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FISHERIES MARKETING BULLETIN

SPECIAL

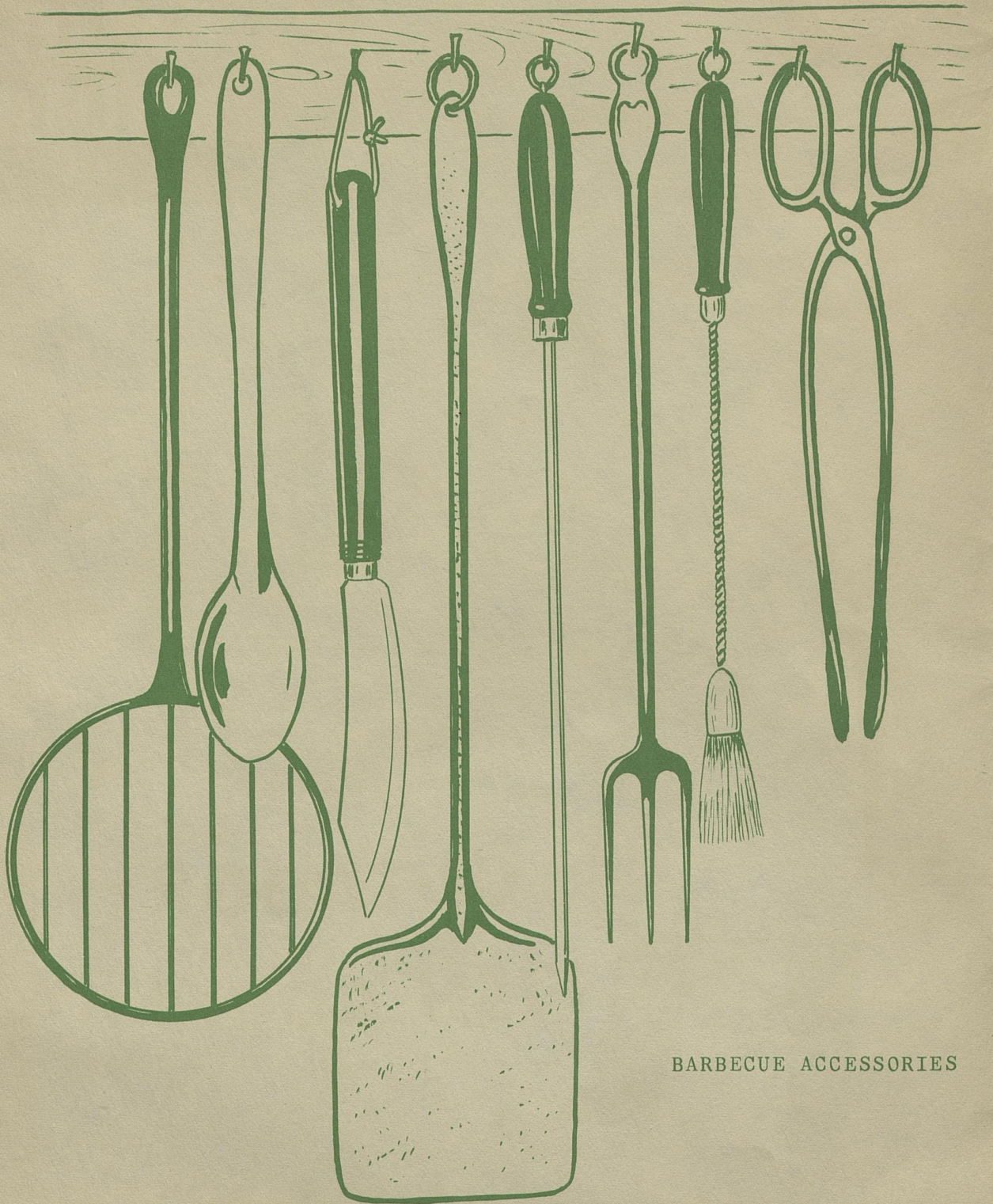
BUREAU OF COMMERCIAL FISHERIES • U.S. DEPARTMENT OF THE INTERIOR

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OUTDOOR FISH COOKERY

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



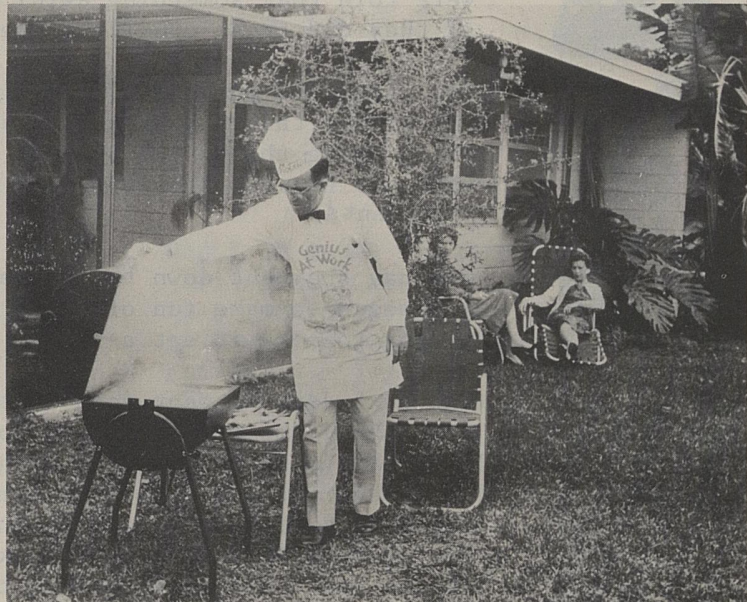
BARBECUE ACCESSORIES

AN AMERICAN HERITAGE



The earliest Americans knew the value of "Outdoor Fish Cookery" and the succulence of the fish cooked over it. Long before the white man came to these shores, Indians learned just how good fish taste when cooked over the open fire. Our heritage, as evidenced by this old Indian traditional form of cookery, has stood the test of time, and lends color to the culture of today. This out-of-door fish cookery method can be

used in your own backyard with almost any species of fish. Cooking has traditionally been woman's work; however, "Outdoor Fish Cookery" gives dad a chance to show off his culinary talents and for mom to "live it up!" The recipes appearing in this bulletin have been kitchen tested by the home economists of the Bureau of Commercial Fisheries. The ease in which they can be prepared will have young and old "trying their hand" at "Outdoor Fish Cookery!"



THE CHIEF'S DAUGHTER

This is the legend of one of the two totem poles which stand silent guard at the entrance to the office of the Secretary, Department of Interior, Washington, D.C.. The legend was written by John Wallace, the skillful Alaskan artisan who carved the poles.

Characters which make-up the totem pole beginning at the top:



1. The figure at the top of the totem is a daughter of the Indian chief, the third figure.

2. The second figure represents a fish known to the Indians as a bullhead. In this story the fish represents the creatures of the world in which life exists.

3. The Indian chief, father of the daughter. The hat he is wearing is one which the chiefs wore when they were in great trouble.

4. The figure at the bottom is to represent a whale killer. In this story the whale killer acted as a messenger for the chief to find his daughter.

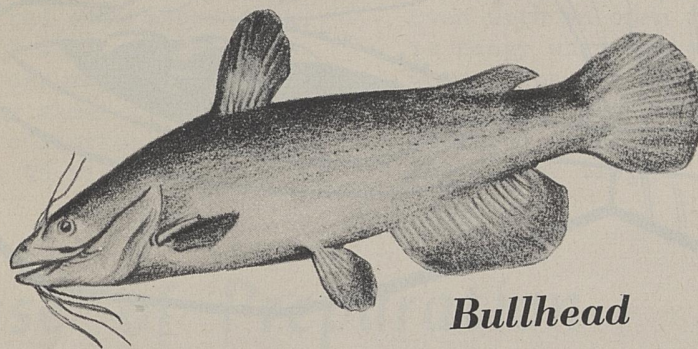
It was a custom in the old days for every tribe to have a chief. This chief gave advice and counsel to old and young. One of the things the people taught their children was never to tease or make fun of any of the living creatures. Of course, the children were told that something awful might happen to them if they did treat cruelly these innocent creatures.

The chief had one child, a daughter who had heard all of the things that might happen to a person for doing wrong things but she was not satisfied with what she heard. She wanted to prove these statements.

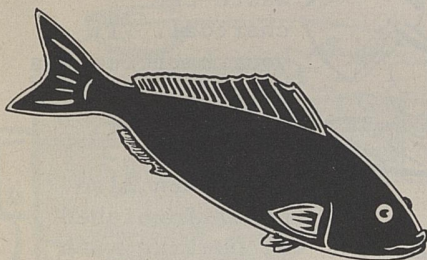
One day she went down to the beach, found a bullhead and began to make fun of it by calling it names and trying to make it eat a stick.

The next day she went down to the beach again. While down there she met a man who told her to come with him. This man had power to change himself into a bullhead fish and to do the same to the girl. Here he changed himself into a bullhead and showed the girl how pretty he was and took her to his home out in the sea. The girl rode on the back of the bullhead to his home.

