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1960



# FISHERIES MARKETING BULLETIN

## SPECIAL

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

# FISH 'N SEAFOOD PARADE



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## OCTOBER 17-23

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

**SMASH HIT ON ANY MENU**

**FISH and SHELLFISH**

**EASY TO PREPARE**

**EASILY DIGESTED BY ALL**

**HIGH IN MINERALS - VITAMINS**

**GREATER VARIETY**

**FRESH  
FROZEN  
CANNED  
SMOKED  
PICKLED**

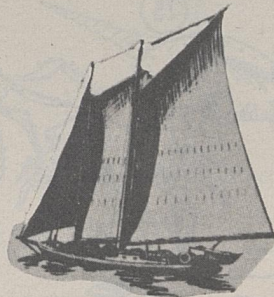
**GOOD FOR YOU**

**TASTE GOOD TOO**

CONSERVATION OF THE RICH NATURAL RESOURCES OF THE SEA IS A JOB FOR THE CONSUMING PUBLIC AS WELL AS FOR STATE AND FEDERAL GOVERNMENTS. EACH OF THE MILLIONS OF PEOPLE WHO BUY AND EAT FISH CAN PLAN AN ACTIVE PART IN CONSERVATION BY UTILIZING A GREATER VARIETY OF SEAFOODS. IN GENERAL, THE SPECIFIC JOB IS TO SPREAD CONSUMPTION MORE UNIFORMLY OVER THE 240 SPECIES OF FISH AND SHELLFISH THAT ARE LANDED IN THE UNITED STATES EACH YEAR.

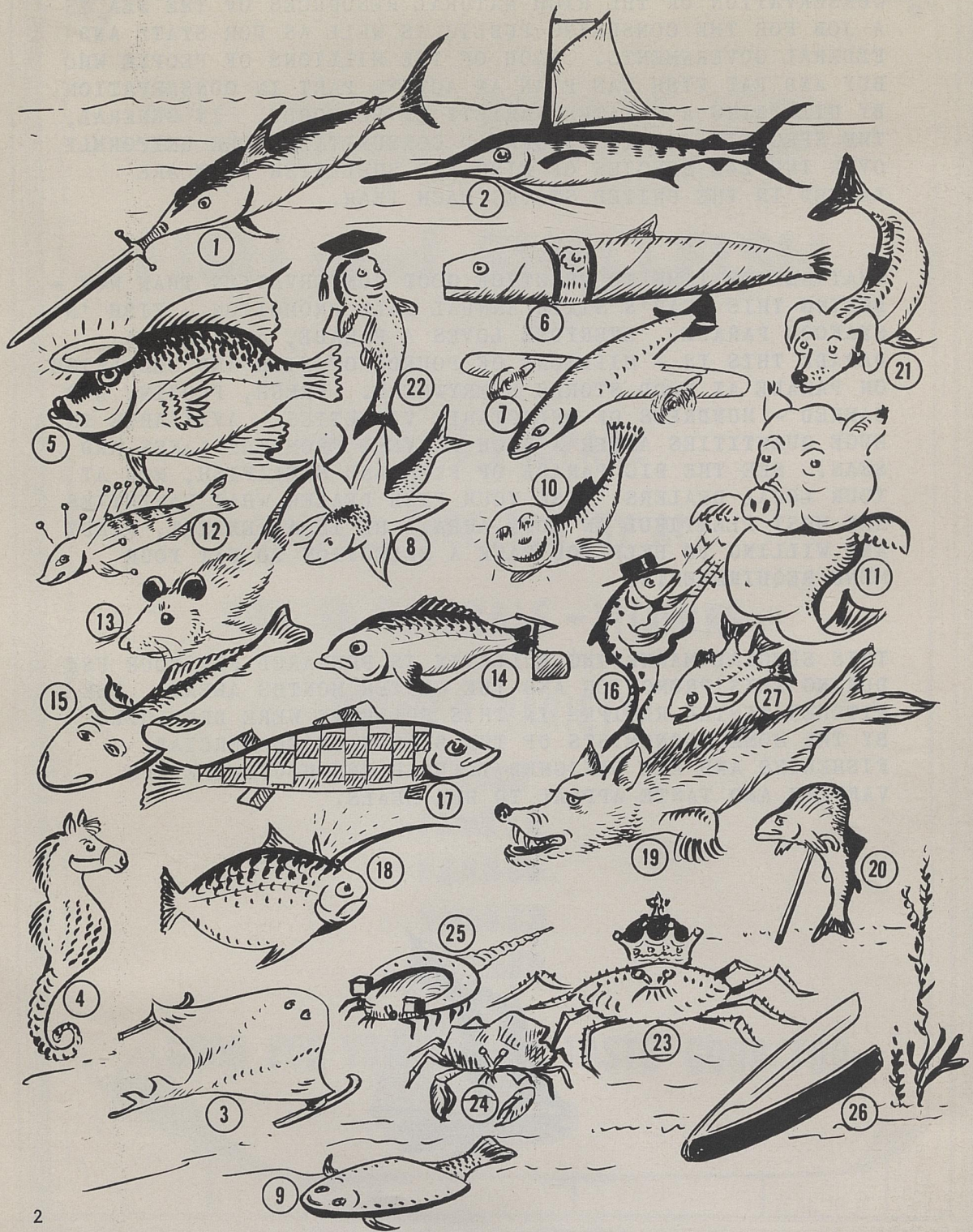
WHAT BETTER TIME TO PRACTICE GOOD CONSERVATION THAN NOW - DURING THIS YEAR'S SIXTH ANNUAL FALL PROMOTION - FISH 'N' SEAFOOD PARADE. EVERYONE LOVES A PARADE, AND WHAT A PARADE THIS IS - MILLIONS OF POUNDS OF FISH AND SHELLFISH ON PARADE AT FOOD STORES EVERYWHERE. FRESH, FROZEN, AND CANNED - HUNDREDS OF DELECTABLE VARIETIES - AVAILABLE IN HUGE QUANTITIES AFTER A RICH HARVEST FROM THE LAKES AND SEAS. SEE THE BIG PARADE OF FISH AND SHELLFISH, NOW AT YOUR LOCAL DEALERS. ASK YOUR FISH DEALER WHAT VARIETIES ARE MOST PLENTIFUL IN YOUR AREA. HE IS AN EXPERT, READY AND WILLING TO HELP YOU MAKE A SELECTION TO FIT YOUR MENU REQUIREMENTS.

THIS SPECIAL MARKETING BULLETIN IS PREPARED FOR YOUR USE DURING THIS PROMOTION AND THE WINTER MONTHS AHEAD. THE KITCHEN TESTED RECIPES IN THIS BULLETIN WERE DEVELOPED BY THE HOME ECONOMISTS OF THE BUREAU OF COMMERCIAL FISHERIES AND ARE DESIGNED TO HELP THE HOUSEWIFE ADD VARIETY AND TASTE APPEAL TO HER MEALS.



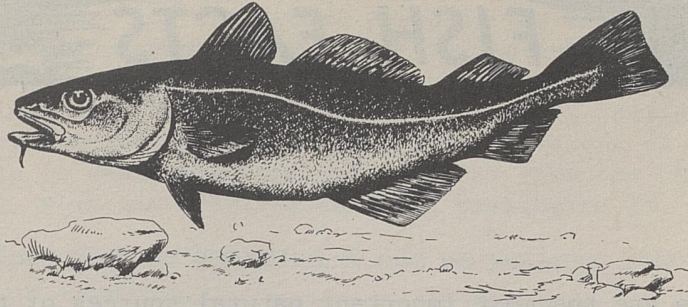
Caricatures of some Saltwater Fish.

How many can you identify? See inside back cover for identity.



HERE ARE A FEW MORE FISH BIOGRAPHIES TO ADD TO YOUR FISH FACT FILE

COD



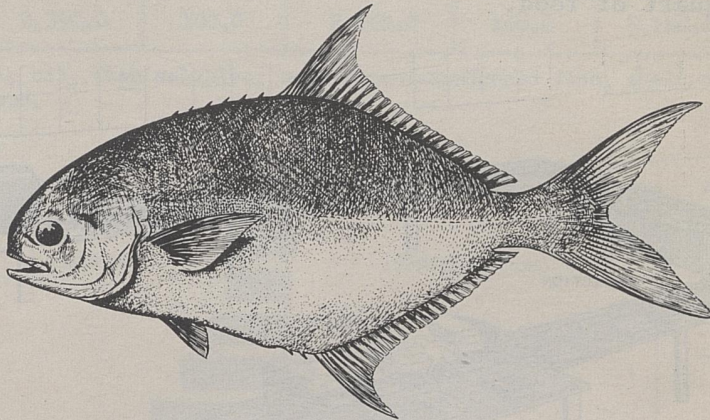
OTHER NAMES INCLUDE: Scrod cod, market cod, and codfish.

CHARACTERISTICS: Lean, firm, and white-meated. Pale lateral line on skin.

MARKET SIZE: About 3 to 40 pounds.

MARKET FORM: Fresh and frozen: drawn, dressed, fillets, fish cakes, and steaks. Dried: split. Salted: split, shredded. Smoked: fillets, steaks. Canned: fish cakes.

POMPANO



OTHER NAMES INCLUDE: None

CHARACTERISTICS: Fat, rich but delicate flavor, tender.

MARKET SIZE: About 1 to 1½ pounds.

MARKET FORM: Mostly fresh, some frozen.

