

FISH RECIPES

from the GREAT LAKES



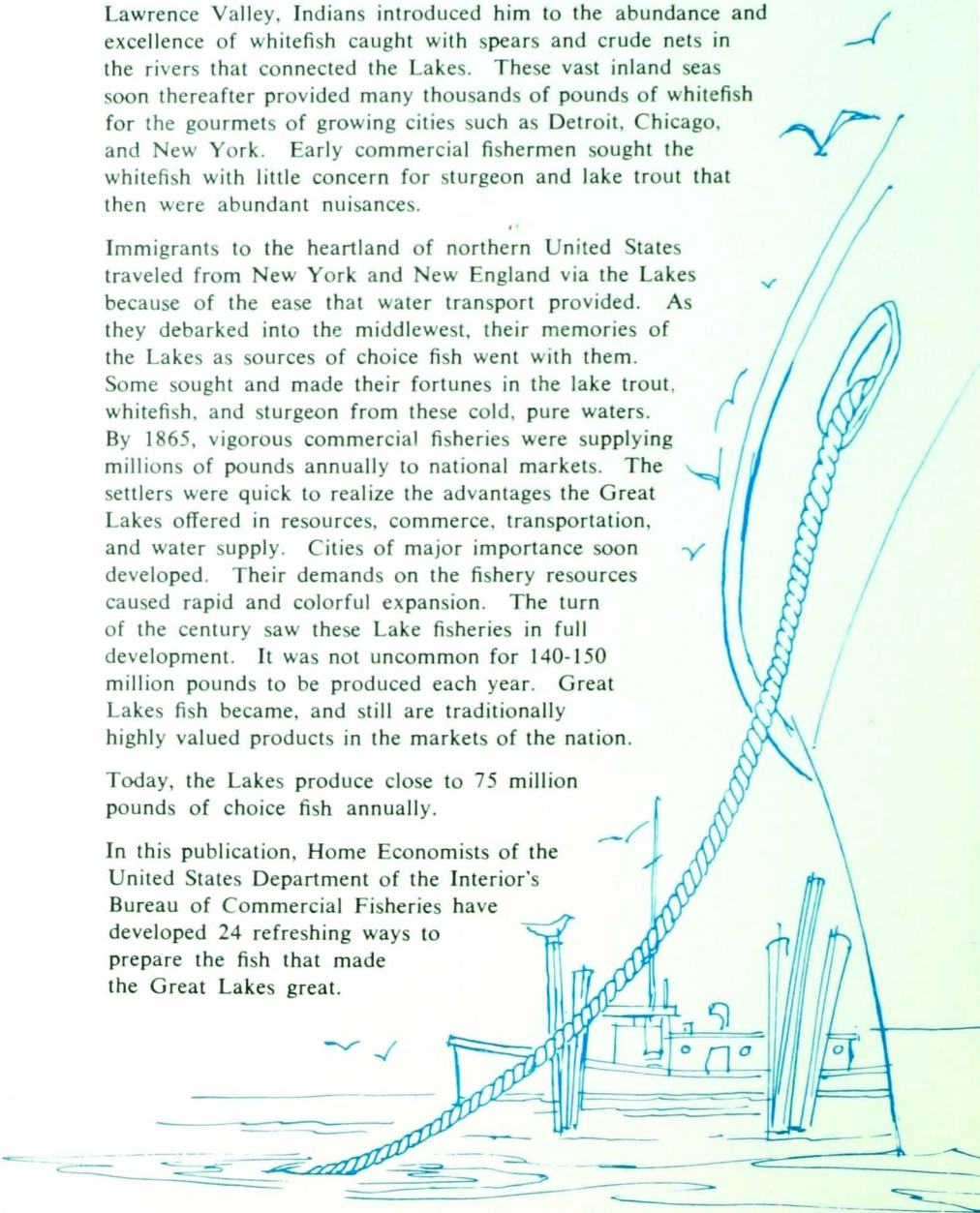
CIRCULAR 201

Since the days of the voyageurs and copper miners, the Great Lakes have provided delectable fish for man's table. When the white man first penetrated into the rich interior of the St. Lawrence Valley, Indians introduced him to the abundance and excellence of whitefish caught with spears and crude nets in the rivers that connected the Lakes. These vast inland seas soon thereafter provided many thousands of pounds of whitefish for the gourmets of growing cities such as Detroit, Chicago, and New York. Early commercial fishermen sought the whitefish with little concern for sturgeon and lake trout that then were abundant nuisances.

