

STARTING THE FIRE



Line the bottom of the fire bowl with heavy-duty aluminum foil for easier cleaning later. To prevent the grill from burning out, line the bottom of the fire-box with a layer of small pebbles or vermiculite. This permits the fire to breathe, giving more heat from the coals. Make charcoal layer slightly wider all around than the food to be cooked on the grill. Start the fire sufficiently in advance so you will have a good bed of coals when you start barbecuing. One method used, which takes about 45 minutes, is to stack briquets in pyramid, and soak lightly with any recommended charcoal lighting fluid. Let stand 1 minute, then light. Many commercial forms of lighter fluid, easily ignited mats, and other lighting aids are available. **AT ALL TIMES, TAKE NECESSARY PRECAUTIONS WHEN LIGHTING THE FIRE. NEVER USE GASOLINE!** When the surface is covered with a gray ash, spread the coals evenly and the fire is ready.

FOR SMOKY FLAVOR

Wood chips from apple, oak, hickory, and cherry give smoke flavor to the fish. Soak chips in water at least an hour before using, so they will give a maximum smoke and not burn too rapidly. Add a few chips at a time to the charcoal while cooking. If chips flame up, add more wet chips. Remember—never overcook your fish. Fish should be cooked only until they flake easily when tested.

GPO 811-170

HOW TO BUY



Fish are marketed in various forms for different uses. Know these forms or "cuts" when you buy.

WHOLE—as the fish comes from the water. Before cooking, it must be eviscerated and scaled; usually the head, tail, and fins are also removed.

DRAWN—whole, eviscerated fish. Usually with the head, tail, scales, and fins removed.

DRESSED OR PAN-DRESSED — whole eviscerated and scaled fish. Usually the head, tail, and fins are removed. Ready to use.

STEAKS — cross-section slices from large dressed fish. Ready to use.

FILLETS—sides of the fish, cut length-wise away from the backbone. Ready to use.

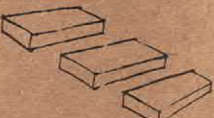
STICKS AND PORTIONS — pieces of fish cut from blocks of frozen fillets and having uniform sizes ranging in weight from one to several ounces. Ready to use.

CANNED FISH — includes many varieties of both fish and shellfish. Ready to use.

ASK YOUR DEALER'S HELP. When ordering fresh or frozen fish or shellfish tell your dealer how you plan to serve it. If you wish the head, tail, and fins removed from the whole or drawn fish, or if you wish the fish cut into serving-size portions, ask your dealer to do it. He will also open oysters or clams ready for serving — or shuck them ready for cooking.

HOW MUCH TO BUY. A serving of fish is generally one-third to one-half pound of edible fish. Therefore, for whole fish allow about 1 pound per person. For dressed fish allow one-half pound per person or 3 pounds for six people. For steaks, fillets or sticks, allow one-third pound per person or 2 pounds for 6 people.

HOW TO KNOW GOOD FISH. In selecting whole fresh fish, look for bright, clear, bulging eyes; reddish pink gills; and fins, elastic flesh, springing back when pressed.



AUG 3 1958
OUTDOOR

FISH

COOKERY



UNITED STATES DEPARTMENT OF THE INTERIOR

Stewart L. Udall, Secretary

FISH AND WILDLIFE SERVICE, Clarence F. Pautzke, Commissioner
BUREAU OF COMMERCIAL FISHERIES, Donald L. McKernan, Director



CIRCULAR 189

Created in 1849, the Department of the Interior—a Department of Conservation—is concerned with the management, conservation, and development of the Nation's water, fish, wildlife, mineral, forest, and park and recreational resources. It also has major responsibilities for Indian and Territorial affairs.

As the Nation's principal conservation agency, the Department works to assure that nonrenewable resources are developed and used wisely, that park and recreational resources are conserved for the future, and that renewable resources make their full contribution to the progress, prosperity, and security of the United States—now and in the future.