For two days the chief hunted for his daughter and finally gave her up as dead. He then put on a coat of the finest feathers which was used by the chief to signify that he was going out to die. As he walked along the beach in mourning he noticed some whale killers near in the water. He called to one to help him find his daughter. The whale killer came near the chief and told him to get on his back. It was not long before the whale killer arrived at the home of the bullhead where they found the chief's daughter. His daughter had been turned into a bullhead. It was too late for him to get his daughter. She had such beautiful designs that the chief decided to go home at once and make a bullhead blanket for his wife in memory of his daughter.



Bullhead



Whole or Round Fish

WHOLE OR ROUND fish are those marketed just as they come from the water. Before cooking, they must be scaled and eviscerated (which means removing the entrails). The head, tail, and fins may be removed if desired, and the fish either split or cut into serving-size portions, except in fish intended for baking. Some small fish, like smelt, are frequently cooked with only the entrails removed.



Green salad sets off the barbecue. Use assorted greens; vary with radishes, mushrooms, nuts, celery, green peppers, olives, and cucumbers. Add dressing and toss.

Line the firebox with a layer of small pebbles. The pebbles will help prevent the grill from burning out. They make for better ventilation too.

While fire gets right for cooking, let folks help themselves to cool, refreshing relishes. Fill ice bucket with crushed ice, poke in porcupine style, green onions, celery, and carrots. Add olives, pickles and radishes.



When you finish cooking, don't waste the charcoal. If your barbecue has a hood, lower it. Fire will be snuffed out. Coals can also be extinguished by dousing with water. However,



Make charcoal layer only a little wider all around than the food on the grill.

they must be thoroughly dried out before using again.



Without a good fire, good cooking is difficult to achieve. Charcoal briquets give longer, steadier, hotter heat. Poorer fuel may sputter and smoke and rob you of the true charcoal flavor.

Coals when they are just right for cooking will have an ash-gray look by day, have a red glow after dark. No flames, don't start cooking too soon. The fastest way for a bed of cooking coals is about 15 minutes with an electric starter, most other ways take about 45 minutes.

A lining of heavy duty foil in firebox catches drippings---will help keep grill clean.

Cooks converted to barbecues can keep at it, even in snowfalls, by getting grills that fit into fireplace. Some are collapsible others have short legs and fit over andirons.

Grills with hoods create a smoky zestful flavor around the food. Even with an open fire, flavor is tangy when smoke-treated wood chips are tossed on the coals. To get the most out of these, soak in water first, the flavor lingers longer.

Ease of Preparation



makes
Outdoor
Fish
Cookery
Fun



FISH

in its many marketed forms gives you a diversity of taste treats.



THE PERFECT WAY TO

OYSTER COCKTAIL

1 ½ pints oysters
Lettuce
Cocktail sauce
Lemon wedges

Drain and dry oysters. Allow six oysters for each serving and arrange in lettuce cups on individual salad plates. In the center of each plate, place a small container of cocktail sauce. Garnish with lemon. Serves 6.



OYSTER
RANGE - TEXAS TO MASSACHUSETTS, PACIFIC COAST STATES
GEAR - TONGS, DREDGES, RAKES, HAND

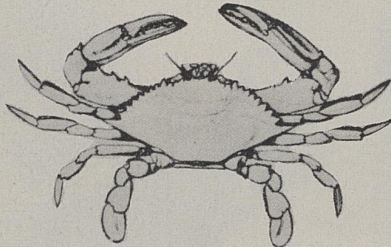
COCKTAIL SAUCE

1 cup catsup
2 tablespoons vinegar
1 tablespoon horse-radish
1 tablespoon celery, minced

1 tablespoon onion, minced
1 teaspoon Worcestershire sauce
Few drops Tabasco sauce
½ teaspoon salt

Blend all ingredients and chill.

CRAB COCKTAIL



BLUE CRAB
RANGE - TEXAS TO RHODE ISLAND
GEAR - TROT LINES, POTS, FYKE NETS, DIP NETS,
SCRAPES, DREDGES

1 pound crab meat
Lettuce
Cocktail sauce
Parsley
Lemon wedges

Remove any shell or cartilage from crab meat, being careful not to break the meat into small pieces. Arrange lettuce in 6 cocktail glasses. Place crab meat on top; cover with cocktail sauce. Garnish with parsley and lemon wedges. Serves 6.

COCKTAIL SAUCE

¾ cup catsup
½ cup lemon juice
3 tablespoons chopped celery

½ teaspoon salt
6 drops tabasco
Dash cayenne pepper

Combine all ingredients and chill. Serves 6.

BEGIN A BARBECUE

LOBSTER COCKTAIL

½ pound cooked lobster meat Lettuce ----- Cocktail sauce

Cut lobster meat into ½ inch pieces; chill. Arrange lettuce in 6 cocktail glasses. Place lobster meat on top; cover with cocktail sauce. Serves 6.

CLAM AND CHEESE DIP

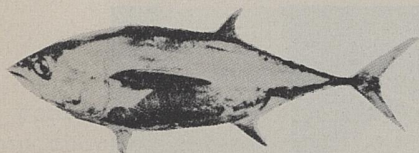
1 7-ounce can minced clams
2 3-ounce packages cream cheese
¼ teaspoon salt
2 teaspoons grated onion
1 teaspoon Worcestershire sauce
3 drops tabasco sauce
2 teaspoons lemon juice
1 teaspoon chopped parsley
Potato chips



SOFT CLAM
RANGE - MIDDLE ATLANTIC TO NEW ENGLAND,
PACIFIC COAST STATES
GEAR - FORKS, HOES, RAKES, DREDGES

Drain clams and save liquor. Soften cheese at room temperature. Combine all ingredients except potato chips and liquor; blend into a paste. Gradually add about ¼ cup clam liquor and beat until consistency of whipped cream. Chill. Serve in a bowl surrounded by potato chips. Makes about 1 pint dip.

TUNA PINEAPPLE DIP



TUNA, YELLOWFIN
RANGE - PACIFIC
GEAR - LINES AND PURSE SEINES

1 can (6½ or 7 ounces) tuna
1 can (9 ounces) crushed pineapple
1 package (8 ounces) cream cheese
3 tablespoons pineapple juice
Dash salt ----- Dash nutmeg
Potato chips

Drain tuna. Flake. Drain pineapple and save liquid. Soften cheese at room temperature. Combine all ingredients except potato chips; blend into a paste. Chill. Serve in a bowl surrounded by potato chips. Makes about 1 pint of dip.

COCKTAIL SAUCE

1/3 cup mayonnaise or salad dressing 2 teaspoons lemon juice
½ teaspoon paprika ¼ teaspoon salt

Combine all ingredients and chill. Serves 6.

NO - COOK treats for

LOBSTER SALAD



1 pound cooked lobster meat
 1/3 cup mayonnaise or salad dressing
 1 tablespoon lemon juice
 1/4 teaspoon salt
 Lettuce
 3 tomatoes

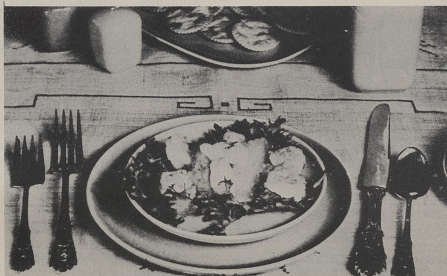
Cut lobster meat into 1/2 inch pieces. Add mayonnaise, lemon juice, and salt. Serve on lettuce and garnish with tomato wedges. Serves 6.

SHRIMP AND GRAPEFRUIT SALAD

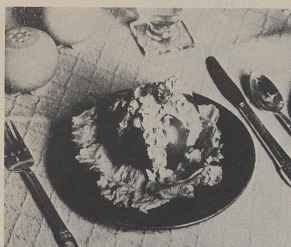
3/4 pound cooked shrimp
 1 grapefruit section

Salad greens
 Mayonnaise or salad dressing

Prepare 6 individual salads by arranging alternate rows of shrimp and grapefruit sections on salad greens. Garnish with mayonnaise. Serves 6.



cool summer eating



TOMATOES STUFFED WITH SALMON SALAD

1 7-ounce can smoked salmon
 2 hard cooked eggs, chopped
 3/4 cup of celery, chopped
 1/2 cup cucumber, chopped
 1 tablespoon onion, grated
 2 tablespoons parsley, chopped
 1 tablespoon lemon juice
 1/3 cup mayonnaise or salad dressing
 6 medium tomatoes
 1/2 teaspoon salt
 Lettuce

Drain and flake salmon. Combine all ingredients except tomatoes, salt, and lettuce. Cut centers from tomatoes, salt lightly, and fill with the salmon mixture. Serve in lettuce cups. Serves 6.