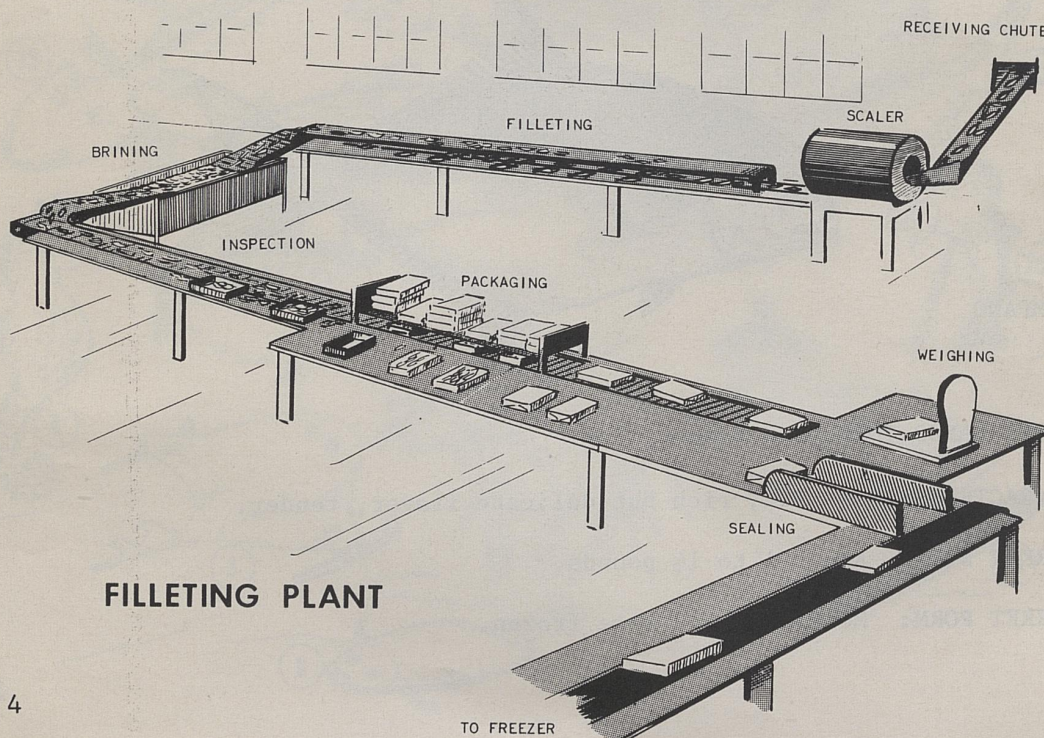


Fish liver oils are the most important natural sources of two of the most important of our vitamins; namely, A and D.

Seafoods, as a class, are good sources of phosphorus, one of the elements necessary for the development of sound bones and teeth.

Fishery products can be included in the daily diet with full confidence that they supply high quality food from the nutritional standpoint, as well as satisfying flavors and textures.

Oysters are an economical food. They are entirely edible as there is no waste from trimming. When you buy a quart of properly processed oysters, you buy a quart of food.



# COMMERCIAL FISHERIES STATISTICS

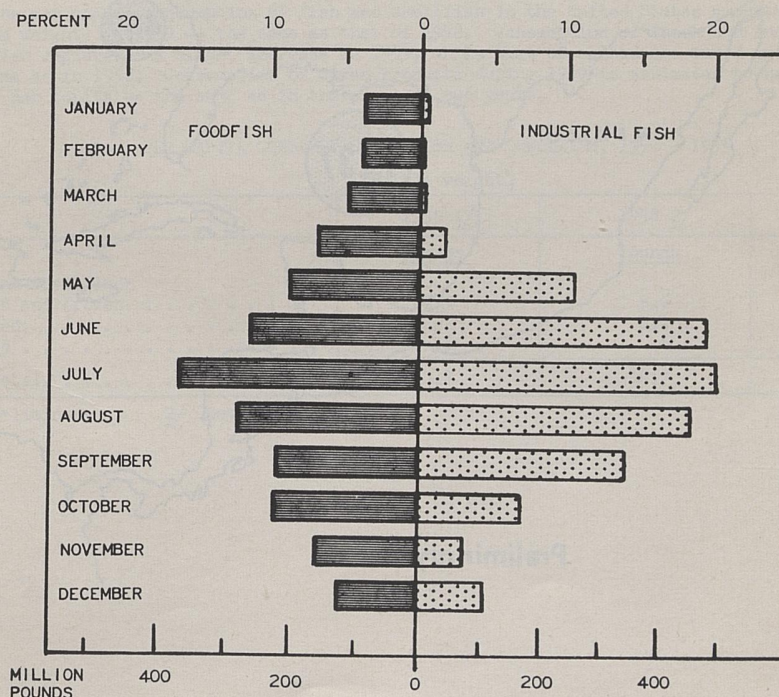
## CATCH BY MONTHS

Foodfish outweighed industrial fish the first four months and the last three months of the year. However, during the period May to September 1959, the catch of fish for industrial purposes was far greater. Total landings during the four-month period June to September inclusive, accounted for 62 percent of the 1959 catch. Sources from which data on current landings are obtained are shown in Fishery Leaflet 432, entitled "Fishery Statistical Publications of the Bureau of Commercial Fisheries", which is available free upon request from the Office of Information, U.S. Fish and Wildlife Service, Washington 25, D.C.

MONTHLY CATCH AND UTILIZATION OF FISH AND SHELLFISH, 1959

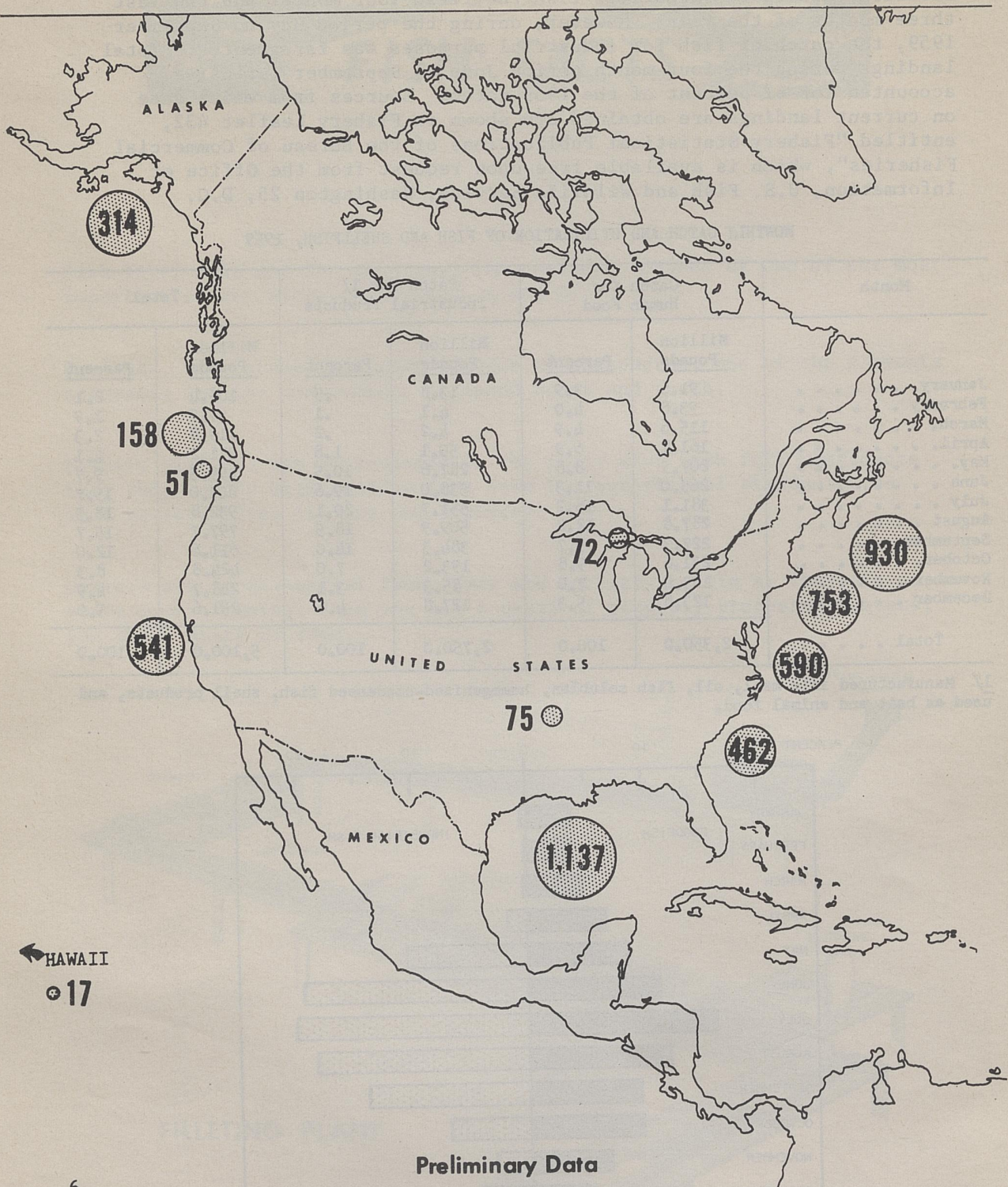
Month	Catch for Human Food		Catch for <u>1</u> / Industrial Products		Total	
	Million Pounds	Percent	Million Pounds	Percent	Million Pounds	Percent
January . . . . .	91.6	3.9	13.8	.5	105.4	2.1
February . . . . .	93.8	4.0	4.1	.1	97.9	1.9
March . . . . .	115.6	4.9	4.2	.2	119.8	2.3
April . . . . .	161.1	6.9	50.1	1.8	211.2	4.1
May . . . . .	207.9	8.8	287.6	10.5	495.5	9.7
June . . . . .	265.0	11.3	538.0	19.6	803.0	15.7
July . . . . .	381.1	16.2	551.7	20.1	932.8	18.3
August . . . . .	287.8	12.2	509.9	18.5	797.7	15.7
September . . . . .	227.3	9.7	384.3	14.0	611.6	12.0
October . . . . .	231.6	9.8	193.2	7.0	424.8	8.3
November . . . . .	163.4	7.0	85.3	3.1	248.7	4.9
December . . . . .	123.8	5.3	127.8	4.6	251.6	5.0
Total . . . . .	2,350.0	100.0	2,750.0	100.0	5,100.0	100.0

1/ Manufactured into meal, oil, fish solubles, homogenized-condensed fish, shell products, and used as bait and animal food.