Immigrants to the heartland of northern United States traveled from New York and New England via the Lakes because of the ease that water transport provided. As they debarked into the middlewest, their memories of the Lakes as sources of choice fish went with them. Some sought and made their fortunes in the lake trout, whitefish, and sturgeon from these cold, pure waters. By 1865, vigorous commercial fisheries were supplying millions of pounds annually to national markets. The settlers were quick to realize the advantages the Great Lakes offered in resources, commerce, transportation, and water supply. Cities of major importance soon developed. Their demands on the fishery resources caused rapid and colorful expansion. The turn of the century saw these Lake fisheries in full development. It was not uncommon for 140-150 million pounds to be produced each year. Great Lakes fish became, and still are traditionally highly valued products in the markets of the nation.

Today, the Lakes produce close to 75 million pounds of choice fish annually.

In this publication, Home Economists of the United States Department of the Interior's Bureau of Commercial Fisheries have developed 24 refreshing ways to prepare the fish that made the Great Lakes great.





PARADE-DRESSED WHITEFISH

2 pounds whitefish fillets or
other fish fillets, fresh
or frozen
1 teaspoon salt
Dash pepper

Cheese Stuffing
Paprika
2 tablespoons melted fat
or oil

Thaw frozen fillets. Sprinkle fillets with salt and pepper. Place half of fillets, skin side down, in a well-greased baking dish, 12 x 8 x 2 inches. Place stuffing on fish and cover with remaining fillets. Brush fish with fat and sprinkle with paprika. Bake in a moderate oven, 350° F., for 30 to 35 minutes or until fish flakes easily when tested with a fork. Serves 6.

CHEESE STUFFING

1 cup chopped onion
¼ cup melted fat or oil
2 cups toasted or dry bread
cubes
1 cup grated cheddar cheese
2 tablespoons
chopped parsley

2 teaspoons
powdered mustard
½ teaspoon salt
Dash pepper

Cook onion in fat until tender. Add to remaining ingredients and mix thoroughly.

BAKED PICKEREL SUPREME

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| 2 pounds pickerel fillets
or other fish fillets,
fresh or frozen | ½ cup chopped parsley |
| 1½ teaspoons salt | 1 egg, beaten |
| ¼ teaspoon pepper | 1 tablespoon lemon juice |
| 2 cans (4 ounces each)
sliced mushrooms,
drained | 1½ cups soft bread crumbs |
| ¼ cup chopped onion | 1 large tomato, cut into
6 slices |
| 2 tablespoons melted fat
or oil | ¼ teaspoon salt |
| | Dash pepper |
| | ¼ cup grated cheese |

Thaw frozen fillets. Skin fillets and cut into serving-size portions. Sprinkle both sides with salt and pepper. Place in a single layer in a well-greased baking dish, 12 x 8 x 2 inches. Cook mushrooms and onion in fat until tender; add parsley. Combine egg and lemon juice. Brush fish with egg mixture. Top with crumbs. Arrange tomatoes over crumbs; sprinkle with salt and pepper. Spread mushroom mixture over tomatoes; sprinkle with cheese. Bake in a moderate oven, 350° F., for 30 to 40 minutes or until fish flakes easily when tested with a fork. Serves 6.



SMOKED FISH STUFFED TOMATOES

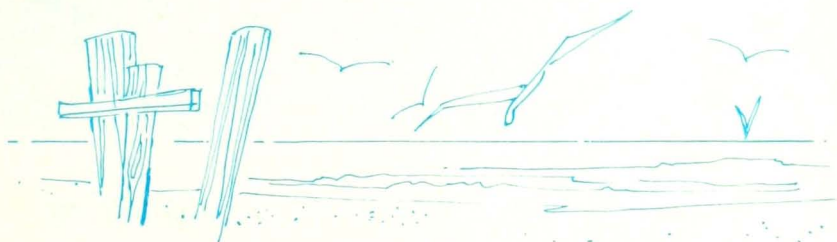
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| 1 pound smoked whitefish
or other smoked fish | 1 egg, beaten |
| 6 large tomatoes | Dash pepper |
| 1 teaspoon salt | 1 tablespoon melted fat
or oil |
| 1 cup cooked rice | ¼ cup dry bread crumbs |
| ¾ cup grated cheese | |

Remove skin and bones from fish. Flake the fish. Wash tomatoes. Remove stem ends and centers; sprinkle with salt. Combine rice, cheese, egg, pepper, and fish. Fill tomatoes with fish mixture and place in a well-greased baking dish, 10 x 6 x 2 inches. Add fat to crumbs; sprinkle over top of tomatoes. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until tomatoes are tender. Serves 6.