CRAB MEAT SALAD

1 pound crab meat
 1/2 cup mayonnaise or salad dressing
 2 tablespoons chopped onion
 1 cup chopped celery

2 tablespoons chopped sweet pickle
 2 hard cooked eggs, chopped
 1/2 teaspoon salt
 Dash pepper ----- Lettuce

Remove any shell cartilage from crab meat, being careful not to break the meat into small pieces. Combine all ingredients except lettuce. Chill. Serve on lettuce. Serves 6.

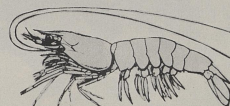
SHRIMP SALAD

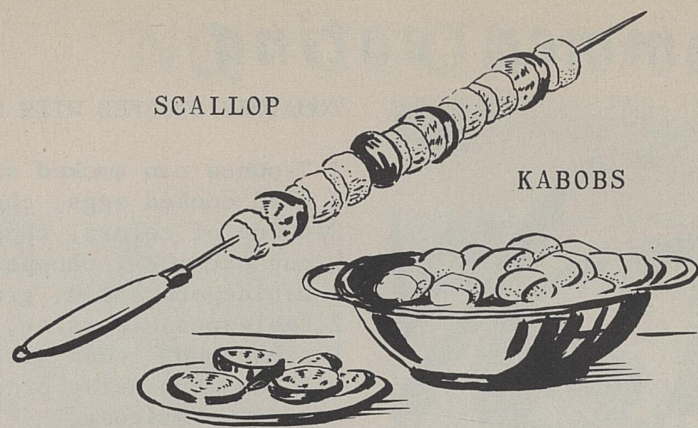
3/4 pound cooked shrimp
 1 cup chopped celery
 1 tablespoon grated onion
 2 tablespoons chopped sweet pickle

1/2 teaspoon salt
 Dash pepper
 1/2 cup mayonnaise or salad dressing
 Lettuce

Cut large shrimp in half. Combine all ingredients, except lettuce; chill. Serve on lettuce. Serves 6.

SHRIMP
 RANGE - TEXAS TO NORTH CAROLINA, MAINE,
 CALIFORNIA, WASHINGTON, AND ALASKA
 GEAR - SHRIMP TRAWLS





1 pound scallops, fresh or frozen
 1 can (4 ounces) button mushrooms,
 drained
 ¼ cup salad oil
 ¼ cup chopped parsley
 Dash pepper

1 can (13½ ounces) pineapple
 chunks, drained
 ¼ cup soy sauce
 ¼ cup lemon juice
 ½ teaspoon salt
 12 slices bacon

Thaw frozen scallops. Remove any shell particles and wash. Place pineapple, mushrooms, and scallops in a mixing bowl. Combine soy sauce, oil, lemon juice, parsley, salt, and pepper. Pour sauce over scallop mixture and let stand for 30 minutes, turning once. Fry bacon slowly until cooked but not crisp. Cut each slice in half. Using long skewers, alternate scallops, pineapple, mushrooms, and bacon until skewers are filled. Place kabobs on a barbecue grill about 4 inches from moderately hot coals. Cook for 6 minutes. Turn and cook for 4 to 6 minutes longer. Serves 6.



CHARCOAL GRILLED SOFT-SHELL BLUE CRABS

12 soft-shell blue crabs

3/4 cup chopped parsley

1/4 teaspoon nutmeg

Dash tabasco

1/2 cup butter or other fat

1 teaspoon lemon juice

1/4 teaspoon soy sauce

Lemon wedges --- Tartar sauce



Cutting off the face

Dress crabs by cutting off the face just back of the eyes. Remove the apron; remove the spongy parts (the gills, stomach, and intestines) under the points of the body covering. Rinse in cold water; drain. Melt butter; add parsley, lemon juice, nutmeg, soy sauce, and tabasco. Heat. Baste crabs with sauce. Place crabs in well-greased, hinged wire grills. Cook on a barbecue grill about 4 inches from moderately hot coals. Cook for 16 to 20 minutes or until lightly browned, basting and turning every 4 minutes. Serve with lemon wedges and tartar sauce. Serves 6.

TARTAR SAUCE

1 cup mayonnaise or salad dressing

2 tablespoons chopped onion

2 tablespoons chopped pickle

2 tablespoons chopped parsley

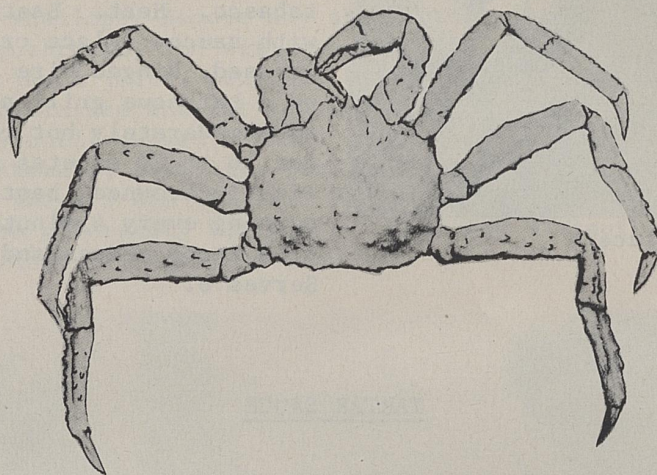
2 tablespoons chopped olives

Combine all ingredients and chill. Makes approximately 1 1/2 cups sauce. Serves 6.

STUFFED KING CRAB LEGS

3 packages (12 ounces each) precooked, frozen, king crab legs	2 tablespoons flour
1 can (4 ounces) mushroom stems and pieces, drained	$\frac{1}{2}$ teaspoon salt
2 tablespoons butter or other fat, melted	1 cup milk
	$\frac{1}{2}$ cup grated cheese
	Paprika

Thaw frozen crab legs. Remove meat from shells. Remove any cartilage from meat; cut meat into $\frac{1}{2}$ -inch pieces. Chop mushrooms. Cook mushrooms in butter for 5 minutes. Blend in flour and salt. Add milk gradually and cook until thick, stirring constantly. Add cheese and crab meat; heat. Fill shells with crab mixture. Sprinkle with paprika. Place stuffed crab legs, shell side down, on a barbecue grill about 4 inches from moderately hot coals. Heat for 10 minutes. Serves 6.



GRILLED KING CRAB LEGS

3 packages (12 ounces each) precooked, frozen, king crab legs	2 tablespoons lemon or lime juice
$\frac{1}{2}$ cup butter or other fat, melted	$\frac{1}{2}$ teaspoon paprika
Melted butter or other fat	

Thaw frozen crab legs. Combine butter, lemon juice, and paprika. Baste crab meat with sauce. Place crab legs, flesh side down, on a barbecue grill about 4 inches from moderately hot coals. Cook for 5 minutes. Turn and baste with remaining sauce. Cook for 5 minutes longer. Serve with melted butter. Serves 6.

BACK YARD CLAMBAKE

12 dozen steamer clams
12 ears of corn, in the husks
Lemon wedges

12 baking potatoes
12 live lobsters (1 pound each)
Melted butter or other fat

Wash clam shells thoroughly. Wash potatoes and cut off ends. Remove corn silk from ears of corn and replace husks.

Use a large metal container, similar to a thirty-gallon galvanized garbage can, with a tight fitting lid. Have 5 baskets with folding handles made to fit inside the container. The bottom of the baskets should be made of half-inch, galvanized wire mesh. Place 3, 6-inch high supports in the bottom of the container.

Put water in the bottom of the container to a depth of about 6 inches. Place potatoes in a basket and place on the supports in the container. Finish filling container by placing corn in the next basket, lobsters in the next two baskets, and clams in the top basket. Cover container and place over a hot fire. Steam for 1 hour. Remove baskets. Crack lobster claws. Serve with lemon wedges and melted butter. Serves 12.



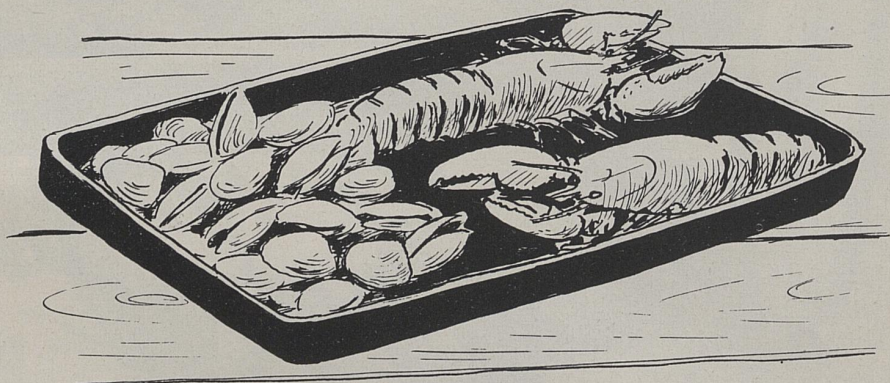
A TOUCH OF OLD NEW ENGLAND

Some say that long before the Mayflower reached America, an Indian burned his fingers pulling a clam out of a heap of steaming sea weed--touched his fingers to his lips, and made an interesting taste discovery. Like the Indian of long ago, people across the country are discovering a wonderful taste treat with a "New England Clam Bake".

