces)

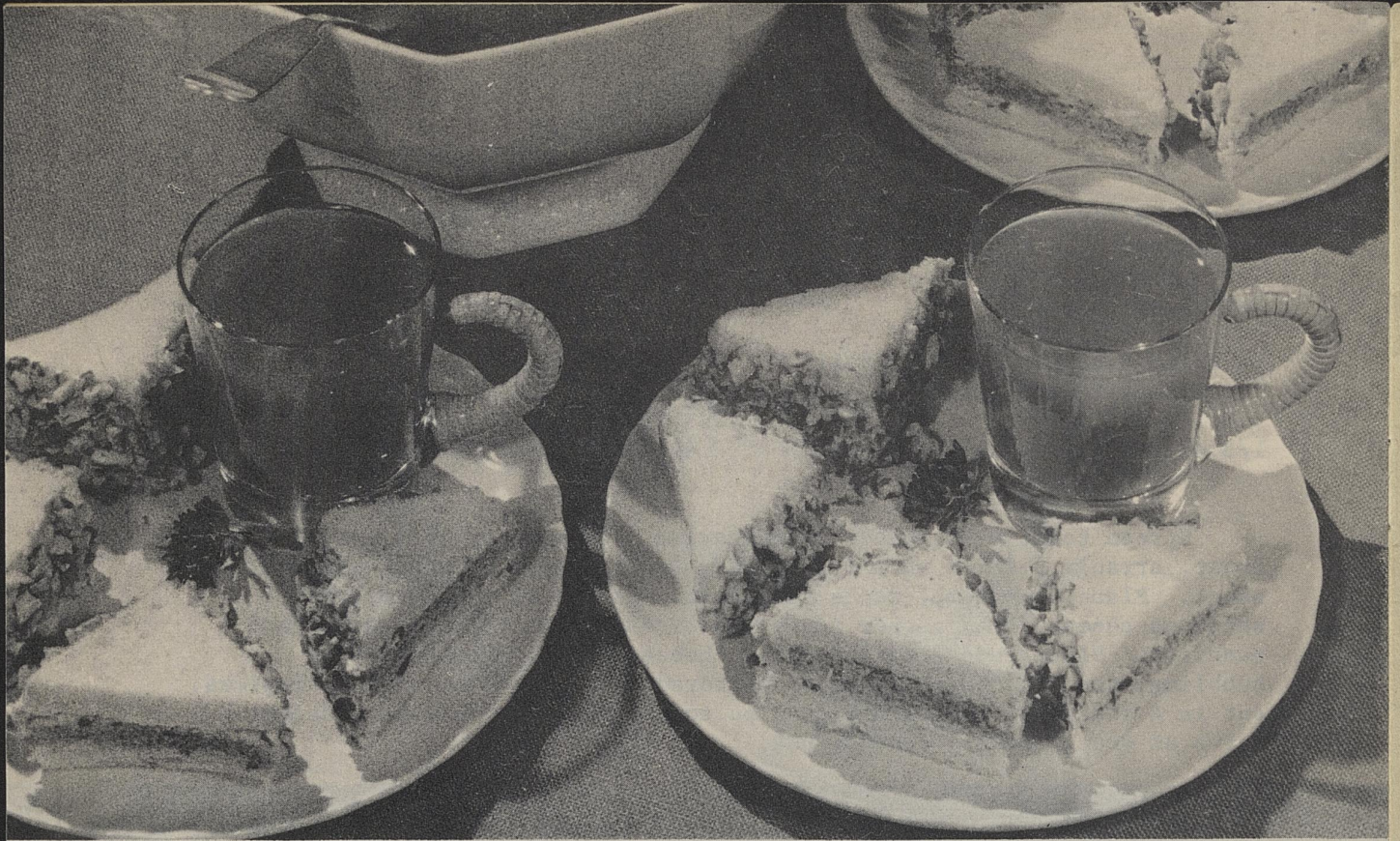
12 thinly sliced green pepper rings

Tabasco sauce

4 tomatoes cut in quarters

Spread toast with butter or margarine. On each of 4 slices of toast, arrange 6 fried shrimp. Spread 4 more slices of toast with tartar sauce. Place on shrimp, sauce side down. On top of toast sprinkle shredded cheese, then pepper rings; add 2 dashes of Tabasco sauce per sandwich. Place under broiler until cheese melts. When cheese is bubbling, top with third slice of buttered toast. Fasten with toothpicks; cut in 4 sections. Garnish with ripe tomato quarters between sections. Serve at once. Makes 4 sandwiches.





CREAMY NUTTY TUNA

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|---|--|
| 8 ounces cream cheese | 12 slices enriched white bread |
| 2 tablespoons lemon juice | 6 slices thin sliced whole wheat bread |
| $\frac{1}{2}$ cup mayonnaise | Butter or margarine |
| 1 cup flaked tuna (7 ounces can) | 1 cup salted pecan tidbits |
| $\frac{1}{2}$ cup ripe olives, finely chopped | Sweet pickle sticks |
| $\frac{1}{4}$ teaspoon monosodium glutamate | Potato chips |

Blend together cream cheese, lemon juice and mayonnaise until smooth. Fold in chopped ripe olives and tuna fish. Season. Spread all slices of bread with butter. Spread 6 slices of enriched bread with tuna filling; cover with whole wheat slices. Spread with tuna filling and top with remaining slices of enriched bread. Trim crusts;* cut in four triangles. Spread inside cut edges with filling generously, then dip each edge in salted pecan tidbits. Garnish with sweet pickle sticks and potato chips. *Edges need not be trimmed if more filling is added. Makes 6 servings.

FISH AND SHELLFISH SUPPLIES IN AUGUST 1960

The following listings indicate some of the fishery products expected to be available during August in the market areas noted:

NEW ENGLAND

Clams, fillets of cod, flounder, haddock, and ocean perch; fish sticks and portions, lobsters, scallops, shrimp, and whiting.

NEW YORK

Clams, crab meat, fillets of cod, flounder, haddock, and ocean perch; fish sticks and portions, halibut, lobsters, scallops, shrimp, and whiting.

CHESAPEAKE

Clams, crab meat, croaker, fish sticks and portions; sea trout, shrimp, spot, and whiting.

SOUTH ATLANTIC

Crab meat, fish sticks and portions; mullet, shrimp, Spanish mackerel, and whiting.

GULF

Catfish, crab meat, fish sticks and portions, mullet, red snapper, shrimp, and whiting.

CHICAGO

Fillets of cod, flounder, haddock, and ocean perch; fish sticks and portions, halibut, lake trout, lobsters, scallops, shrimp, whitefish, and yellow perch.

NORTH PACIFIC

Cod, fish sticks and portions, flounder, halibut, rockfish, and shrimp.

CALIFORNIA

Fish sticks and portions, flounder, halibut, rockfish, sablefish, and shrimp.