TANGY BAKED LAKE HERRING

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| 6 pan-dressed lake herring or
other small dressed fish,
fresh or frozen | 2 tablespoons
drained horseradish |
| 1 teaspoon salt | 2 teaspoons lemon juice |
| ¼ teaspoon pepper | 2 teaspoons prepared mustard |
| ¼ cup butter or margarine,
softened | 1 cup crushed potato chips
Paprika |

Thaw frozen fish. Clean, wash, and dry fish. Sprinkle inside and out with salt and pepper. Combine butter, horseradish, lemon juice, and mustard; mix thoroughly. Spread inside of each fish with approximately 1½ teaspoons seasoned butter. Place fish in a well-greased baking dish, 12 x 8 x 2 inches. Spread remaining butter over top of fish. Sprinkle with chips and paprika. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until fish flakes easily when tested with a fork. Serves 6.



3

YELLOW PERCH BURGERS

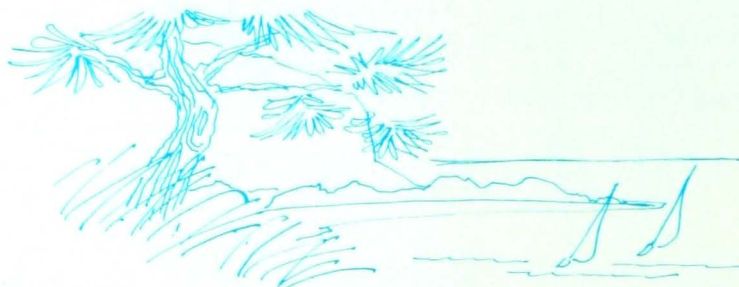
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| 1½ pounds yellow perch
fillets or other fish fillets,
fresh or frozen | 1 tablespoon chopped parsley |
| 1 quart boiling water | 1 clove garlic, finely chopped |
| 1 tablespoon salt | ½ teaspoon salt |
| 3 eggs, beaten | Dash pepper |
| ⅓ cup grated
Parmesan cheese | ½ cup dry bread crumbs |
| | 6 toasted sesame seed rolls
Tartar Sauce |

Thaw frozen fillets. Place fillets in boiling salted water. Cover and return to the boiling point. Reduce heat and simmer for 7 to 10 minutes or until fish flakes easily when tested with a fork. Drain. Remove skin and bones; flake. Combine egg, cheese, parsley, garlic, salt, pepper, and fish. Chill. Shape into 6 burgers and roll in crumbs. Fry in hot fat at moderate heat until brown on one side. Turn carefully and brown the other side. Cooking time approximately 6 to 8 minutes. Drain on absorbent paper. Place burger on bottom half of roll. Top with Tartar Sauce and top half of roll. Serves 6.

DEVILED WHITEFISH

<i>2 pounds whitefish fillets or other fish fillets, fresh or frozen</i>	<i>2 tablespoons grated onion</i>
<i>¼ cup chili sauce</i>	<i>1 tablespoon lemon juice</i>
<i>2 tablespoons melted fat or oil</i>	<i>1 teaspoon salt</i>
<i>2 tablespoons prepared mustard</i>	<i>1 teaspoon Worcestershire sauce</i>
	<i>Dash pepper</i>
	<i>Chopped parsley</i>

Thaw frozen fillets. Cut into serving-size portions. Combine remaining ingredients except parsley; mix thoroughly. Place fish, skin side up, on a well-greased broiler pan and brush with sauce. Broil about 3 inches from source of heat for 4 to 5 minutes. Turn carefully and brush other side with sauce. Broil 4 to 5 minutes longer, basting occasionally, until fish flakes easily when tested with a fork. Serves 6.