6 dozen steamer clams
6 medium baking potatoes
6 medium onions
6 ears of corn, in the husks
6 live lobsters (1 pound each)
Rockweed (optional)
Lemon wedges
Melted butter or other fat



Wash clam shells thoroughly. Wash potatoes and cut off ends. Peel onions. Remove corn silk from ears of corn and replace husks. Cut 12 pieces of cheesecloth and 12 pieces of heavy-duty aluminum foil, 18 x 36 inches each. Place 2 pieces of cheesecloth on top of 2 sheets of foil. Place 12 clams, a lobster, potato, onion, ear of corn, and rockweed on cheesecloth. Tie the cheesecloth up over the food. Pour 1 cup water over the package. Bring edges of foil together and seal tightly. Make 6 packages. Place packages on a barbecue grill about 4 inches from hot coals. Cover with hood or aluminum foil. Cook for 1 hour or until potatoes are cooked, turning every 15 minutes. Serve with lemon wedges and melted butter. Serves 6.



HERE'S A FISH RECIPE THE MEN OF THE OPEN ROAD REALLY GO FOR



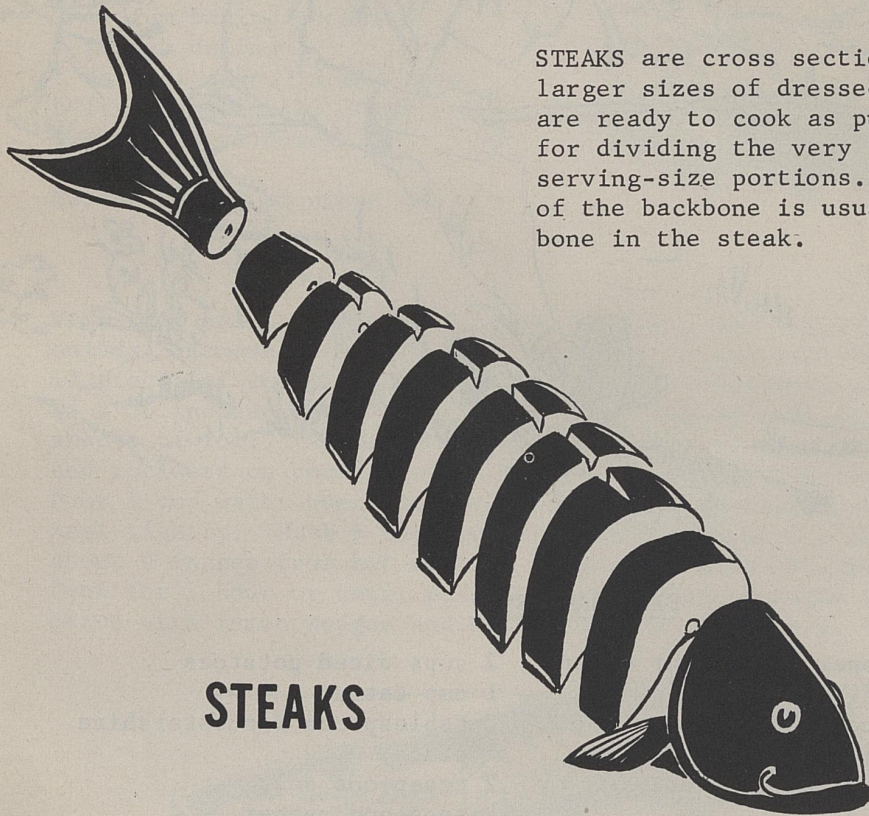
PINE BARK STEW

2 pounds red snapper fillets or other fish fillets, fresh or frozen	2 cups diced potatoes
$\frac{1}{2}$ cup chopped bacon	1 cup catsup
1 cup chopped onion	2 tablespoons Worcestershire sauce
2 cans (1 pound 13 ounces each) tomatoes	2 teaspoons salt
	$\frac{1}{2}$ teaspoon pepper

Thaw frozen fillets. Skin fillets if necessary. Cut fillets into 1-inch pieces. Fry bacon until lightly browned in a large kettle over a hot fire. Add onion and cook until tender. Add tomatoes, potatoes, catsup, and seasonings. Cover and cook for 30 minutes, stirring occasionally. Add fish and continue cooking for 45 minutes or until potatoes are tender. Serves 6.

COME and GET IT !
the finest steaks you ever ate -

STEAKS are cross section slices of the larger sizes of dressed fish. They are ready to cook as purchased, except for dividing the very largest into serving-size portions. A cross section of the backbone is usually the only bone in the steak.



STEAKS

HICKORY SMOKED SABLEFISH STEAKS

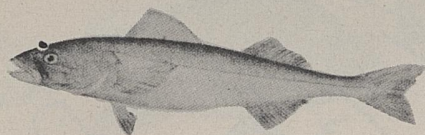
2 pounds sablefish steaks or other fish steaks, fresh or frozen	1 tablespoon hickory liquid smoke
1/3 cup soy sauce	1 clove garlic, finely chopped
2 tablespoons salad oil	1/2 teaspoon ginger

Thaw frozen steaks. Cut into serving-size portions. Place fish in a single layer in a shallow baking pan. Combine remaining ingredients. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish in well-greased, hinged wire grills. Cook on a barbecue grill about 4 inches from moderately hot coals for 8 minutes. Baste with remaining sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

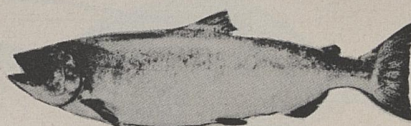
BARBECUED SALMON STEAKS

2 pounds salmon steaks or other fish steaks, fresh or frozen	1 teaspoon Worcestershire sauce
1/2 cup catsup	1 teaspoon salt
1/4 cup salad oil	1/2 teaspoon grated onion
3 tablespoons lemon juice	1/2 teaspoon powdered mustard
2 tablespoons vinegar	1/4 teaspoon paprika
2 tablespoons hickory liquid smoke	1 clove garlic, finely chopped
	3 drops tabasco

Thaw frozen steaks. Cut into serving-size portions. Place fish in a single layer in a shallow baking pan. Combine remaining ingredients. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish in well-greased, hinged wire grills. Cook on a barbecue grill about 4 inches from moderately hot coals for 8 minutes. Baste with remaining sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.



SABLEFISH
RANGE - PACIFIC COAST STATES AND ALASKA
GEAR - TRAWL LINES, OTTER TRAWLS



SALMON, CHINOOK OR KING
RANGE - CALIFORNIA TO ALASKA
GEAR - POUND NETS, PURSE SEINES, GILL NETS,
HAUL SEINES, TROLL LINES, REEF NETS

BARBECUED HALIBUT STEAKS

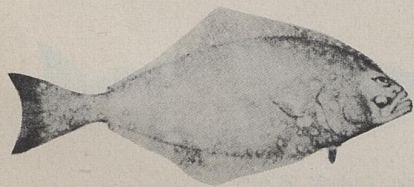
2 pounds halibut steaks or other fish steaks, fresh or frozen	$\frac{1}{4}$ cup chopped onion
1 clove garlic, finely chopped	2 tablespoons chopped green pepper
1 can (8 ounces) tomato sauce	2 tablespoons butter or other fat, melted
2 tablespoons lemon juice	1 tablespoon sugar
1 tablespoon Worcestershire sauce	2 teaspoons salt
$\frac{1}{2}$ teaspoon pepper	

Thaw frozen steaks. Cook onion, green pepper, and garlic in butter until tender. Add remaining ingredients and simmer for 5 minutes, stirring occasionally. Cool. Cut steaks into serving-size portions. Place fish in a single layer in a shallow baking pan. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish in well-greased, hinged wire grills. Cook on a barbecue grill about 4 inches from moderately hot coals for 8 minutes. Baste with remaining sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

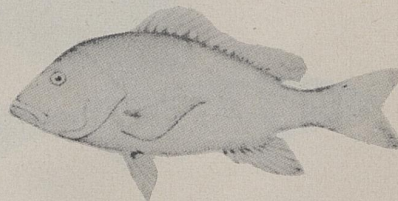
CHARCOAL BROILED RED SNAPPER STEAKS

2 pounds red snapper steaks or other fish steaks, fresh or frozen	$\frac{1}{2}$ teaspoon Worcestershire sauce
$\frac{1}{2}$ cup butter or other fat, melted	$\frac{1}{4}$ teaspoon white pepper
$\frac{1}{4}$ cup lemon juice	Dash tabasco
2 teaspoons salt	Paprika

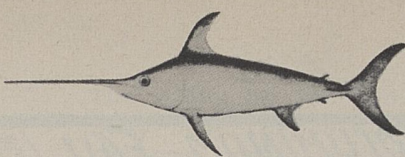
Thaw frozen steaks. Cut into serving-size portions. Combine remaining ingredients. Baste fish with sauce. Place fish in well-greased, hinged wire grills. Cook on a barbecue grill about 4 inches from moderately hot coals for 8 minutes. Baste with remaining sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves. 6.