# UNITED STATES CATCH BY AREAS, 1959

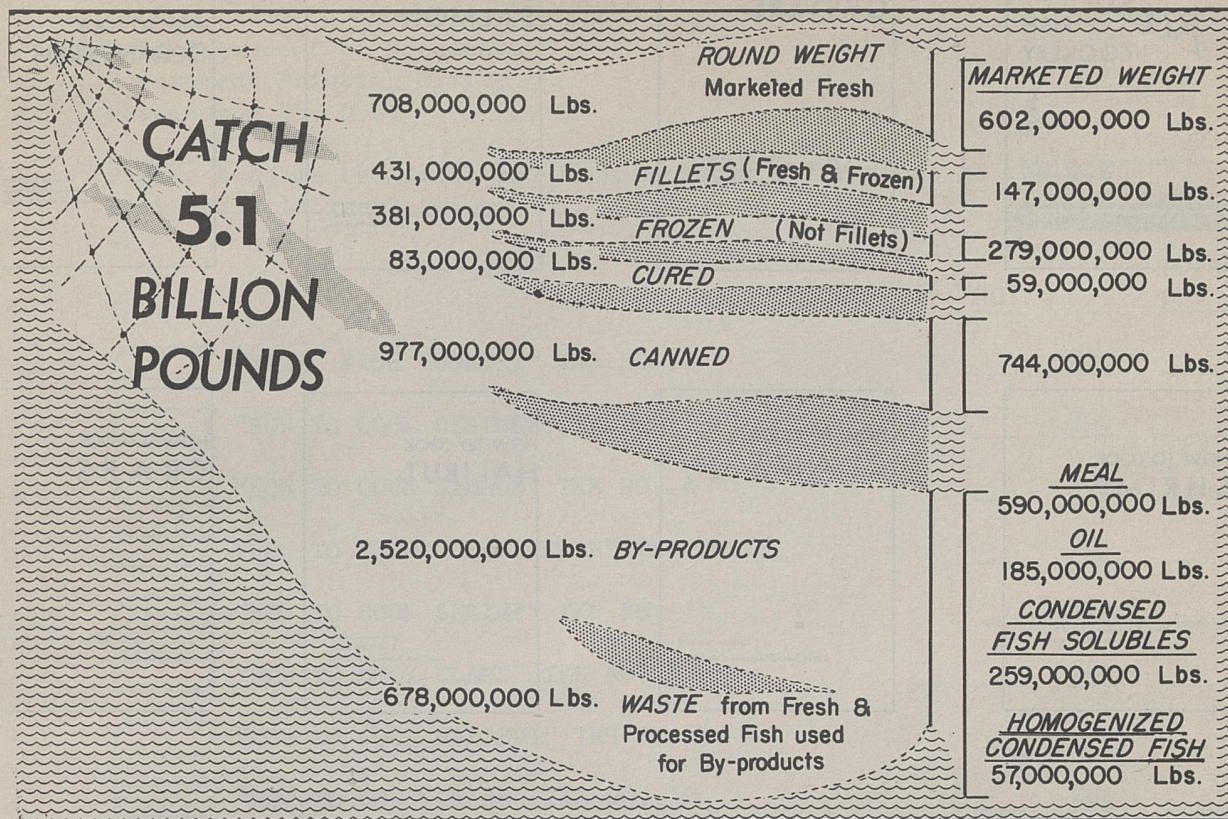
(Figures represent million pounds)



Preliminary Data



# FLOW CHART of the COMMERCIAL FISHERIES - 1959



THE ROUND AND MARKETED WEIGHTS SHOWN ABOVE DO NOT INCLUDE IMPORTED ITEMS PROCESSED IN THE UNITED STATES. THE MARKETED WEIGHTS LISTED DO NOT INCLUDE FRESH BAIT, OR ANIMAL FOOD PREPARED FROM WASTE, SHELL PRODUCTS, OR OTHER MISCELLANEOUS BYPRODUCTS.

## PER CAPITA CONSUMPTION

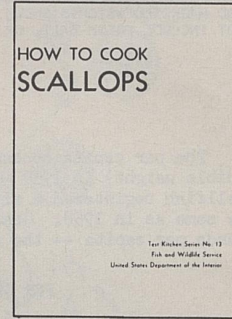
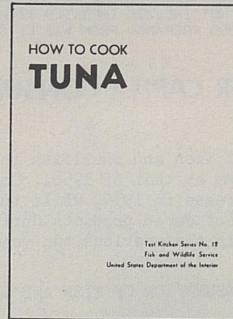
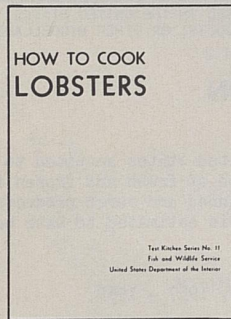
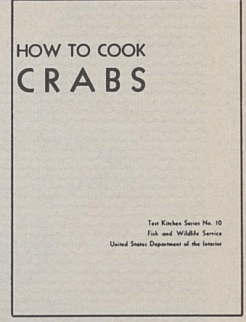
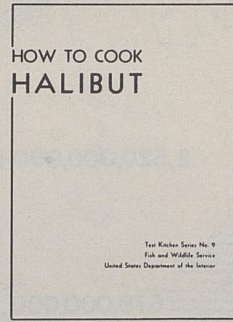
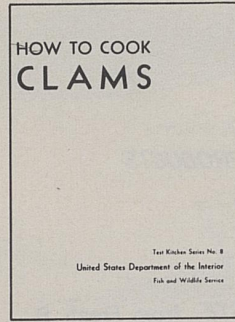
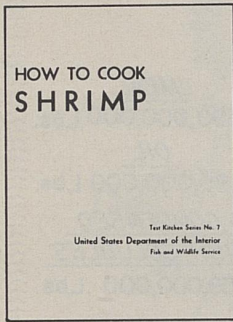
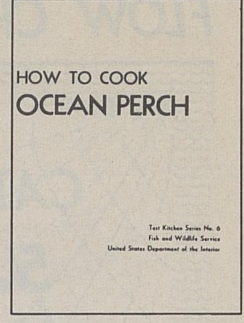
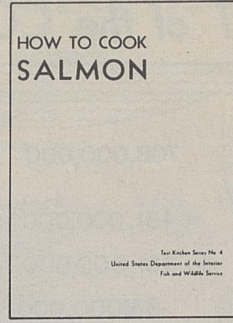
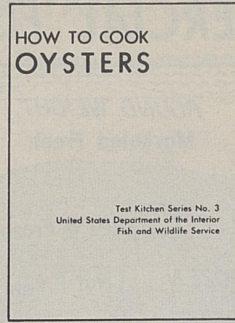
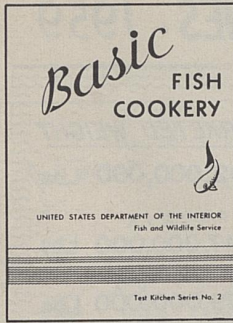
The per capita consumption of fish and shellfish in the United States amounted to 10.7 pounds (edible weight) in 1959 -- the same as that of 1958. Consumption of fresh and frozen fish and shellfish registered a slight increase in 1959, while that of canned and cured products remained the same as in 1958. Consumption of cured products during 1959 is estimated to have been .6 pounds per capita -- the same as in the previous two years.

### PER CAPITA CONSUMPTION OF FISH AND SHELLFISH, 1957 - 1959

(Edible weight)

	1959 <sup>1/</sup>	1958 <sup>2/</sup>	1957
	Pounds	Pounds	Pounds
Fish and Shellfish:			
Fresh and frozen. . . . .	5.9	5.9	5.6
Canned. . . . .	4.2	4.2	3.9
Cured. . . . .	.6	.6	.6
Total. . . . .	10.7	10.7	10.1

<sup>1/</sup> Preliminary.      <sup>2/</sup> Revised.



The illustrated Test Kitchen Series Booklets numbers 2,3,4,6,7,8, 9,10,11,12, and 13 contain many pages of easy to follow fish recipes and helpful tips for the housewife. In addition two full color cookbooks circular No. 41 "Shrimp Tips From New Orleans", and Circular No. 60 "Take a Can of Salmon", are available. All may be purchased from the Superintendent of Documents, Washington 25, D.C. A 25-percent Discount is given on orders of 100 or more of any one publication sent to one address. An order blank is reproduced on the next page for your convenience.

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Superintendent of Documents  
Government Printing Office  
Washington 25, D.C.