OVEN FRIED YELLOW PERCH

<i>2 pounds yellow perch fillets or other fish fillets, fresh or frozen</i>	<i>½ cup dry bread crumbs, toasted</i>
<i>½ cup milk</i>	<i>2 tablespoons chopped parsley</i>
<i>2 teaspoons salt</i>	<i>2 tablespoons melted fat or oil</i>
<i>1 can (3½ ounces) French fried onions</i>	<i>1 tablespoon lemon juice</i>

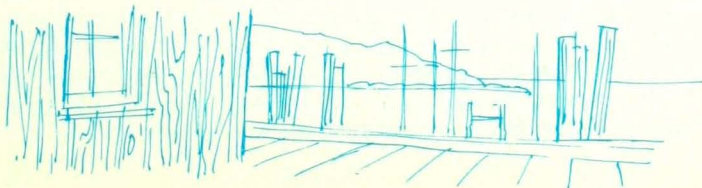
Thaw frozen fillets. Skin fillets. Combine milk and salt. Crush onions and combine with crumbs and parsley. Dip fillets in milk. Put 2 fillets together, sandwich fashion, and roll in crumb mixture. Place on a well-greased cooky sheet, 15 x 12 inches. Sprinkle any remaining crumb mixture over top of fish. Combine fat and lemon juice; drizzle over fish. Bake in an extremely hot oven, 500° F., for 8 to 12 minutes or until fish flakes easily when tested with a fork. Serves 6.



SMOKED FISH POTATO SALAD

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| <i>1 pound smoked whitefish or other smoked fish</i> | <i>½ cup mayonnaise or salad dressing</i> |
| <i>2 cups diced, cooked potatoes</i> | <i>1 tablespoon prepared mustard</i> |
| <i>1 cup chopped celery</i> | <i>1 teaspoon lemon juice</i> |
| <i>½ cup chopped, peeled cucumber</i> | <i>1 teaspoon vinegar</i> |
| <i>½ cup sliced ripe olives</i> | <i>½ teaspoon salt</i> |
| <i>¼ cup grated carrot</i> | <i>¼ teaspoon celery seed</i> |
| <i>¼ cup chopped onion</i> | <i>Dash pepper</i> |
| <i>2 tablespoons chopped parsley</i> | <i>Salad greens</i> |
| | <i>Tomato wedges</i> |

Remove skin and bones from fish. Flake the fish. Combine vegetables and fish. Combine mayonnaise, mustard, lemon juice, vinegar, and seasonings; blend well. Add mayonnaise mixture to fish mixture; toss lightly. Chill. Serve on salad greens. Garnish with tomato wedges. Serves 6.



LEMON RICE STUFFED WHITEFISH

(Center Photo)

3 or 4 pounds dressed
whitefish or other dressed
fish, fresh or frozen
1½ teaspoons salt

Lemon Rice Stuffing
2 tablespoons melted fat
or oil

Thaw frozen fish. Clean, wash, and dry fish. Sprinkle inside and out with salt. Stuff fish loosely. Close opening with small skewers or toothpicks. Place fish on a well-greased bake and serve platter, 16 x 10 inches. Brush with fat. Bake in a moderate oven, 350° F., for 40 to 60 minutes or until fish flakes easily when tested with a fork. Baste occasionally with fat. Remove skewers. Serves 6.

LEMON RICE STUFFING

¾ cup chopped celery
½ cup chopped onion
¼ cup melted fat or oil
1⅓ cups water
2 tablespoons
grated lemon rind

1 teaspoon paprika
1 teaspoon salt
Dash thyme
1½ cups precooked rice
⅓ cup sour cream
¼ cup diced peeled lemon

Cook celery and onion in fat until tender. Add water, lemon rind, salt, paprika, and thyme; bring to a boil. Add rice and stir to moisten. Cover and remove from heat. Let stand 5 to 10 minutes or until liquid is absorbed. Add sour cream and lemon; mix lightly.



SOUTHERN FRIED PICKEREL

2 pounds pickerel fillets or
other fish fillets,
fresh or frozen
¼ teaspoon crushed
tarragon (optional)
½ cup tarragon vinegar

½ cup corn meal
½ cup flour
2 teaspoons onion salt
½ teaspoon salt
¼ teaspoon pepper
Lemon wedges

Thaw frozen fillets. Skin fillets and cut into serving-size portions. Add tarragon to vinegar. Combine corn meal, flour, and seasonings. Dip fish in vinegar and roll in corn meal mixture. Fry in hot fat at moderate heat until brown on one side. Turn carefully and brown the other side. Cooking time approximately 8 to 10 minutes, depending on thickness of the fish. Drain on absorbent paper. Serve with lemon wedges. Serves 6.