SUNSET SAUCES 'N' SEAFOODS



Versatile seafoods cooking on a charcoal grill, subtly blended with sunset and sauces, will firmly establish your reputation as a Master Chef, Specialist in Satisfaction. The wonderful world of seafoods lends itself perfectly to sparkling out-of-door get-togethers, with easy-to-do, easy-to-enjoy recipes featuring fishery items that are in good supply during the summer and fall.



BACON-WRAPPED SMELT

2 pounds pan-dressed smelt or other small fish, fresh or frozen
2 tablespoons lemon juice
2 teaspoons salt
1/4 teaspoon pepper
1 pound sliced bacon

Thaw frozen fish. Clean, wash, and dry fish. Brush inside of fish with lemon juice and sprinkle with salt and pepper. Wrap each fish with a slice of bacon. Place fish in well-greased, hinged wire grills. Cook 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.



CHARCOAL BROILED SCALLOPS

2 pounds scallops, fresh or frozen
1/2 cup melted fat or oil
1/4 cup lemon juice
2 teaspoons salt
1/4 teaspoon white pepper
1/2 pound sliced bacon
Paprika

Thaw frozen scallops. Rinse with cold water to remove any shell particles. Place scallops in a bowl. Combine fat, lemon juice, salt, and pepper. Pour sauce over scallops and let stand for 30 minutes, stirring occasionally. Cut each slice of bacon in half lengthwise and then crosswise. Remove scallops, reserving sauce for basting. Wrap each scallop with a piece of bacon and fasten with a toothpick. Place scallops in well-greased, hinged wire grills. Sprinkle with paprika. Cook about 4 inches from moderately hot coals for 5 minutes. Baste with sauce and sprinkle with paprika. Turn and cook for 5 to 7 minutes longer or until bacon is crisp. Serves 6.

BARBECUED HADDOCK FILLETS

2 pounds haddock fillets or other fish fillets, fresh or frozen
1/4 cup chopped onion
2 tablespoons chopped green pepper
1 clove garlic, finely chopped
2 tablespoons melted fat or oil
1 can (8 ounces) tomato sauce
2 tablespoons lemon juice
1 tablespoon Worcestershire sauce
1 tablespoon sugar
2 teaspoons salt
1/4 teaspoon pepper

Thaw frozen fillets. Cook onion, green pepper, and garlic in fat until tender. Add remaining ingredients and simmer for 5 minutes, stirring occasionally. Cool. Cut fillets into serving-size portions and place in a single layer in a shallow baking dish. 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 about 4 inches from moderately hot coals for 8 minutes. Baste with sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

CHESAPEAKE BAY CLAM BAKE

6 dozen soft-shell clams
12 small onions
6 medium baking potatoes
6 ears of corn, in husks
12 live blue crabs
Lemon wedges
Melted butter or margarine

Wash clam shells thoroughly. Peel onions and wash potatoes. Par-boil onions and potatoes for 15 minutes; drain. Remove corn silk from corn and replace husks. Cut 12 pieces of cheesecloth and 12 pieces of heavy duty aluminum foil, 18x36 inches each. Place 2 pieces of cheesecloth on top of 2 pieces of foil. Place 2 onions, a potato, ear of corn, 12 clams, and 2 crabs on cheesecloth. Tie the cheesecloth up over the food. Pour 1 cup of water over the package. Bring edges of foil together and seal tightly. Make 6 packages. Place packages about 4 inches from hot coals. Cover with hood or aluminum foil. Cook for 45 to 60 minutes or until onions and potatoes are cooked. Serve with lemon wedges and butter. Serves 6.