Please send me the following fish cookery publications of the U.S.  
Fish and Wildlife Service:

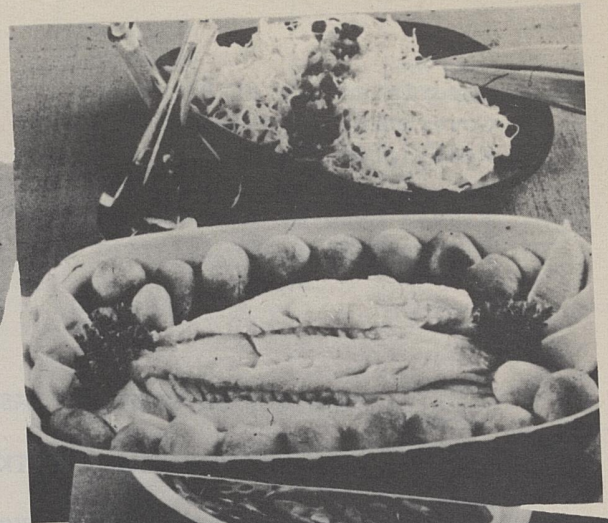
	<u>NO.</u>	<u>AT.</u>	<u>TOTAL COST</u>
<input type="checkbox"/> "BASIC FISH COOKERY" TKS NO. 2	___	25¢	___
<input type="checkbox"/> "HOW TO COOK OYSTERS" TKS NO. 3	___	20¢	___
<input type="checkbox"/> "HOW TO COOK SALMON" TKS NO. 4	___	20¢	___
<input type="checkbox"/> "HOW TO COOK OCEAN PERCH" TKS NO. 6	___	10¢	___
<input type="checkbox"/> "HOW TO COOK SHRIMP" TKS NO. 7	___	15¢	___
<input type="checkbox"/> "HOW TO COOK CLAMS" TKS NO. 8	___	20¢	___
<input type="checkbox"/> "HOW TO COOK HALIBUT" TKS NO. 9	___	20¢	___
<input type="checkbox"/> "HOW TO COOK CRABS" TKS NO. 10	___	20¢	___
<input type="checkbox"/> "HOW TO COOK LOBSTERS" TKS NO. 11	___	20¢	___
<input type="checkbox"/> "HOW TO COOK TUNA" TKS NO. 12	___	20¢	___
<input type="checkbox"/> "HOW TO COOK SCALLOPS" TKS NO. 13	___	20¢	___
<input type="checkbox"/> "SHRIMP TIPS FROM NEW ORLEANS" Circular No.41	___	15¢	___
<input type="checkbox"/> "TAKE A CAN OF SALMON" Circular No. 60	___	15¢	___
TOTAL	___	___	___

(Name) \_\_\_\_\_

(Street) \_\_\_\_\_

(City and State) \_\_\_\_\_

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# FOOD PHOTOGRAPHS FOR FOOD EDITORS

If you desire exclusive photographs in your city, of fish and shellfish dishes, contact one of the following Marketing Offices of the Bureau of Commercial Fisheries:

408 Atlantic Avenue  
Boston 10, Massachusetts

400 E. Lombard Street  
Baltimore 2, Maryland

4232 Herschel Avenue  
Dallas 19, Texas

P.O. Box 4914  
Jacksonville, Florida

110 E. 45th Street  
New York, New York

P.O. Box 630  
Pascagoula, Mississippi

2601 Market Street  
Seattle 7, Washington

101 Seaside Avenue  
Terminal Island, California

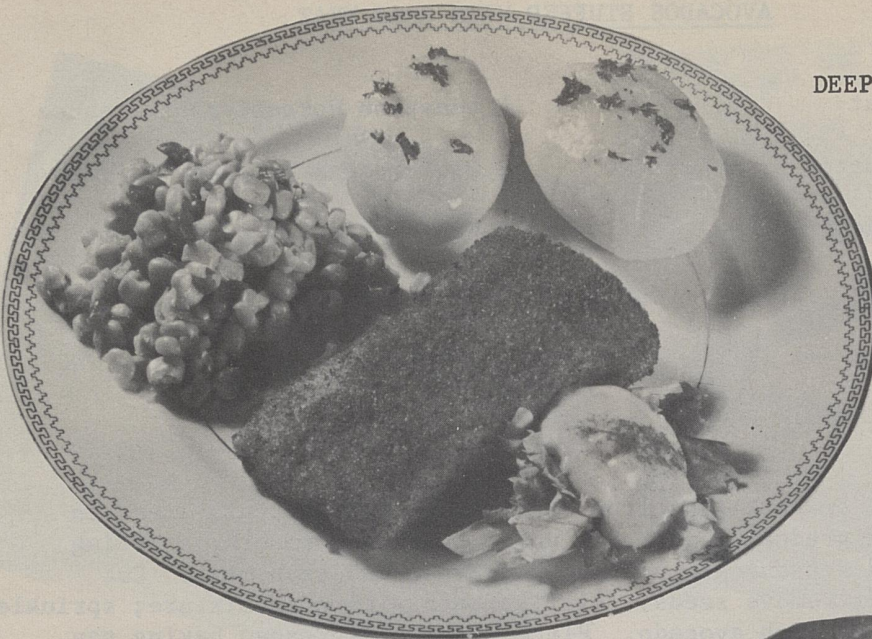
920 N. Main Street  
Ann Arbor, Michigan

AVOCADOS STUFFED WITH CRAB MEAT

1 pound crab meat	$\frac{1}{4}$ teaspoon Worcestershire sauce
2 tablespoons butter or other fat	2 tablespoons chopped pimiento
2 tablespoons flour	2 tablespoons chopped olives
1 cup milk	3 ripe avocados
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ cup grated cheese
Dash pepper	

Remove any shell or cartilage from crab meat. Melt butter; blend in flour. Add milk gradually and cook until thick and smooth, stirring constantly. Add seasonings, pimiento, olives, and crab meat. Cut avocados in half; remove seeds. Fill centers with crab mixture; sprinkle cheese over top of each avocado. Place in a well-greased baking pan, 12 x 8 x 2 inches. Bake in a moderate oven, 350°F., for 20 to 25 minutes or until brown. Serves 6.



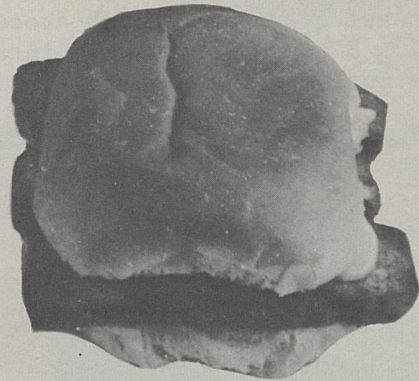


DEEP FAT FRIED FISH

"BUSY-DAY" FAVORITES

5 FISH DISH FAVORITES  
SURE TO PLEASE,  
YET TAKES LESS  
THAN TWENTY MINUTES  
TO PREPARE.

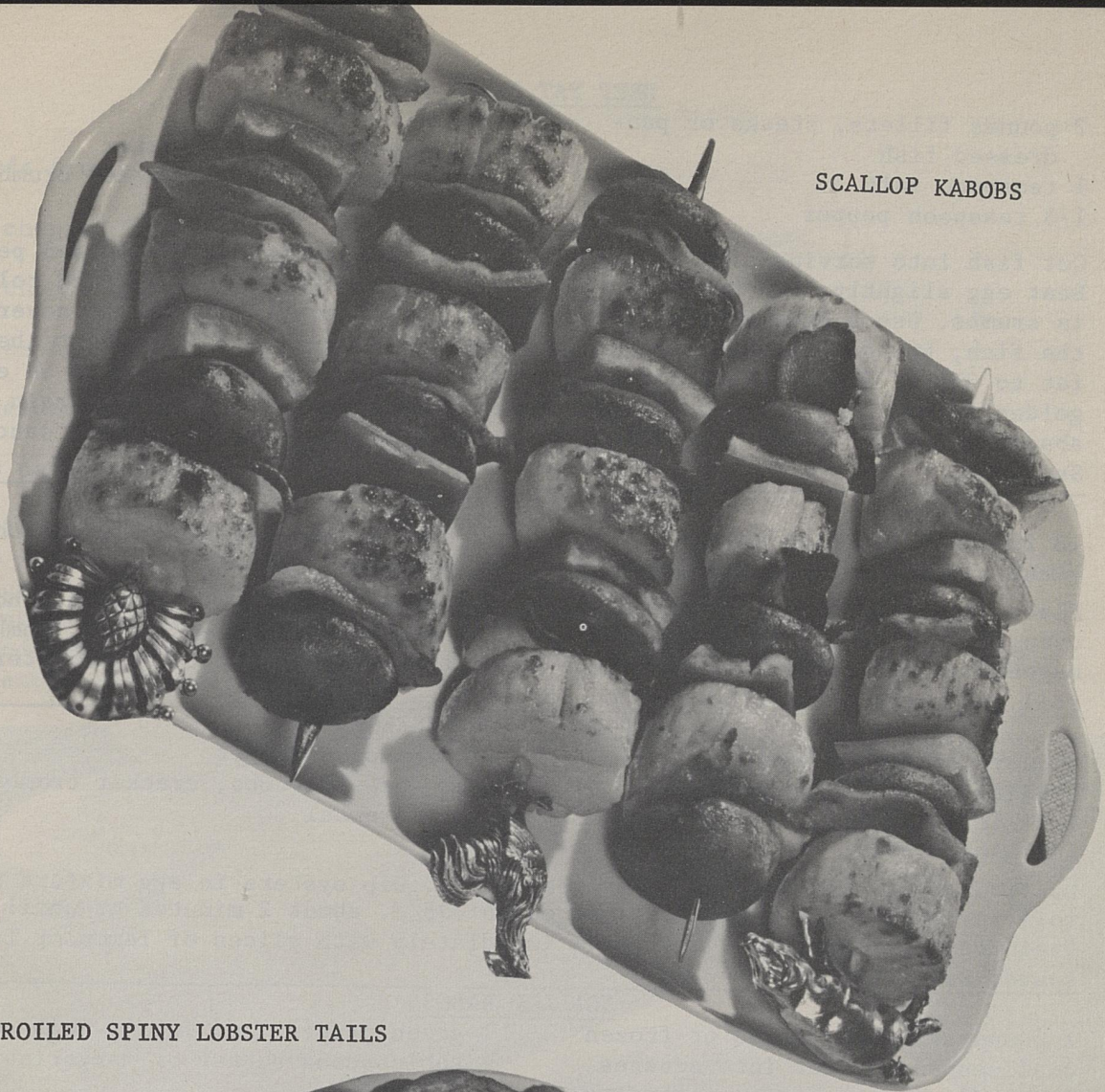
Recipes on page 14



FISH STICK BURGERS



DEEP FAT FRIED OYSTERS



SCALLOP KABOBS

BROILED SPINY LOBSTER TAILS



#### DEEP FAT FRIED FISH

2 pounds fillets, steaks or pan-dressed fish	1 egg
1 teaspoon salt	1 tablespoon milk or water
1/8 teaspoon pepper	1 cup bread crumbs, cracker crumbs, cornmeal or flour

Cut fish into serving-size portions. Sprinkle both sides with salt and pepper. Beat egg slightly, and blend in the milk. Dip the fish in the egg and roll in crumbs. Use a deep kettle with a frying basket and enough fat to cover the fish, but do not have the kettle more than half full of fat. Heat the fat to 375°F. Place a layer of fish in the frying basket and cook to an even golden brown, about 3 to 5 minutes. Raise basket, remove fish, and drain on absorbent paper. Serve immediately on a hot platter, plain or with a sauce. Serves 6.