BUFFALOFISH LOUIS

(Center Photo)

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| <i>2 cups flaked buffalofish or
other flaked fish</i> | <i>2 tomatoes, sliced</i> |
| <i>1 head lettuce</i> | <i>1 small cucumber, sliced</i> |
| <i>2 hard-cooked eggs, sliced</i> | <i>Louis Dressing</i> |

Shred lettuce and place in a shallow salad bowl. Place flaked fish in the center of the lettuce. Around the edge place alternate slices of eggs, tomatoes, and cucumber. Spread Louis Dressing over fish. Serves 6.

LOUIS DRESSING

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| <i>½ cup mayonnaise or
salad dressing</i> | <i>2 tablespoons
chopped green pepper</i> |
| <i>2 tablespoons
half and half cream</i> | <i>1 tablespoon chopped olives</i> |
| <i>2 tablespoons chili sauce</i> | <i>½ teaspoon lemon juice</i> |
| <i>2 tablespoons
chopped green onions</i> | <i>Dash salt</i> |
| | <i>Dash pepper</i> |

Combine all ingredients and mix thoroughly. Chill.



PLANKED LAKE TROUT

(Center Photo)

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| <i>3 or 4 pounds dressed lake
trout or other dressed
fish, fresh or frozen</i> | <i>Seasoned hot
mashed potatoes</i> |
| <i>1½ teaspoons salt</i> | <i>Seasoned hot cooked vege-
tables (broccoli, carrots,
cauliflower, onions, or
tomatoes)</i> |
| <i>Dash pepper</i> | |
| <i>2 tablespoons melted fat or oil</i> | |

Thaw frozen fish. Clean, wash, and dry fish. Sprinkle inside and out with salt and pepper. Place fish on a plank or well-greased bake and serve platter, 16 x 10 inches. Brush with fat. Bake in a moderate oven, 350° F., for 40 to 60 minutes or until fish flakes easily when tested with a fork. Remove from oven and arrange border of hot mashed potatoes around fish. Broil about 8 inches from source of heat for 6 to 8 minutes or until potatoes are lightly browned. Remove from broiler and arrange two or more hot vegetables around fish. Serves 6.



CRISPY SMELT

(Center Photo)

2 pounds pan-dressed smelt
(approximately 15 per
pound) or other small
dressed fish, fresh or
frozen
Salt
Pepper

1½ cups flour
½ cup grated
Parmesan cheese
1 can (15 ounces)
tomato sauce
Cocktail Sauce
Lemon wedges

Thaw frozen fish. Clean, wash, and dry fish. Sprinkle inside with salt and pepper. Combine flour and cheese. Dip fish in tomato sauce and roll in flour mixture. Place in a single layer in a fry basket. Fry in deep fat, 350° F., for 3 to 4 minutes or until brown and fish flakes easily when tested with a fork. Drain on absorbent paper. Serve with Cocktail Sauce and lemon wedges. Serves 6.



10

SMOKY FISH DIP

(Center Photo)

¾ pound smoked whitefish or
other smoked fish
1 package (8 ounces) cream
cheese, softened
2 tablespoons
half and half cream

2 tablespoons lemon juice
½ teaspoon liquid smoke
¼ teaspoon garlic salt
Assorted crackers
or chips

Remove skin and bones from fish. Flake the fish. Combine all ingredients except crackers; mix thoroughly. Chill. Serve with assorted crackers or chips. Makes approximately 2 cups of dip.

SMOKED FISH VINAIGRETTE SALAD

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| <i>1 pound smoked whitefish
or other smoked fish</i> | <i>2 hard-cooked eggs, chopped</i> |
| <i>1 quart shredded cabbage</i> | <i>Vinaigrette Dressing</i> |
| <i>¼ cup chopped onion</i> | <i>Salad greens</i> |
| <i>¼ cup chopped parsley</i> | <i>Paprika</i> |

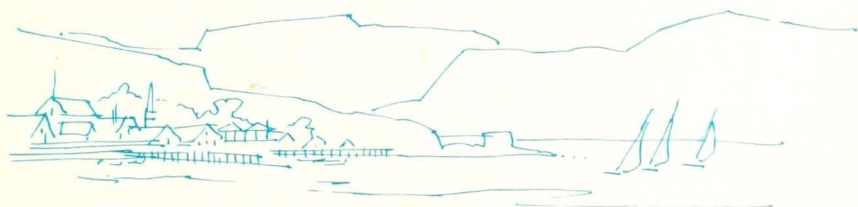
Remove skin and bones from fish. Flake the fish. Combine cabbage, onion, parsley, egg, and fish. Add dressing and mix thoroughly. Serve on salad greens. Sprinkle with paprika. Serves 6.