SCALLOP KABOBS

1 pound scallops, fresh or frozen
1 can (13 1/2 ounces) pineapple chunks, drained
1 can (4 ounces) button mushrooms, drained
1 green pepper, cut into 1-inch squares
1/4 cup salad oil
1/4 cup lemon juice
1/4 cup chopped parsley
1/4 cup soy sauce
1/2 teaspoon salt
Dash pepper
12 slices bacon

Thaw frozen scallops. Rinse with cold water to remove any shell particles. Place pineapple, mushrooms, green pepper, and scallops in a bowl. Combine oil, lemon juice, parsley, soy sauce, salt, and pepper. Pour sauce over scallop mixture and let stand for 30 minutes, stirring occasionally. Fry bacon until cooked but not crisp. Cut each slice in half. Using long skewers, alternate scallops, pineapple, mushrooms, green pepper, and bacon until skewers are filled. Cook about 4 inches from moderately hot coals for 6 minutes. Turn and cook for 4 to 6 minutes longer. Serves 6.

FISH FRY

2 pounds yellow perch fillets or other fish fillets, fresh or frozen
1/4 cup evaporated milk
1 1/2 teaspoons salt
Dash pepper
1/2 cup flour
1/4 cup yellow cornmeal
1 teaspoon paprika
Melted fat or oil

Thaw frozen fillets. Combine milk, salt and pepper. Combine flour, cornmeal, and paprika. Dip fish in milk mixture and roll in flour mixture. Place fat in a heavy frying pan. Place pan 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 3 to 4 minutes longer or until fish is brown and flakes easily when tested with a fork. Drain on absorbent paper. Serves 6.



SESAME RAINBOW TROUT



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| 6 pan-dressed rainbow trout or other small fish, fresh or frozen | 1/4 cup sesame seeds |
| 1/4 cup melted fat or oil | 2 tablespoons lemon juice |
| | 1/2 teaspoon salt |
| | Dash pepper |

Thaw frozen fish. Clean, wash, and dry fish. Combine remaining ingredients. Place fish in well-greased, hinged wire grills. Baste fish with sauce. Cook about 4 inches from moderately hot coals for 5 to 8 minutes. Baste with sauce. Turn and cook for 5 to 8 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

SPICY FLOUNDER FILLETS

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| 2 pounds flounder fillets or other fish fillets, fresh or frozen | 2 tablespoons brown sugar |
| 1/2 cup melted fat or oil | 2 teaspoons salt |
| 1/2 cup water | 1 teaspoon powdered mustard |
| 1/3 cup lemon juice | 1 clove garlic, finely chopped |
| 1/3 cup Worcestershire sauce | 1/4 teaspoon pepper |
| 1/4 cup grated onion | 6 drops tabasco |
| | Paprika |

Thaw frozen fillets. Combine remaining ingredients except paprika and simmer for 5 minutes, stirring occasionally. Cool. Cut fillets into serving-size portions and place in a single layer in a shallow baking dish. 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. Sprinkle with paprika. Cook about 4 inches from moderately hot coals for 8 minutes. Baste with sauce and sprinkle with paprika. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

SHRIMP SUPREME

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| 3 pounds shrimp, fresh or frozen | 1/4 cup chopped onion |
| 2 cans (4 ounces each) sliced mushrooms, drained | 2 tablespoons lemon juice |
| 2/3 cup butter or margarine, melted | 2 tablespoons chili sauce |
| 1/2 cup chopped parsley | 1 tablespoon 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 mushrooms, dividing shrimp and seal edges by making double folds in the foil. Place packages about 4 inches from moderately hot coals. Cook about 20 minutes or until shrimp is tender. To serve, cut around edges and fold the foil back. Serves 6.

SWORDFISH CAPER

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| 2 pounds swordfish steaks or other fish steaks, fresh or frozen | 1 tablespoon salt |
| 1/2 cup melted fat or oil | 2 teaspoons Worcestershire sauce |
| 1/3 cup lemon juice | 2 teaspoons sugar |
| 1/4 cup chopped onion | 4 bay leaves, crushed |
| 2 tablespoons capers and juice | 2 cloves garlic, finely chopped |
| 2 tablespoons catsup | 1/4 teaspoon pepper |
| | Paprika |

Thaw frozen steaks. Cut into serving-size portions and place in a single layer in a shallow baking dish. Combine remaining ingredients, except paprika. 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. Sprinkle with paprika. Cook about 4 inches from moderately hot coals for 8 minutes. Baste with sauce and sprinkle with paprika. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