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#### FISH STICK BURGERS

18 frozen fried fish sticks	2 tablespoons sweet pickle relish
1/2 cup mayonnaise or salad dressing	6 buttered toasted rolls

Place fish sticks in a single layer in a greased baking pan. Bake in a hot oven, 400°F., for 15 to 20 minutes or until heated through and crisp. Combine mayonnaise and relish. Chill. Place three fish sticks on a toasted buttered roll and serve with relish sauce. Serves 6.

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#### DEEP FAT FRIED OYSTERS

1 quart select oysters	1/8 teaspoon pepper
2 eggs, beaten	1 cup bread crumbs, cracker crumbs, or cornmeal
2 tablespoons milk	
1 teaspoon salt	

Drain oysters. Mix eggs, milk, and seasonings. Dip oysters in egg mixture and roll in crumbs. Fry in hot fat heated to 375 F. about 2 minutes or until brown. Drain on absorbent paper, and serve immediately with slices of lemon or Tartar sauce. Serves 6.

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#### SCALLOP KABOBS

1 pound scallops, fresh or frozen	1 green pepper, cut into 1-inch squares
4 slices bacon, cut into squares	3 tablespoons butter or margarine, melted
1 can (4 ounces) button mushrooms, drained	1/2 teaspoon salt -- Dash pepper

Thaw frozen scallops. Remove any shell particles and wash. Alternate scallops, squares of bacon, mushrooms, and green pepper on 6 skewers, 7 inches each. Place on a greased broiler pan. Combine butter and seasonings. Brush kabobs with seasoned butter. Broil about 3 inches from source of heat for 5 minutes. Turn carefully. Brush other side with seasoned butter and broil 3 to 5 minutes longer. Serves 6

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#### BROILED SPINY LOBSTER TAILS

6 frozen spiny lobster tails (5 to 8 ounces each)	Dash white pepper
1/3 cup butter or margarine, melted	Dash paprika
1/2 teaspoon salt	3/4 cup butter or margarine, melted
	3 tablespoons lemon juice

Thaw lobster tails. Cut in half lengthwise. Lay lobster tails open as flat as possible on a broiler pan. Brush lobster meat with butter. Sprinkle with salt, pepper, and paprika. Broil about 4 inches from source of heat for 10 to 15 minutes, depending on size of lobster tails. Combine butter and lemon juice; serve with lobster tails. Serves 6.



### BAKED FISH PORTIONS IN CREOLE SAUCE

2 pounds frozen, unbreaded fish portions	1 teaspoon salt
$\frac{1}{4}$ cup chopped onion	$\frac{1}{2}$ teaspoon sugar
$\frac{1}{4}$ cup chopped green pepper	Dash pepper
3 tablespoons butter or other fat, melted	1 whole bay leaf
2 tablespoons flour	1 whole clove
2 cups canned tomatoes	

Place frozen portions in a single layer in a well-greased baking pan, 12 x 8 x 2 inches. Cook onion and green pepper in butter until tender. Blend in flour. Add tomatoes and seasonings and cook until thick, stirring constantly. Remove bay leaf and clove. Cover fish with the sauce. Bake in a moderate oven, 350° F., for 35 to 40 minutes or until fish flakes easily when tested with a fork. Serves 6.



### BAKED ROCKFISH ALASKA

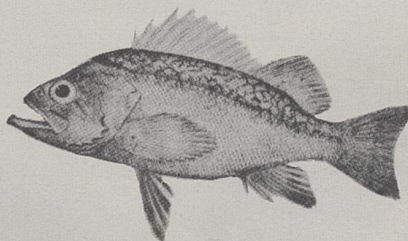
2 pounds rockfish fillets or other fish fillets, fresh or frozen	1/3 cup grated Parmesan cheese
1 cup sour cream	2 teaspoons salt
1/2 cup chopped green onion tops	Paprika

Thaw frozen fillets. Cut into serving-size portions. Place in a single layer in a well-greased baking pan, 12 x 8 x 2 inches. Combine sour cream, onion tops, cheese, and salt. Spread over rockfish. Bake in a moderate oven, 350° F., for 30 to 35 minutes or until fish flakes easily when tested with a fork. Garnish with paprika. Serves 6.

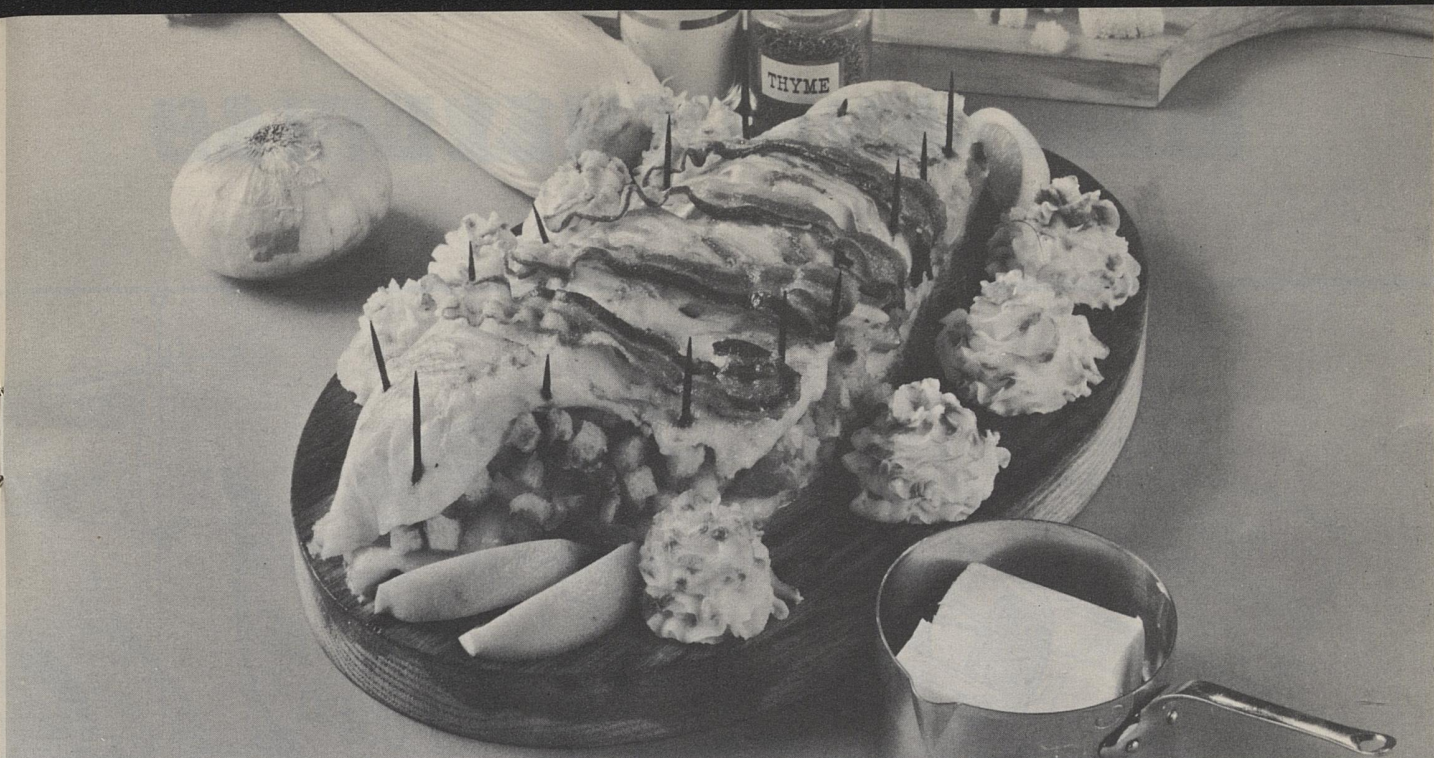
### BAKED RED SNAPPER WITH MUSHROOMS

2 pounds red snapper steaks or other fish steaks, fresh or frozen	1 teaspoon salt
1/2 cup butter or other fat, melted	1 teaspoon grated onion
1 can (4 ounces) mushroom stems and pieces, drained.	Dash pepper
2 tablespoons lemon juice	Paprika

Thaw frozen steaks. Place in a single layer in a well-greased baking pan, 13 x 9 x 2 inches. Combine all ingredients except paprika and pour over fish. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until fish flakes easily when tested with a fork. Serve with paprika sprinkled over the top. Serves 6.



ROCKFISH



### BAKED STUFFED HADDOCK FILLETS

2 haddock fillets or other fish fillets (1 pound each), fresh or frozen

1 teaspoon salt

Dash pepper

Bread stuffing

$\frac{1}{2}$  cup butter or other fat, melted

3 slices bacon (optional)

Thaw frozen fillets. Skin fillets if necessary and sprinkle with salt and pepper. Place one fillet in a well-greased baking pan, 11 x 7 x 1 inch. Place stuffing on fillet and cover with the other fillet. Fasten together with toothpicks or skewers. Brush top with butter and lay slices of bacon on top. Bake in a moderate oven, 350°F., for 30 to 40 minutes or until the fish flakes easily when tested with a fork. Serves 6.