HALIBUT
RANGE - PACIFIC COAST - NEW ENGLAND
GEAR - TRAWL LINES, OTTER TRAWLS



RED SNAPPER
RANGE - TEXAS TO FLORIDA
GEAR - HAND LINES

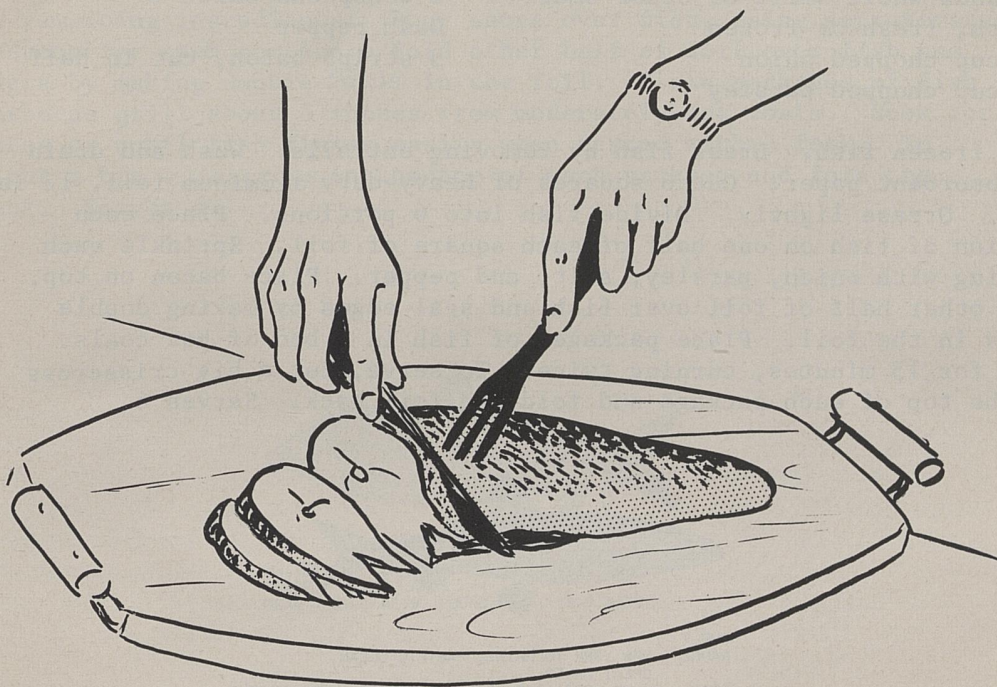


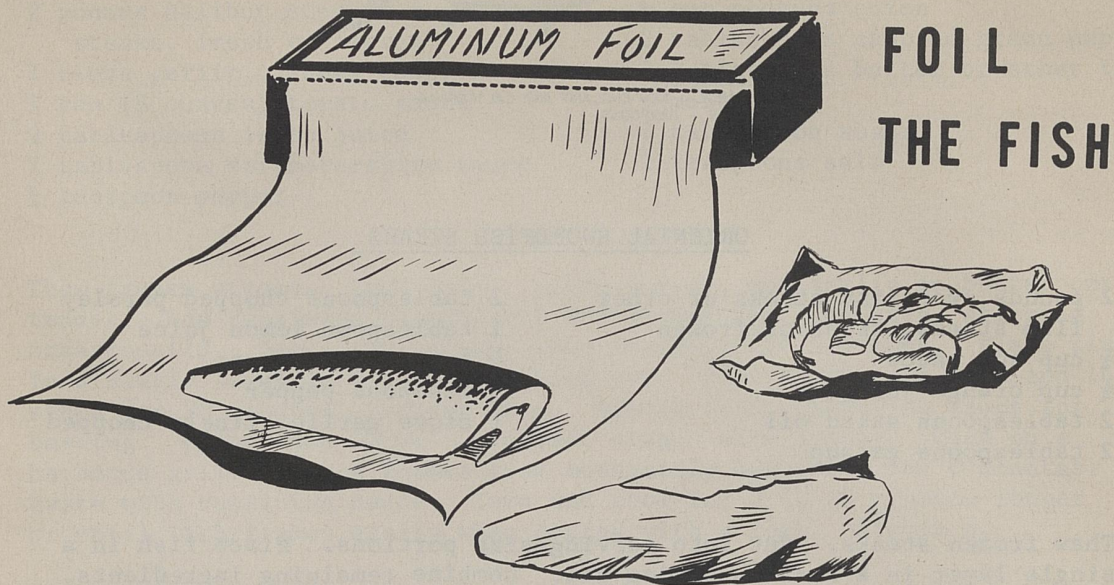
SWORDFISH
RANGE - NEW ENGLAND AND CALIFORNIA
GEAR - HARPOONS

ORIENTAL SWORDFISH STEAKS

2 pounds swordfish steaks or other fish steaks, fresh or frozen	2 tablespoons chopped parsley
$\frac{1}{4}$ cup soy sauce	1 tablespoon lemon juice
$\frac{1}{4}$ cup orange juice	$\frac{1}{2}$ teaspoon oregano
2 tablespoons salad oil	$\frac{1}{2}$ teaspoon pepper
2 tablespoons catsup	1 clove garlic, finely chopped

Thaw frozen steaks. Cut into serving-size portions. Place fish in a single layer in a shallow baking pan. Combine remaining ingredients. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish in well-greased hinged wire grills. Cook on a barbecue grill about 4 inches from moderately hot coals for 8 minutes. Baste with remaining sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

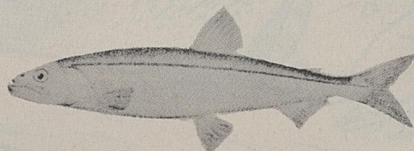




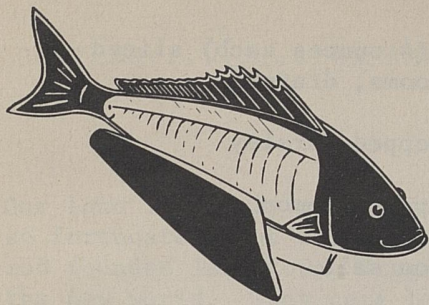
CAMPFIRE SMELT

3 pounds whole smelt or other small fish, fresh or frozen	2 teaspoons salt
1/3 cup chopped onion	Dash pepper
1/3 cup chopped parsley	3 strips bacon, cut in half

Thaw frozen fish. Dress fish by removing entrails. Wash and drain on absorbent paper. Cut 6 squares of heavy-duty aluminum foil, 12 inches each. Grease lightly. Divide fish into 6 portions. Place each portion of fish on one half of each square of foil. Sprinkle each serving with onion, parsley, salt, and pepper. Place bacon on top. Fold other half of foil over fish and seal edges by making double folds in the foil. Place packages of fish in a bed of hot coals. Cook for 15 minutes, turning twice. To serve, cut a big crisscross in the top of each package and fold the foil back. Serves 6.



SMELT
 RANGE - NEW YORK TO MAINE, PACIFIC OCEAN,
 GREAT LAKES
 GEAR - POUND NETS, DIP NETS, GILL NETS, HAUL SEINES



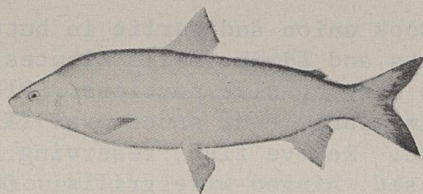
Fillet

The sides of the fish, cut lengthwise away from the backbone, are called **FILLETS**. They are practically boneless and require no preparation for cooking. Sometimes the skin, with the scales removed, is left on the fillets; others are skinned. A fillet cut from one side of a fish is called a single fillet. This is the type of fillet most generally seen in the market.

WHITEFISH IN FOIL

- | | |
|---|---------------------------|
| 2 pounds whitefish fillets or other fish fillets, fresh or frozen | 2 tablespoons lemon juice |
| 2 green peppers, sliced | 2 teaspoons salt |
| 2 onions, sliced | 1 teaspoon paprika |
| $\frac{1}{4}$ cup butter or other fat, melted | Dash white pepper |

Thaw frozen fillets. Cut into serving-size portions. Cut 6 squares of heavy-duty aluminum foil, 12 inches each. Grease lightly. Place each portion of fish, skin side down, on one half of each square of foil. Top with green pepper and onion, dividing evenly among portions. Combine remaining ingredients. Pour sauce over fish, using approximately 1 tablespoon for each portion. Fold other half of foil over fish and seal edges by making double folds in the foil. Place packages of fish on a barbecue grill about 5 inches from moderately hot coals. Cook for 45 minutes or until fish flakes easily when tested with a fork. To serve, cut a big crisscross in the top of each package and fold the foil back. Serves 6.