ZESTY MULLET FILLETS



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| 2 pounds mullet fillets or other fish fillets, fresh or frozen |
| 1/4 cup French dressing |
| 1 tablespoon lemon juice |
| 1 tablespoon grated onion |
| 2 teaspoons salt |
| Dash pepper |

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

WESTERN STYLE SEA BASS STEAKS

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| 2 pounds sea bass steaks or other fish steaks, fresh or frozen | 2 tablespoons chopped parsley |
| 1/4 cup orange juice | 1 tablespoon lemon juice |
| 1/4 cup soy sauce | 1 clove garlic, finely chopped |
| 2 tablespoons catsup | 1/2 teaspoon oregano |
| 2 tablespoons melted fat or oil | 1/2 teaspoon pepper |

Thaw frozen steaks. Cut into serving-size portions and place in a single layer in a shallow baking dish. 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 about 4 inches from moderately hot coals for 8 minutes. Baste with sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

GRILLED YELLOW PIKE FILLETS



2 pounds yellow pike fillets
or other fish fillets,
fresh or frozen
1/2 cup melted fat or oil
1/4 cup lemon juice
2 teaspoons salt

1/2 teaspoon Worcestershire
sauce
1/4 teaspoon white pepper
Dash tabasco
Paprika

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

ITALIAN STYLE HALIBUT STEAKS



2 pounds halibut steaks
or other fish steaks,
fresh or frozen
2 cups Italian dressing

2 tablespoons lemon juice
2 teaspoons salt
1/4 teaspoon pepper
Paprika

Thaw frozen steaks. Cut into serving-size portions and place in a single layer in a shallow baking dish. Combine remaining ingredients except paprika. 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. Sprinkle with paprika. Cook about 4 inches from moderately hot coals for 8 minutes. Baste with sauce and sprinkle with paprika. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

LEMON-BUTTER SALMON STEAKS



2 pounds salmon steaks
or other fish steaks,
fresh or frozen
1/2 cup butter or margarine,
melted
2 tablespoons lemon juice

1 tablespoon chopped
parsley
1 tablespoon liquid smoke
2 teaspoons salt
Dash pepper

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

MARINATED MACKEREL FILLETS

2 pounds mackerel fillets
or other fish fillets,
fresh or frozen
1/2 cup vinegar
1/4 cup melted fat or oil
1/4 cup lemon juice
2 tablespoons grated
lemon rind

1 tablespoon liquid smoke
1 tablespoon brown sugar
2 teaspoons salt
1/2 teaspoon Worcestershire
sauce
2 bay leaves
Dash white pepper
Dash tabasco

Thaw frozen fillets. Combine remaining ingredients and heat until mixture comes to the boiling point. Cool. Cut fillets into serving-size portions and place in a single layer in a shallow baking dish. 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 about 4 inches from moderately hot coals for 8 minutes. Baste with sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

GRILLED SPINY LOBSTER TAILS

6 spiny lobster tails
(8 ounces each),
fresh or frozen
1/4 cup melted butter or margarine

2 tablespoons lemon juice
1/2 teaspoon salt
Melted butter or margarine

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, shell side down, about 5 inches from 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.

LOUISIANA SHRIMP BOIL

5 lbs. shrimp, fresh or frozen
1 lemon, sliced
1 small onion, sliced
1/2 cup prepared seafood
seasoning

1 clove garlic, sliced
1 gallon water
1/2 cup salt
Peppy Seafood Sauce

Thaw frozen shrimp. Tie the lemon, onion, seafood seasoning, and garlic in a piece of cheesecloth. Pour water into 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

1/2 cup catsup
1/2 cup chili sauce
3 tablespoons lemon juice
1 tablespoon horseradish
1 tablespoon mayonnaise or
salad dressing

1 teaspoon Worcestershire
sauce
1/2 teaspoon grated onion
1/4 teaspoon salt
3 drops tabasco
Dash pepper

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