### BREAD STUFFING

2 tablespoons chopped onion

$\frac{1}{2}$  cup chopped celery

3 tablespoons butter or other fat, melted

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

Dash pepper

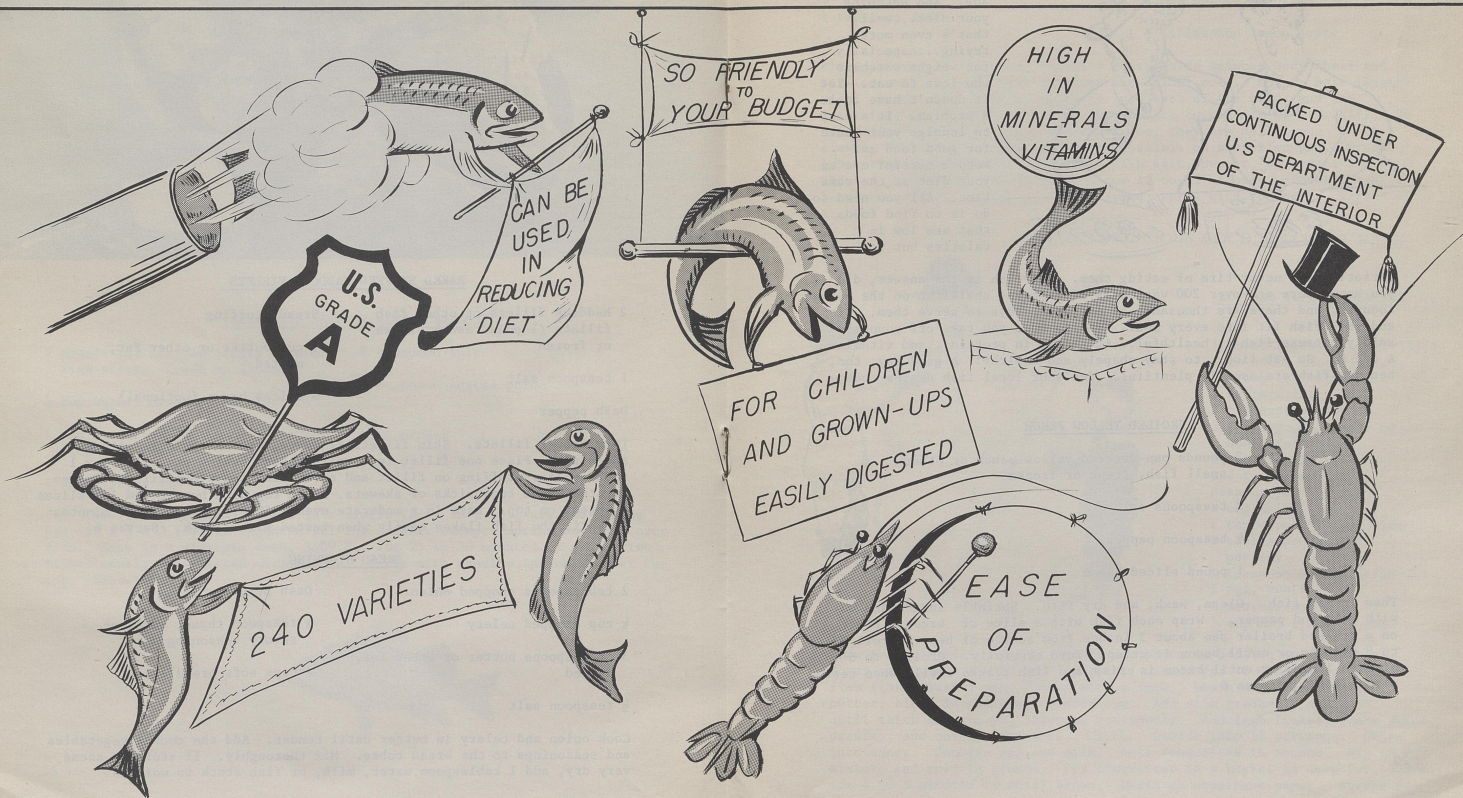
$\frac{1}{2}$  teaspoon thyme, sage, or savory seasoning

2 cups soft bread cubes

Cook onion and celery in butter until tender. Add the cooked vegetables and seasonings to the bread cubes. Mix thoroughly. If stuffing seems very dry, add 1 tablespoon water, milk, or fish stock to moisten.

# FISH AND SHELLFISH

# CARNIVAL OF VALUES



## WATCHING YOUR DIET?



Trying to take a few inches off the waistline?...it's no easy job. And watching your diet...well, that's even more trying...especially for weight watchers who love to eat. Yet it doesn't have to be a problem. It's easy to indulge your taste for good food and keep a careful eye on your diet at the same time. All you need to do is to find foods that are low in calories but so

versatile you never tire of eating them. And fish is the answer, did you know there are over 200 varieties of fish and shellfish on the market today?... and there are thousands of different ways to serve them. Fish and shellfish fit into every meal. What's more you take off pounds safely because fish is healthful...it's high in protein...and vitamins A and D. So eat fish...to stay shapely and healthy! A good buy, too, because fish are usually plentiful. See your local fish dealer today.

### BROILED YELLOW PERCH

- 2 pounds pan-dressed yellow perch or other small fish, fresh or frozen
- 2 teaspoons salt
- $\frac{1}{2}$  teaspoon pepper
- 1 pound sliced bacon

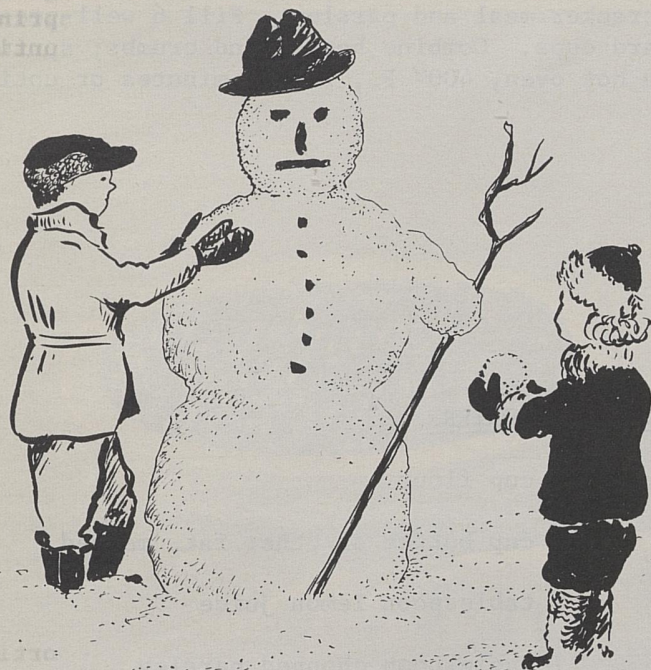
Thaw frozen fish. Clean, wash, and dry fish. Sprinkle inside and out with salt and pepper. Wrap each fish with a slice of bacon. Place on a greased broiler pan about 3 inches from source of heat. Broil 5 to 8 minutes or until bacon is crisp. Turn carefully. Broil 5 to 8 minutes longer or until bacon is crisp and fish flakes easily when tested with a fork. Serves 6.

### BROILED LOBSTERS

- |   |   |
|---|---|
| 2 live lobsters (1 pound each)              | Dash white pepper                             |
| 1 tablespoon butter or other fat,<br>melted | Dash paprika                                  |
| $\frac{1}{2}$ teaspoon salt                 | $\frac{1}{2}$ cup butter or other fat, melted |
|   | 1 tablespoon lemon juice                      |

Place lobster on its back; insert a sharp knife between body shell and tail segment, cutting down to sever the spinal cord. Cut in half lengthwise. Remove the stomach, which is just back of the head, and the intestinal vein, which runs from the stomach to the tip of the tail. Do not discard the green liver and coral roe; they are delicious. Crack claws. Lay lobsters open as flat as possible on a broiler pan. Brush lobster meat with butter. Sprinkle with salt, pepper, and paprika. Broil about 4 inches from source of heat for 12 to 15 minutes or until lightly browned. Combine butter and lemon juice; serve with lobsters. Serves 2.

### DELICIOUS COLD WEATHER FARE



### BUFFALO FISH CROQUETTES

- 1 pound buffalo fish fillets  
or other fish fillets,  
fresh or frozen
- 1 quart water
- 1 tablespoon salt
- 3 tablespoons butter or  
other fat
- 3 tablespoons flour
- $\frac{3}{4}$  teaspoon salt
- Dash pepper
- 1 cup milk
- 1 tablespoon lemon juice
- 1 tablespoon chopped  
parsley
- 1 teaspoon grated onion
- 1 egg, beaten
- 1 tablespoon milk
- 1 cup dry bread crumbs

Thaw frozen fillets. Skin fillets and place in boiling salted water. Cover and return to the boiling point; simmer for 10 minutes or until fish flakes easily when tested with a fork. Drain and flake. Melt butter; blend in flour and seasonings. Add milk gradually and cook until thick and smooth, stirring constantly. Add fish flakes, lemon juice, parsley, and onion. Mix well. Chill. Divide into 12 portions. Shape into cones. Combine egg and milk. Roll croquettes in crumbs. Dip in egg mixture and roll in crumbs. Fry croquettes in a basket in deep fat, 375°F., for 4 to 5 minutes or until brown. Drain on absorbent paper. Serves 6.

### DEVILED CLAMS

1 pint clams	½ teaspoon pepper
½ cup chopped celery	½ teaspoon thyme
2 tablespoons chopped onion	3 drops tabasco
1 clove garlic, finely chopped	1 egg, beaten
½ cup butter or other fat, melted	½ cup cracker meal
1 tablespoon flour	2 tablespoons chopped parsley
1 tablespoon chili sauce	2 tablespoons butter or other fat, melted
¾ teaspoon salt	½ cup dry bread crumbs

Drain clams. Chop. Cook celery, onion, and garlic in butter until tender. Blend in flour, chili sauce, and seasonings. Add clams and cook until thick, stirring constantly. Stir a little of the hot sauce into egg; add to remaining sauce, stirring constantly. Add cracker meal and parsley. Fill 6 well-greased, individual shells or 5-ounce custard cups. Combine butter and crumbs; sprinkle over top of each shell. Bake in a hot oven, 400° F., for 10 minutes or until brown. Serves 6.