VINAIGRETTE DRESSING

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| <i>⅓ cup olive or salad oil</i> | <i>1 tablespoon</i> |
| <i>3 tablespoons vinegar</i> | <i>chopped pimiento</i> |
| <i>1 teaspoon salt</i> | <i>1 tablespoon chopped sweet</i> |
| <i>¼ teaspoon paprika</i> | <i>pickle or drained</i> |
| <i>Dash cayenne pepper</i> | <i>pickle relish</i> |
| <i>1 tablespoon</i> | |
| <i>chopped green pepper</i> | |

Combine oil, vinegar, salt, paprika, and pepper in a small jar. Shake jar until mixture is thoroughly blended. Add remaining ingredients.

11



SMOKY BROILED SMELT

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| <i>2 pounds pan-dressed smelt
(approximately 15 per
pound) or other small
dressed fish, fresh or
frozen</i> | <i>2 tablespoons lemon juice</i> |
| <i>½ cup melted fat or oil</i> | <i>1 tablespoon grated onion</i> |
| | <i>1 tablespoon liquid smoke</i> |
| | <i>2½ teaspoons salt</i> |
| | <i>¼ teaspoon pepper</i> |
| | <i>Lemon wedges</i> |

Thaw frozen fish. Clean, wash, and dry fish. Combine remaining ingredients, except lemon wedges. Brush inside of fish with sauce and let stand for 15 minutes. Place fish on a well-greased broiler pan and brush with sauce. Broil about 3 inches from source of heat for 3 to 4 minutes. Turn carefully and brush with sauce. Broil 3 to 4 minutes longer or until fish flakes easily when tested with a fork. Serve with lemon wedges. Serves 6.

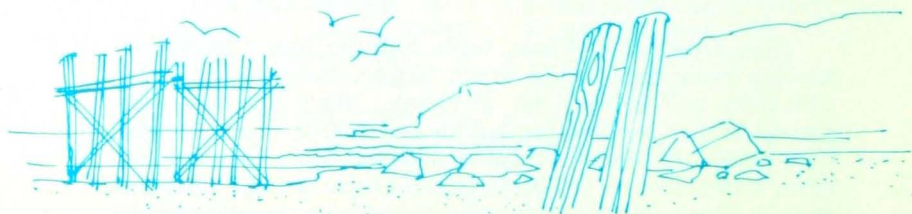


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BUFFALOFISH CHOWDER

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| <i>1 pound buffalofish fillets, or other fish fillets, fresh or frozen</i> | <i>1 cup chopped celery</i> |
| <i>¼ cup chopped bacon or salt pork</i> | <i>2 cups boiling water</i> |
| <i>½ cup chopped onion</i> | <i>1 cup diced potatoes</i> |
| <i>½ cup chopped green pepper</i> | <i>¼ teaspoon thyme</i> |
| | <i>1 teaspoon salt</i> |
| | <i>Dash cayenne pepper</i> |
| | <i>2 cups tomato juice</i> |

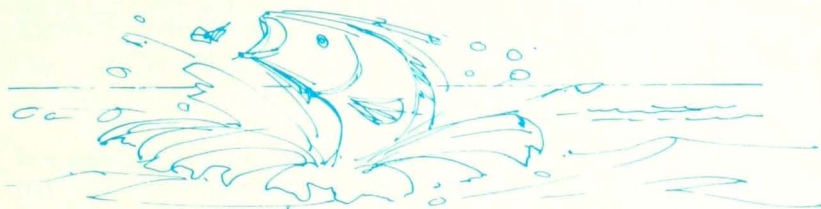
Thaw frozen fillets. Skin fillets and cut into ½ inch pieces. Fry bacon until lightly browned. Add onion, green pepper, and celery; cook until tender. Add water, potatoes, seasonings, and fish. Cook about 15 minutes or until potatoes are tender. Add tomato juice; heat. Serves 6.