WHITEFISH, COMMON
RANGE - GREAT LAKES
GEAR - GILL NETS, POUND NETS, TRAP NETS

SHRIMP SUPREME

3 pounds shrimp, fresh or frozen	2 cans (4 ounces each) sliced mushrooms, drained
2/3 cup butter or other fat, melted	1/2 cup chopped parsley
1/4 cup chopped onion	2 tablespoons lemon juice
2 tablespoons chili sauce	1 teaspoon salt
1/2 teaspoon garlic salt	Dash Worcestershire sauce
Dash tabasco	

Thaw frozen shrimp. Peel shrimp and remove sand veins. Wash and drain on absorbent paper. Cut 6 squares of heavy-duty aluminum foil, 12 inches each. Divide shrimp into 6 portions. Place each portion of shrimp on one half of each square of foil. Place mushrooms on top of shrimp. Combine remaining ingredients. Pour sauce over shrimp, using approximately 3 tablespoons for each portion. Fold other half of foil over shrimp and seal edges by making double folds in the foil. Place packages of shrimp on a barbecue grill about 4 inches from moderately hot coals. Cook for 20 minutes or until shrimp is tender. To serve, cut a big crisscross in the top of each package and fold the foil back. Serves 6.

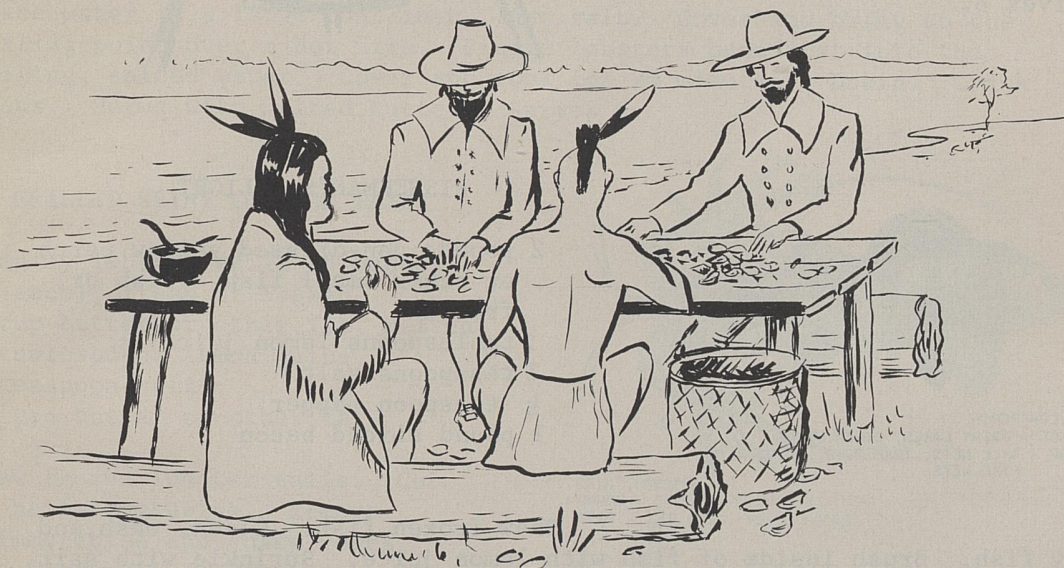
BARBECUED ROCKFISH FILLETS

2 pounds rockfish fillets or other fish fillets, fresh or frozen	2 tablespoons butter or other fat, melted
2 tablespoons chopped onion	2 tablespoons sherry
1 clove garlic, finely chopped	1/4 teaspoon oregano
1 can (8 ounces) tomato sauce	1/2 teaspoon salt
3 drops tabasco	Dash pepper

Thaw frozen fillets. Cook onion and garlic in butter until tender. Add remaining ingredients and simmer for 5 minutes, stirring occasionally. Cool. Cut fillets into serving-size portions. Place fish in a single layer in a shallow baking pan. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish in well-greased, hinged wire grills. Cook on a barbecue grill about 4 inches from moderately hot coals for 8 minutes. Baste with remaining sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

OYSTERS..... AN AMERICAN TRADITION

Our land is surely a land of plenty, but our first settlers were not so fortunate. The colonists arrived from England in three small boats and founded Jamestown, Virginia the first permanent settlement in the new world. They came looking for fame and fortune, but found only disease and famine. Famine? and the waters around Jamestown held a bounty of oysters and other fish and shellfish. Eventually, the life of the settlers improved, and developed into gracious living. The settlers learned a gracious and industrious way of life, and retained the tradition of the oyster roast as part of it. A tradition which is carried on to this day.



OYSTER ROAST

36 shell oysters

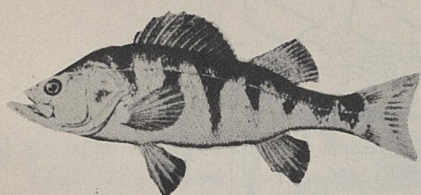
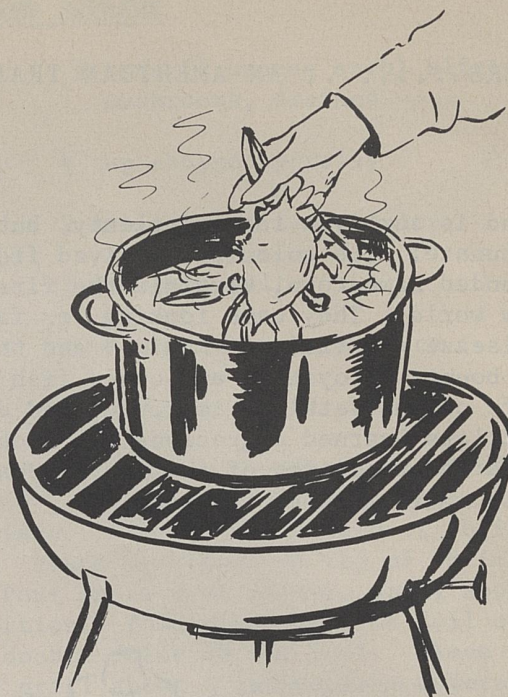
Melted butter or other fat

Wash oyster shells thoroughly. Place oysters on a barbecue grill about 4 inches from hot coals. Roast for 15 minutes or until shells begin to open. Serve in shells with melted butter. Serves 6.

BLUE CRAB BOIL

24 live, hard-shell, blue crabs
3 ounces prepared crab boil
1 medium onion, sliced
1 lemon, sliced
1½ gallons water
1/3 cup salt

Tie crab boil, onion, and lemon in a piece of cheese-cloth. Place water in a large container. Add salt and bag of seasonings. Cover and bring to the boiling point over a hot fire. Plunge crabs into the boiling, seasoned water. Cover and cook for 15 minutes. Drain. Serves 6.



YELLOW PERCH
RANGE - GREAT LAKES, OTHER LAKES
GEAR - GILL NETS, TRAP NETS, POUND NETS,
FYKE NETS

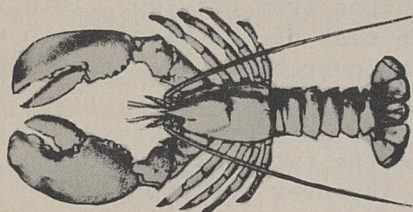
FISHERMAN'S DELIGHT

2 pounds pan-dressed yellow perch
or other small fish, fresh or
frozen
2 tablespoons lemon juice
2 teaspoons salt
¼ teaspoon pepper
1 pound sliced bacon

Thaw frozen fish. Clean, wash, and dry fish. Brush inside of fish with lemon juice. Sprinkle with salt and pepper. Wrap each fish with a slice of bacon. Place fish in well-greased, hinged wire grills. Cook on a barbecue grill about 5 inches from moderately hot coals for 10 to 15 minutes or until bacon is crisp. Turn and cook for 10 minutes longer or until bacon is crisp and fish flakes easily when tested with a fork. Serves 6.



THE GOURMET'S DELIGHT! LOBSTER COOKOUT



LOBSTER, NORTHERN
RANGE - VIRGINIA TO MAINE
GEAR - POTS, OTTER TRAWLS

Clumsy? yes, but also one of the most delicious of all the creatures to come out of the sea, --lobster. It is more difficult to cook lobsters incorrectly than correctly, especially if you boil them.

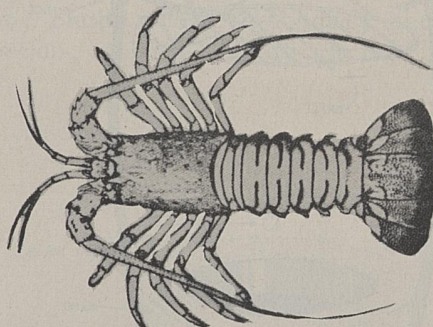
BOILED LOBSTER

6 live lobsters (1 pound each)
 $1\frac{1}{2}$ gallons water
 $\frac{1}{3}$ cup salt
Melted butter or other fat

Place water in a large container. Add salt. Cover and bring to the boiling point over a hot fire. Plunge lobsters headfirst into the boiling, salted water. Cover and cook for 20 minutes. Drain. Crack claws. Serve with melted butter. Serves 6.