### FLOUNDER MEUNIÈRE

2 pounds flounder fillets or other fish fillets, fresh or frozen	1 cup flour
1 teaspoon salt	½ cup butter or other fat, melted
Dash pepper	1 tablespoon lemon juice
	1 tablespoon chopped parsley

Thaw frozen fillets and skin if necessary. Cut into serving-size portions. Sprinkle with salt and pepper. Roll in flour. Fry in butter. When fish is brown on one side, turn carefully and brown the other side. Cooking time approximately 10 to 15 minutes, depending on thickness of fish. Remove fish from pan and place on a hot platter. To browned butter, add lemon juice; pour over fish. Sprinkle with parsley. Serves 6.

### HALIBUT STEAKS WITH PIQUANT MERINGUE

2 pounds halibut steaks or other  
fish steaks, fresh or frozen

1 teaspoon salt

Dash pepper

$\frac{1}{4}$  cup butter or other fat, melted

$\frac{1}{2}$  cup mayonnaise or salad dressing

1 teaspoon Worcestershire sauce

$\frac{1}{2}$  cup grated cheese

$\frac{1}{2}$  teaspoon prepared mustard

1 egg white, beaten

Thaw frozen steaks. Cut into serving-size portions and sprinkle with salt and pepper. Place on a greased broiler pan about 3 inches from source of heat. Brush with butter and broil 4 to 8 minutes or until slightly browned. Baste with butter and turn carefully. Brush other side with butter and broil 4 to 8 minutes longer or until fish flakes easily when tested with a fork. While fish is broiling, combine next 4 ingredients and fold into egg white. Place mixture on top of fish. Brown in broiler about 1 minute. Serves 6.





### MACKEREL SALAD SURPRISE

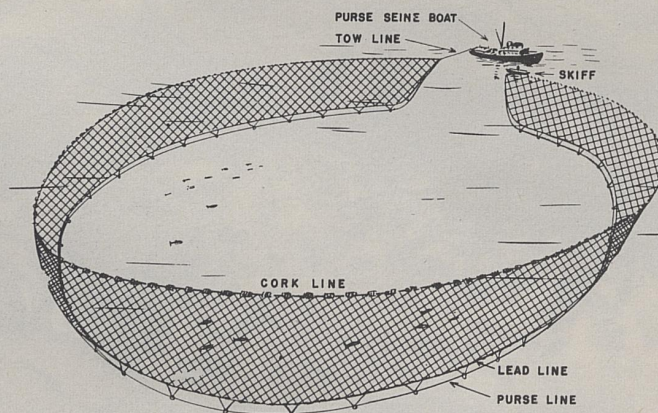
- |                                    |  |
|------------------------------------|--|
| 1 can (15 ounces) mackerel         | $\frac{1}{2}$ cup mayonnaise or salad dressing |
| 1 cup chopped celery               | 6 medium tomatoes                              |
| 2 tablespoons chopped onion        | Salad greens                                   |
| 2 tablespoons chopped sweet pickle | $\frac{1}{4}$ teaspoon salt                    |
| 3 hard-cooked eggs, chopped        |  |

Drain mackerel. Combine all ingredients except tomatoes, salad greens, and salt. Chill. Wash tomatoes. Remove stem ends and cut tomatoes almost through into sixths. Place tomatoes on salad greens and spread open. Sprinkle with salt. Place mackerel salad in center of tomatoes. Serves 6.

### MAINE SARDINE NOODLE CASSEROLE

- |   |  |
|---|--|
| 3 cans (3-3/4 ounces each) Maine Sardines | $\frac{1}{2}$ teaspoon salt              |
| 4 ounces uncooked noodles                 | $1\frac{1}{2}$ cups milk                 |
| 3 tablespoons chopped onion               | $\frac{1}{2}$ cup grated cheese          |
| 3 tablespoons chopped green pepper        | 1 tablespoon butter or other fat, melted |
| 3 tablespoons butter or other fat, melted | $\frac{1}{4}$ cup dry bread crumbs       |
| $\frac{1}{2}$ cup flour                   |  |

Drain sardines. Cook noodles as directed on package; drain. Cook onion and green pepper in butter until tender. Blend in flour and salt. Add milk gradually and cook until thick, stirring constantly. Add cheese and heat until cheese melts. Combine sardines, noodles, and sauce. Place in a well-greased,  $1\frac{1}{2}$ -quart casserole. Combine butter and crumbs; sprinkle over the top. Bake in a moderate oven,  $350^{\circ}$  F., for 30 minutes or until crumbs are brown. Serves 6.





Catching mullet is easy if you know how. Once the net is set around the fish it is only necessary to scare them, they catch themselves. Now that they are caught the only problem is getting them out of the net. Fortunately that is the commercial fishermen's worry, and not ours, and they are quite adept at the job.

In fact give those commercial fishermen a choice of fish for their own dinner, and more often than not they will pick mullet. Try this recipe and you too will discover why commercial fishermen choose mullet for family meals.

#### MULLET CHOWDER

1 pound mullet fillets or other fish fillets, fresh or frozen

2 tablespoons chopped bacon or salt pork

$\frac{1}{2}$  cup chopped onion

2 cups hot water

1 cup diced potatoes

$\frac{3}{4}$  teaspoon salt

Dash pepper

2 cups milk

Chopped parsley

Thaw frozen fillets. Skin fillets. Cut into 1-inch cubes. Fry bacon until lightly browned. Add onion and cook until tender. Add water, potatoes, seasonings, and fish. Cook about 15 minutes or until potatoes are tender. Add milk; heat. Garnish with parsley sprinkled over the top. Serves 6.

### OYSTERS REMICK

36 shell oysters*	6 drops tabasco
2 cups mayonnaise or salad dressing	Dash pepper
$\frac{1}{4}$ cup chili sauce	2 teaspoons lemon juice
1 tablespoon prepared mustard	2 tablespoons butter or other fat, melted
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup dry bread crumbs
$\frac{1}{4}$ teaspoon paprika	

Scrub shells well; rinse in cold water. Shuck and drain oysters; place on deep half of shells. Place shells on broiler pans. Combine mayonnaise, chili sauce, seasonings, and lemon juice. Spread about 1 tablespoon sauce over each oyster. Combine butter and crumbs; sprinkle over oysters. Broil about 3 inches from source of heat for 5 minutes or until edges of oysters begin to curl. Serves 6.

\* If shell oysters are not available,  $1\frac{1}{2}$  pints select oysters may be used. Drain oysters, and arrange on a shallow well-greased baking dish; spread with seasonings, and cook as above.



### PAN-FRIED RAINBOW TROUT

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

$\frac{1}{4}$  cup evaporated milk

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

Dash pepper

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

$\frac{1}{4}$  cup cornmeal

1 teaspoon paprika

Lemon wheels

Thaw frozen fish. Clean, wash, and dry fish. Combine milk, salt, and pepper. Combine flour, cornmeal, and paprika. Dip fish in milk mixture and roll in flour mixture. Place fish in a heavy frying pan which contains about  $\frac{1}{8}$  inch of fat, hot but not smoking. Fry at moderate heat 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 wheels. Serves 6.



### PARTY-FARE FISH STICKS

2 packages (8 ounces each) frozen fried fish sticks	$\frac{1}{2}$ teaspoon soy sauce
1 can (1 pound 4 ounces) pineapple chunks	Dash garlic salt
1 cup pineapple juice	$\frac{1}{2}$ cup coarsely chopped green pepper
2 tablespoons sugar	$1\frac{1}{2}$ tablespoons cornstarch
2 tablespoons vinegar	2 tablespoons water
	Parsley

Place fish sticks in a single layer on a well-greased cooky sheet, 15 x 12 inches. Bake in a hot oven, 400° F., for 15 to 20 minutes or until heated through and crisp. Drain pineapple, reserving juice for sauce. While fish sticks are baking, combine pineapple juice, sugar, vinegar, soy sauce, and garlic salt. Bring to a boil. Add pineapple chunks and green pepper. Combine cornstarch and water to make a thin paste. Add gradually to hot sauce and cook until thick, stirring constantly. Serve over fish sticks. Garnish with parsley. Serves 6.

### SALMON RICE WITH KEBABS

1 pound can salmon	1 cup uncooked rice
$\frac{1}{2}$ cup chopped onion	18 mushrooms
2 tablespoons butter or other fat, melted	3 green peppers
$\frac{2}{3}$ cup water	3 tomatoes
1 can (10 $\frac{1}{2}$ ounces) condensed consomme'	$\frac{1}{2}$ cup butter or other fat, melted

Drain salmon. Break salmon into large pieces. Cook onion in butter until tender. Add water and consomme'; bring to a boil. Place rice, salmon, and consomme' mixture in a well-greased, 2-quart casserole. Stir. Bake, covered, in a moderate oven, 350° F., for 35 minutes or until rice is tender. While rice is baking, wash mushrooms, green peppers, and tomatoes. Cut tomatoes and green peppers into sixths. Remove stems from mushrooms. Alternate tomatoes, mushrooms, and green peppers on 6 skewers, 7 inches each. Place on a greased broiler pan. Brush kebabs with butter. Broil about 3 inches from source of heat for 3 minutes. Turn carefully; brush other side with butter and broil 3 minutes longer. Serve salmon-rice mixture on a platter with kebabs over top. Serves 6.

IN THE SPOTLIGHT

## SCALLOPS



MEAL AFTER MEAL  
THE CONSUMER HAS  
SHOWN ADMIRATION  
FOR THE DELICIOUS  
FLAVOR OF THIS SHELLFISH.

### SWEET SOUR BARBECUED SCALLOPS

- 2 pounds scallops, fresh or frozen
- $\frac{1}{2}$  cup butter or other fat, melted
- $\frac{1}{2}$  cup grated onion
- 2 teaspoons powdered mustard
- 2 tablespoons lemon juice
- $\frac{1}{2}$  cup brown sugar
- $\frac{1}{2}$  teaspoon salt
- Dash pepper

Thaw frozen scallops. Remove any shell particles and wash. Cut large scallops in half. Combine remaining ingredients. Place scallops in a baking pan, 11 x 7 x 1 inch. Cover with sauce. Broil about 3 inches from source of heat for 12 to 15 minutes or until brown. Stir and baste twice during broiling. Serves 6.