TROUT ITALIANO

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| <i>6 pan-dressed rainbow trout
or other small dressed
fish, fresh or frozen</i> | <i>2 tablespoons melted
fat or oil</i> |
| <i>½ cup tomato sauce</i> | <i>2 tablespoons
chopped parsley</i> |
| <i>2 packages (¾ ounce each)
garlic-cheese salad
dressing mix</i> | <i>2 tablespoons grated
Parmesan cheese</i> |

Thaw frozen fish. Clean, wash, and dry fish. Combine remaining ingredients except cheese. Brush fish inside and out with sauce. Place in a well-greased baking dish, 14 x 9 x 2 inches. Brush with remaining sauce and sprinkle with cheese. Let stand for 30 minutes. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until fish flakes easily when tested with a fork. Turn oven control to broil. Place fish about 3 inches from source of heat and broil for 1 to 2 minutes or until crisp and lightly browned. Serves 6.



13

CATFISH GUMBO

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| <i>1 pound skinned catfish fillets
or other skinned fish
fillets, fresh or frozen</i> | <i>1 can (1 pound) tomatoes</i> |
| <i>½ cup chopped celery</i> | <i>1 package (10 ounces)
frozen okra, sliced</i> |
| <i>½ cup chopped green pepper</i> | <i>2 teaspoons salt</i> |
| <i>½ cup chopped onion</i> | <i>¼ teaspoon pepper</i> |
| <i>1 clove garlic, finely chopped</i> | <i>¼ teaspoon thyme</i> |
| <i>¼ cup melted fat or oil</i> | <i>1 whole bay leaf</i> |
| <i>2 beef bouillon cubes</i> | <i>Dash liquid hot pepper
seasoning</i> |
| <i>2 cups boiling water</i> | <i>1½ cups hot cooked rice</i> |

Thaw frozen fillets. Cut into 1 inch pieces. Cook celery, green pepper, onion, and garlic in fat until tender. Dissolve bouillon cubes in water. Add bouillon, tomatoes, okra, and seasonings. Cover and simmer for 30 minutes. Add fish. Cover and simmer for 15 minutes longer or until fish flakes easily when tested with a fork. Remove bay leaf. Place ¼ cup rice in each of 6 soup bowls. Fill with gumbo. Serves 6.

FRIED CATFISH & HUSH PUPPIES

(Back Cover)

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| <i>2 pounds skinned catfish fillets
or other skinned fish fillets,
fresh or frozen</i> | <i>1 teaspoon salt</i> |
| <i>2 tablespoons lemon juice</i> | <i>Dash pepper</i> |
| <i>1 egg, beaten</i> | <i>1 cup dry bread crumbs</i> |
| <i>1 tablespoon milk</i> | <i>Hush Puppies</i> |
| | <i>Tartar Sauce</i> |

Thaw frozen fillets. Cut into serving-size portions. Sprinkle with lemon juice and let stand 15 minutes. Combine egg, milk, salt, and pepper. Dip fish in egg mixture and roll in crumbs. Fry in deep fat, 350° F., for 3 to 5 minutes or until fish is golden brown and flakes easily when tested with a fork. Drain on absorbent paper. Serve with Hush Puppies and Tartar Sauce. Serves 6.

HUSH PUPPIES

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| <i>1½ cups white corn meal</i> | <i>½ cup milk</i> |
| <i>½ cup sifted flour</i> | <i>1 egg, beaten</i> |
| <i>2½ teaspoons baking powder</i> | <i>3 tablespoons melted
fat or oil</i> |
| <i>1 teaspoon salt</i> | |
| <i>¼ teaspoon pepper</i> | |
| <i>⅓ cup finely chopped onion</i> | |

Sift dry ingredients together. Add remaining ingredients and stir only until blended. Drop by tablespoonsful into deep fat, 350° F., and fry for 2 to 3 minutes or until golden brown. Drain on absorbent paper. Makes 18 hush puppies.



WHITEFISH AMANDINE

(Back Cover)

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| <i>2 pounds whitefish fillets or
other fish fillets,
fresh or frozen</i> | <i>½ cup flour</i> |
| <i>2 tablespoons lemon juice</i> | <i>⅓ cup melted fat or oil</i> |
| <i>2 teaspoons salt</i> | <i>½ cup blanched
sliced almonds</i> |
| <i>Dash pepper</i> | <i>2 tablespoons
chopped parsley</i> |

Thaw frozen fillets. Cut into serving-size portions. Sprinkle fish with lemon juice, salt, and pepper. Roll in flour. Fry in hot fat at moderate heat until brown on one side. Turn carefully and brown the other side. Cooking time approximately 10 to 12 minutes, depending on thickness of fish. Remove fish to hot platter. Fry almonds until lightly browned. Add parsley. Serve over fish. Serves 6.