GRILLED SPINY LOBSTER TAILS

6 spiny lobster tails (8 ounces each), fresh or frozen
 $\frac{1}{2}$ cup butter or other fat, melted
2 tablespoons lemon juice
 $\frac{1}{2}$ teaspoon salt
Melted butter or other fat



SPINY LOBSTER
RANGE - CALIFORNIA AND FLORIDA
GEAR - DIP NETS, POTS, HOOKS

Thaw frozen lobster tails. Cut in half lengthwise. Remove swimmerettes and sharp edges.

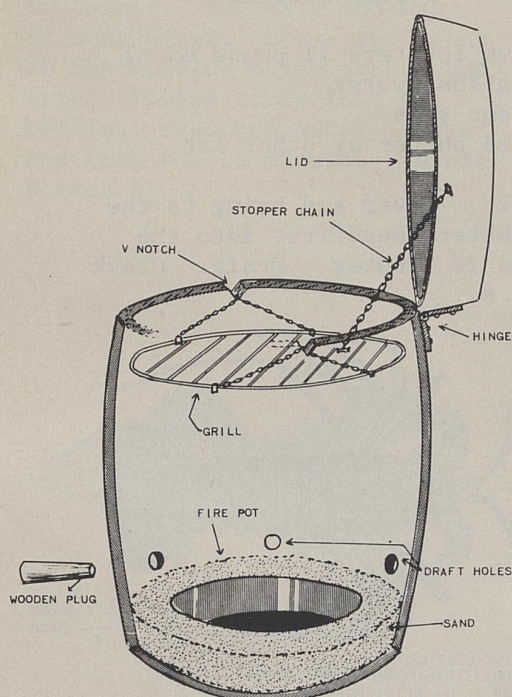
Cut 6 squares of heavy-duty aluminum foil, 12 inches each. Place each lobster tail on one half of each square of foil. Combine butter, lemon juice, and salt. Baste lobster meat with sauce. Fold other half of foil over lobster tail and seal edges by making double folds in the foil. Place packages of lobster tails on a barbecue grill, shell side down, about 5 inches from hot coals. Cook for 20 minutes. Remove lobster tails from the foil. Place lobster tails on grill, flesh side down, and cook for 2 to 3 minutes longer or until lightly browned. Serve with melted butter. Serves 6.



SMOKE BARREL COOKERY

Smoked fish is a real taste treat. If you have a "do it yourself fan" around the house a few hours work to prepare a "smoke barrel" will pay big dividends in eating pleasure.

Start with a used 40-gallon charred oak whiskey barrel or anything similar. Saw around the barrel about 8 inches from the top. This is then used as the lid and is secured to the rest of the barrel with a heavy hinge. To keep the lid from toppling over backwards when fish is removed, attach a chain stopper.



Because the two grill-supporting chains lap over the rim of the barrel and would prevent a complete closure of the lid, notch two shallow V's on either side of barrel. Attach hooks or pins at the base of the V's to fasten the chains.

Allow for 4 or 5 inches of sand in which the fire pot will eventually be imbedded, bore 5 or 6 draft holes, one-half inch in diameter, around the sides of the barrel just above the sand level. Make wooden plugs to fit the holes.

The fire pot can be any heavy metal cylinder such as the bottom of a dutch oven. An ideal pot is an old automobile brake drum. However, it should be small enough to allow for 3 or 4 inches of sand insulation between barrel and the pot.

The round grill for the top of the barrel can be purchased at any store that specializes in barbecue equipment.

The grill is supported by two Y-shaped chains. The upper legs of the Y are equipped with snap-ons to fasten the grill. The bottom leg of each Y fastens on the hooks at the base of the notched V's.

To use the barrel the sand at the bottom should first be soaked with water. The fire is started with charcoal briquets and then the smoke-producing wood is added.

While fish is smoking, care must be taken not to let the fire flare up. This is controlled by inserting the wooden plugs in the draft holes until an ideal balance between fire and smoke is achieved.

Wood used for smoking depends upon taste and availability. Any non-resinous hard wood such as alder, apple, maple, oak, birch, or beech can be used.

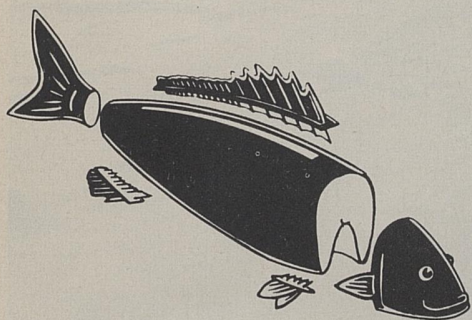
Wood should be cut into small chunks about 4 inches in length or just long enough so they can be pyramided in the fire pot.

Barrel is now ready for use. Fillet whole fish and remove the backbone. Cut fillets into chunks suitable for individual servings. Soak chunks in saturated brine solution for an hour and a half. (Soaking time can be varied to suit individual tastes.)

Remove the chunks from the solution and arrange a single layer on grill rack, avoiding crowding. Lower grill into smoke barrel about 8 inches. Close and cook for about an hour and a half or until done, making sure fire is smoking and not burning during entire cooking process.

If the barrel is not used for any length of time, it is necessary to remove fire pot, insert draft plug holes, and fill with water to keep barrel from warping.

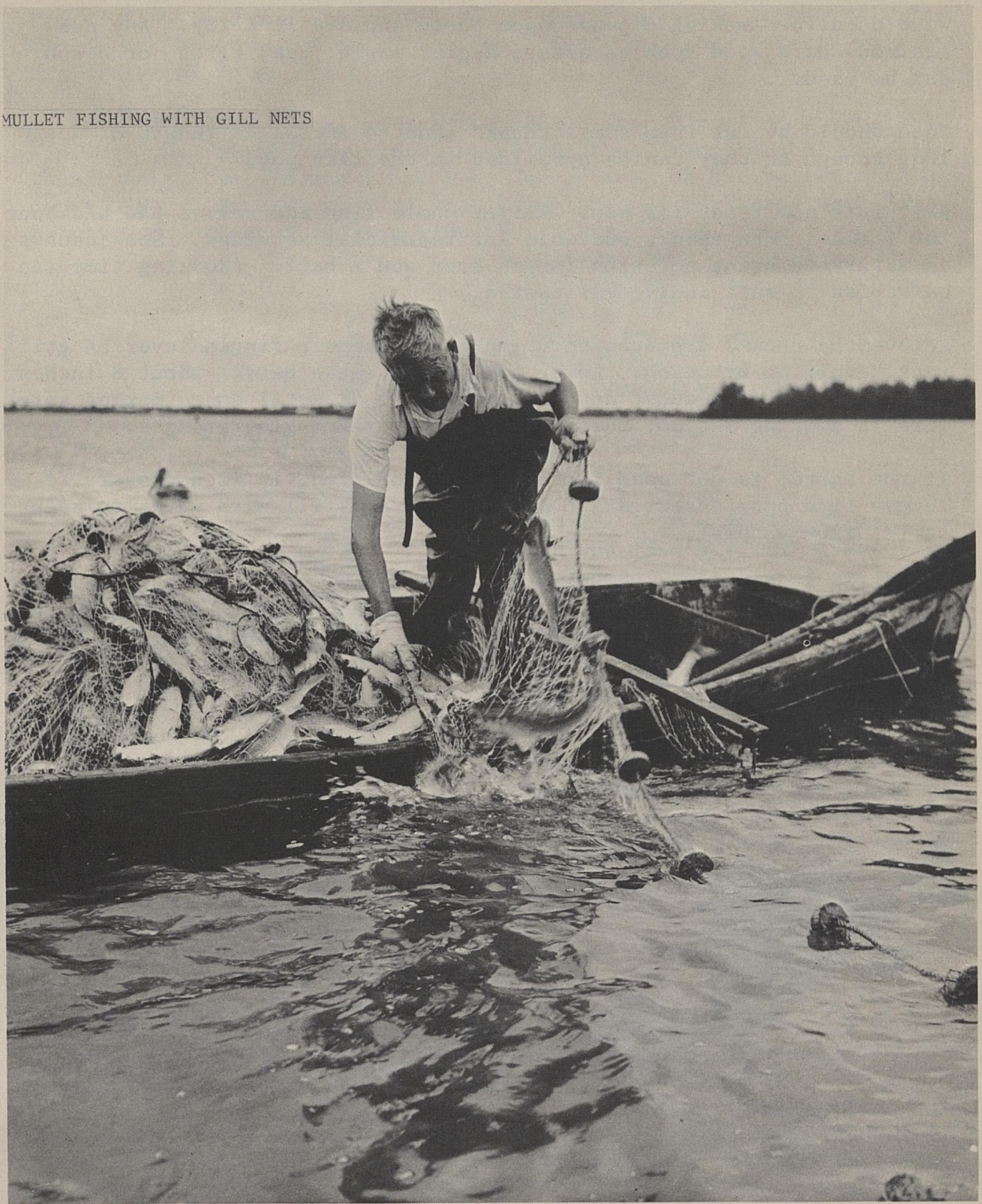
Most fish are excellent smoked, however the most popular are: bullalofish, butterfish, carp, catfish, chubs, cod, flounder, haddock, halibut, mackerel, mullet, oysters, perch, salmon, shad, shrimp, trout, and whitefish.