### SHRIMP AND PINEAPPLE SALAD

3 cans ( $4\frac{1}{2}$  ounces each) deveined,  
large shrimp

1 cup chopped celery

Lettuce

$\frac{1}{3}$  cup mayonnaise or salad  
dressing

1 can (1 pound 4 ounces) diced  
pineapple, drained

Drain shrimp. Cover shrimp with ice water; let stand for 5 minutes. Drain. Arrange lettuce in 6 salad bowls. Combine pineapple and celery. Place on lettuce. Arrange chilled shrimp on the top. Serve with mayonnaise. Serves 6.

### SHRIMP NEWBURG

$1\frac{1}{2}$  pounds shrimp, fresh or frozen

Dash cayenne pepper

1 quart water

Dash nutmeg

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

$1\frac{1}{2}$  cups coffee cream

$\frac{1}{2}$  cup butter or other fat

2 egg yolks, beaten

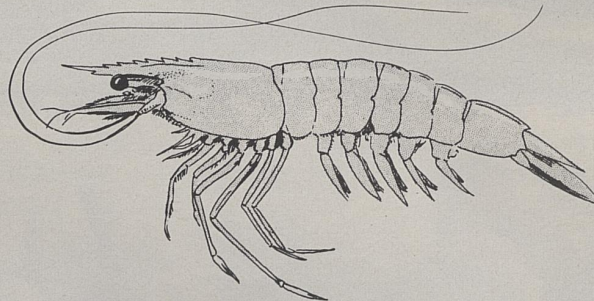
2 tablespoons flour

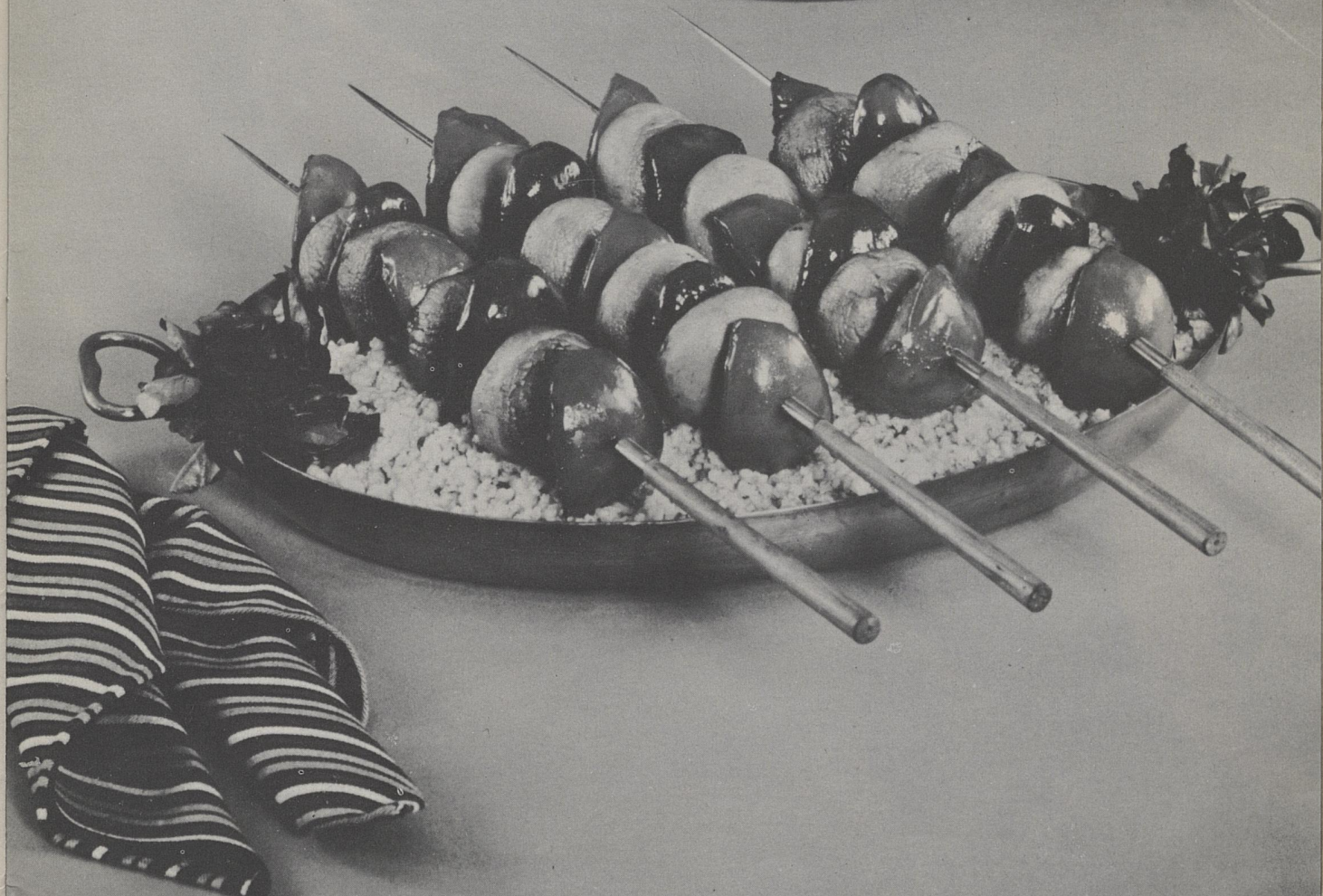
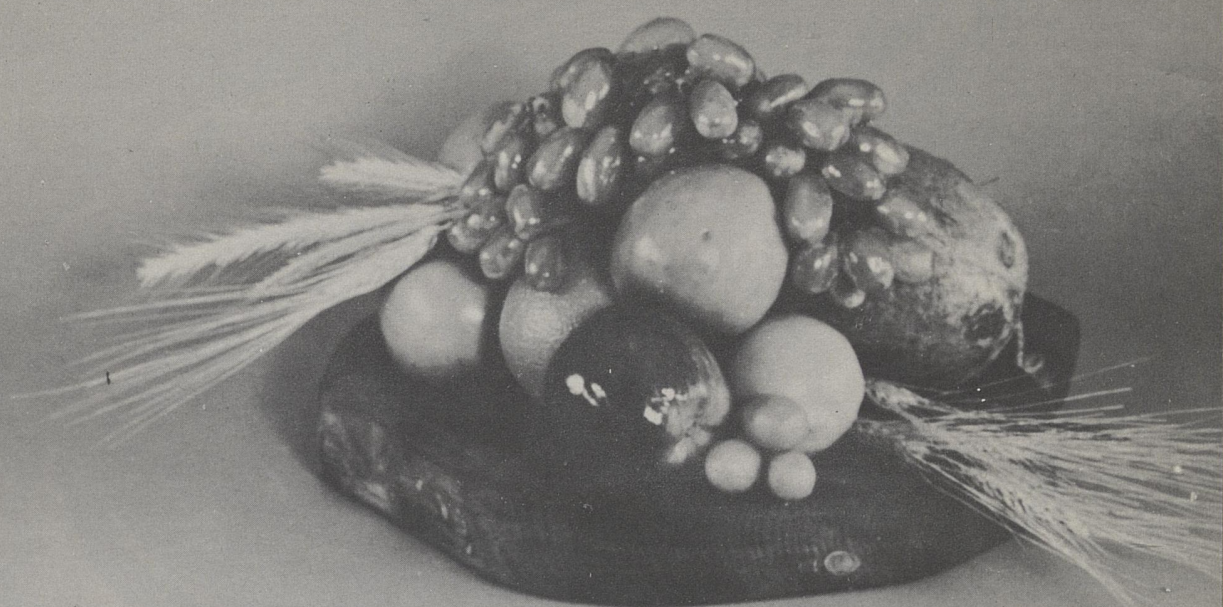
2 tablespoons sherry

$\frac{3}{4}$  teaspoon salt

Toast points

Wash shrimp. Place in boiling salted water. Cover and return to the boiling point. Simmer for 5 minutes. Drain and peel. Remove sand veins. Wash. Cut large shrimp in half. Melt butter; blend in flour and seasonings. Add cream gradually and cook until thick and smooth, stirring constantly. Stir a little of the hot sauce into egg yolks; add to remaining sauce, stirring constantly. Add shrimp; heat. Remove from heat and slowly stir in sherry. Serve immediately on toast points. Serves 6.











### TUNA PIZZA

2 cans (6½ or 7 ounces each) tuna	½ teaspoon salt
½ cup chopped onion	Dash pepper
3 tablespoons olive or salad oil	2 unbaked pizza crusts (9 inches each)
1 can (8 ounces) tomato sauce	½ cup sliced stuffed olives
1 can (6 ounces) tomato paste	½ pound mozzarella cheese, sliced thin
1 teaspoon whole oregano	

Drain tuna. Break into large pieces. Cook onion in olive oil until tender. Add tomato sauce, tomato paste, and seasonings. Simmer for 10 minutes. Place pizza crusts on well-greased cooky sheets, 15½ x 12 inches. Cover each crust with half of the sauce, tuna, olives, and cheese. Bake in a hot oven, 425°F., for 20 minutes or until crust browns and cheese melts. Makes 2 pies. Serves 6.





BOSTON FISH PIER

NOTES

1. Swordfish
2. Sailfish
3. Skate
4. Seahorse
5. Angelfish
6. Cigarfish
7. Flying Fish
8. Starfish
9. Sole
10. Moonfish
11. Pigfish
12. Pinfish
13. Ratfish
14. Rudderfish

15. Spadefish
16. Spanish Mackerel
17. Tilefish
18. Triggerfish
19. Wolfish
20. Humpback Salmon
21. Dog Salmon
22. Schoolmaster
23. King Crab
24. Stone Crab
25. Horseshoe Crab
26. Razor Clam
27. Tripletail





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