PICKLED LAKE HERRING SALAD

(Back Cover)

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| <i>2 pounds lake herring fillets
or other fish fillets,
fresh or frozen</i> | <i>½ cup water</i> |
| <i>2 teaspoons salt</i> | <i>1 tablespoon mixed
pickling spices</i> |
| <i>2 thin slices lemon</i> | <i>1 teaspoon sugar</i> |
| <i>2 thin slices onion,
separated into rings</i> | <i>1 small bay leaf</i> |
| <i>½ cup vinegar</i> | <i>Lettuce</i> |
| | <i>Sour Cream Dressing</i> |

Thaw frozen fillets. Skin fillets and cut into serving-size portions. Place fish in a shallow 2-quart baking dish. Sprinkle fish with salt. Arrange lemon and onion over fish. Combine vinegar, water, pickling spices, sugar, and bay leaf; pour over fish. Cover and bake in a moderate oven, 350° F., for 15 minutes. Remove from oven and allow fish to cool in marinade. Chill in refrigerator for several hours. Drain. Serve on lettuce. Top with Sour Cream Dressing. Serves 6.

SOUR CREAM DRESSING

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| <i>½ cup sour cream</i> | <i>1 tablespoon lemon juice</i> |
| <i>2 tablespoons
chopped ripe olives</i> | <i>½ teaspoon horseradish</i> |
| | <i>¼ teaspoon salt</i> |

Combine all ingredients. Chill.



YELLOW PERCH JAMBALAYA

(Back Cover)

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| <i>1 pound yellow perch fillets
or other fish fillets,
fresh or frozen</i> | <i>1 can (1 pound) tomatoes</i> |
| <i>½ cup chopped bacon</i> | <i>1 can (8 ounces)
tomato sauce</i> |
| <i>1 cup chopped onion</i> | <i>1 cup uncooked rice</i> |
| <i>½ cup chopped green pepper</i> | <i>¼ cup chopped parsley</i> |
| <i>1 clove garlic,
finely chopped</i> | <i>1 teaspoon salt</i> |
| <i>1 chicken bouillon cube</i> | <i>¼ teaspoon thyme</i> |
| <i>1 cup boiling water</i> | <i>Dash ground cloves</i> |
| | <i>Dash nutmeg</i> |
| | <i>Dash cayenne pepper</i> |

Thaw frozen fillets. Skin fillets and cut into 1-inch pieces. Cook bacon until crisp. Add onion, green pepper, and garlic, and cook until tender. Dissolve bouillon cube in boiling water. Combine all ingredients and pour into a well-greased 2-quart casserole. Cover and bake in a moderate oven, 350° F., for 50 to 60 minutes or until rice is tender and fish flakes easily when tested with a fork. Serves 6.



ISLAND FRIED CATFISH

2 pounds skinned catfish fillets or other skinned fish fillets, fresh or frozen
 ¼ cup soy sauce
 ½ cup cornstarch
 ½ cup flour

1 tablespoon baking powder
 1 teaspoon salt
 ¼ teaspoon pepper
 1 cup water
 1 egg, beaten
 Pineapple Sauce

Thaw frozen fillets. Cut fillets into strips, approximately 1 x 2 inches. Place fish in a shallow baking dish. Pour soy sauce over fish and let stand for 30 minutes, turning once. Sift dry ingredients together. Combine water and egg; blend into flour mixture. Dip fish in batter. Fry immediately in deep fat, 350° F., for 5 to 6 minutes or until brown and fish flakes easily when tested with a fork. Drain on absorbent paper. Keep warm. Pour Pineapple Sauce on a warm platter. Place fish on top. Serves 6.

PINEAPPLE SAUCE

1 can (1 pound 4½ ounces) pineapple tidbits

2 tablespoons cornstarch
 ¼ cup cold water

Heat pineapple and juice. Dissolve cornstarch in water. Add gradually to pineapple and cook until thickened, stirring constantly. Keep warm. Makes approximately 2 cups of sauce.



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.



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

ISSUED BY THE BUREAU OF COMMERCIAL FISHERIES AS
A PART OF ITS CONTINUING CONSUMER EDUCATIONAL PROGRAM
IN COOPERATION WITH THE COMMERCIAL FISHING INDUSTRY.