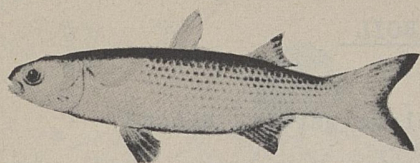
Dressed or Pan-dressed

DRESSED fish are scaled and eviscerated, usually with the head, tail, and fins removed. The smaller sizes are ready for cooking as purchased (pan-dressed). The larger sizes of dressed fish may be baked as purchased but frequently are cut into steaks or serving-size portions.

MULLET FISHING WITH GILL NETS



SMOKED FISH



MULLET
RANGE - TEXAS TO NEW JERSEY
GEAR - GILL NETS, HAUL SEINES, POUND NETS,
CAST NETS

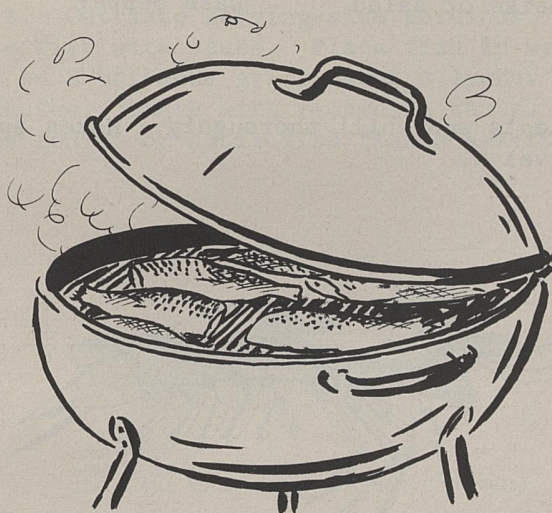
6 pounds dressed mullet or other
fish (1 pound each)
1 cup salt
1 gallon water
 $\frac{1}{2}$ cup salad oil

Remove the head just below the collarbone. Cut along the backbone almost to the tail. The fish should lie flat in one piece. Wash fish. Add salt to water and stir until dissolved. Pour brine over fish and let stand for 30 minutes.

To smoke fish, use a charcoal fire in a portable barbecue grill with hood or a cover that closes to make a smoker. Soak 1 pound of hickory chips or sawdust in 2 quarts water. Let charcoal fire burn down to a low, even heat. Place $\frac{1}{3}$ of the wet chips on the charcoal.

Rinse fish in cold water. Place fish, skin side down, on a well-greased barbecue grill over the smoking fire. Place cover over grill. Smoke for $1\frac{1}{2}$ hours, adding remaining wet chips every 15 minutes to keep the fire smoking.

Increase the temperature by adding more charcoal to the fire and opening the draft. Brush fish sparingly with oil. Cover and cook for 15 minutes. Brush fish again with oil and cook for 10 minutes longer or until fish is lightly browned. Serves 6.



LOUISIANA SHRIMP BOIL

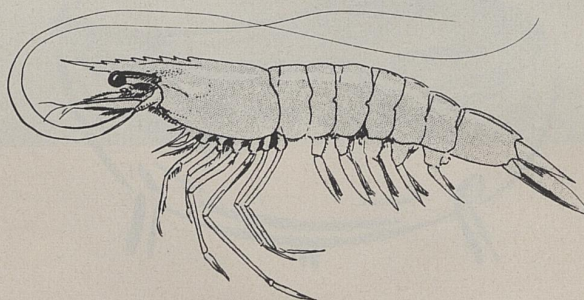
5 pounds shrimp, fresh or frozen	1 clove garlic, sliced
3 ounces prepared shrimp boil	1 gallon water
1 small onion, sliced	$\frac{1}{2}$ cup salt
1 lemon, sliced	Peppy seafood sauce

Tie the shrimp boil, onion, lemon, and garlic in a piece of cheesecloth. Place water in a large container. Add salt and bag of seasonings. Cover and bring to the boiling point over a hot fire. Add shrimp and return to the boiling point. Cover and cook for 5 minutes or until shrimp is tender. Drain. Serve with peppy seafood sauce. Serves 6.

PEPPY SEAFOOD SAUCE

$\frac{1}{2}$ cup chili sauce	1 teaspoon Worcestershire sauce
$\frac{1}{2}$ cup catsup	$\frac{1}{2}$ teaspoon grated onion
3 tablespoons lemon juice	$\frac{1}{4}$ teaspoon salt
1 tablespoon horse-radish	3 drops tabasco
1 tablespoon mayonnaise or salad dressing	Dash pepper

Combine all ingredients and chill thoroughly. Makes approximately $1\frac{1}{2}$ cups sauce. Serves 6.

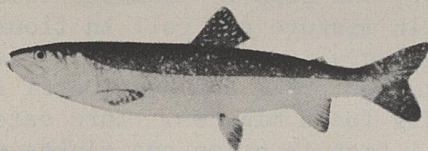




GRILLED LAKE TROUT FILLETS

- | | |
|---|---------------------------|
| 2 pounds lake trout fillets or
other fish fillets, fresh or frozen | 1 tablespoon grated onion |
| $\frac{1}{4}$ cup French dressing | 2 teaspoons salt |
| 1 tablespoon lemon juice | Dash pepper |

Thaw frozen fillets. Cut into serving-size portions. Combine remaining ingredients. Baste fish with sauce. Place fish in well-greased, hinged wire grills. Cook on a barbecue grill about 4 inches from moderately hot coals for 8 minutes. Baste with remaining sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.



LAKE TROUT
RANGE - GREAT LAKES
GEAR - GILL NETS, LINES, POUND NETS (TRAP NETS)

CRISPY FRIED RAINBOW TROUT

2

6 pan-dressed rainbow trout or other small fish, fresh or frozen

12 slices bacon

$\frac{1}{2}$ cup evaporated milk

$1\frac{1}{2}$ teaspoons salt

Dash pepper

$\frac{1}{2}$ cup flour

$\frac{1}{2}$ cup yellow cornmeal

1 teaspoon paprika

$\frac{1}{3}$ cup butter or other fat

Lemon wedges



Thaw frozen fish. Clean, wash and dry fish. Fry bacon until crisp. Remove bacon, reserving bacon fat for frying. Combine milk, salt, and pepper. Combine flour, cornmeal, and paprika. Dip fish in milk mixture and roll in flour mixture. Place butter and bacon fat in a heavy iron frying pan. Place on a barbecue grill about 4 inches from hot coals and heat until fat is hot but not smoking. Add fish and fry for 5 minutes. Turn carefully and fry for 5 minutes longer or until fish is brown and flakes easily when tested with a fork. Drain on absorbent paper. Serve with lemon wedges and bacon. Serves 6.

FISH FRY

2 pounds ocean perch fillets or other fish fillets, fresh or frozen

$\frac{1}{2}$ cup evaporated milk

$1\frac{1}{2}$ teaspoons salt

Dash pepper

$\frac{1}{2}$ cup flour

$\frac{1}{2}$ cup yellow cornmeal

1 teaspoon paprika

Butter or other fat

Lemon wedges

Thaw frozen fillets. Cut large fillets into strips, $1\frac{1}{2}$ to 2-inches wide. Combine milk, salt, and pepper. Combine flour, cornmeal, and paprika. Dip fish in milk mixture and roll in flour mixture. Place butter or other fat in a heavy iron frying pan. Place on a barbecue grill about 4 inches from hot coals and heat until fat is hot but not smoking. Add fish and fry for 4 minutes. Turn carefully and fry for 4 minutes longer or until fish is brown and flakes easily when tested with a fork. Drain on absorbent paper. Serve with lemon wedges. Serves 6.

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GARNISHES FOR FISH

The importance of garnishes cannot be emphasized too much. A dash of color or a touch of garnish can turn a plain dish into an attractive and appetizing one. The most common garnishes are listed below together with suggested methods of preparation.

Garnishes	Suggested Preparation
Beets	Cooked whole or sliced
Carrots	Tops, sticks, curls, or shredded
Celery	Tops, hearts, sticks, curls
Cucumbers	Slices or sticks
Green peppers	Sticks or rings
Hard-cooked eggs	Slices, wedges, deviled, or grated yolks
Lemons	Slices or wedges
Lettuce	Leaves or shredded
Paprika	Sprinkled sparingly
Parsley	Sprigs and chopped
Pickles	Whole, sliced, or chopped
Radishes	Whole, sliced, or roses
Red Peppers	Strips or rings
Water Cress	Sprigs or chopped





BRIGHTEN YOUR MENU!

SERVE MORE FISH
& SHELLFISH!