

TIME FOR SEAFOOD

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INTERPRETATION



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TIME FOR SEAFOOD

Time is a valuable commodity today. There doesn't seem to be enough of it. We, as a nation and as individuals, work, play, sleep, and even eat by the clock, usually with one eye on the food and one eye on the time so we won't be late for yet another appointment.

We are also a people with a "convenience" conscience, who pride ourselves on the shortcuts, time-savers, and efficiency plans we have developed. But where has this gotten us? Apparently no closer to coping with speeding time!

No one feels the pressure more than the modern homemaker. She shops for quick-fix convenience foods, her kitchen is well planned to save steps and energy, and she has countless time-saving kitchen gadgets. Yet she seldom seems to have time to prepare a meal from scratch "the way mother did", nor rarely does her family have time to sit down, relax, and leisurely enjoy such a meal. Everyone has to be somewhere else too soon afterwards to enjoy or appreciate her efforts.

However, the National Marine Fisheries Service, says there is time—*TIME FOR SEAFOOD*. With the harried, hurried homemaker in mind, the NMFS has produced this booklet of excitingly new seafood recipes—each of which can be fully prepared in just a few minutes. Fish and shellfish are among the best natural timesavers; they cook quickly and easily. Around this natural rallying point, short, attractive, and flavorful recipes have been developed, as the basis for quick complete meals. Try them. We know YOU will also find that it's *TIME FOR SEAFOOD*.

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FAST FISH BROIL

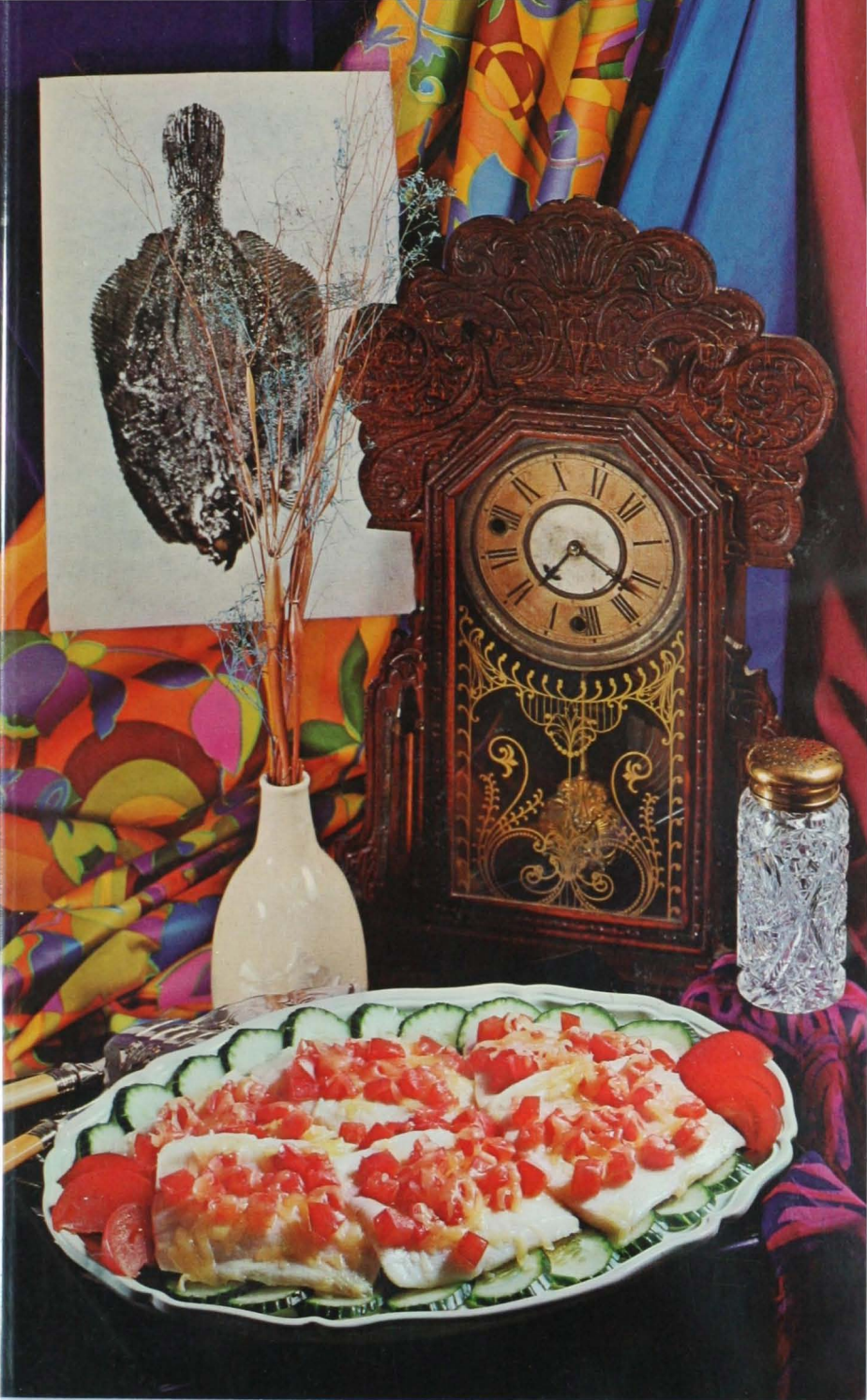
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|--|--------------------------------------|
| 2 pounds skinless catfish fillets or other fish fillets, fresh or frozen | 3 tablespoons soy sauce |
| $\frac{1}{4}$ cup garlic French dressing | $\frac{3}{4}$ teaspoon ground ginger |
| | Lime slices |

Thaw frozen fillets. Place fillets in a single layer, skinned side down, on a bake and serve platter, 16 x 10 inches. Combine French dressing, soy sauce, and ginger. Pour sauce over fillets and let stand 10 minutes. Broil about 4 inches from source of heat for 10 to 15 minutes or until fillets flake easily when tested with a fork. Baste once during broiling with sauce in pan. Garnish with lime slices. Makes 6 servings.

FASTER FLOUNDER

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|---|---|
| 2 pounds skinless flounder fillets or other fish fillets, fresh or frozen | $\frac{1}{8}$ teaspoon pepper |
| 2 tablespoons grated onion | 2 large tomatoes, cut into small pieces |
| $1\frac{1}{2}$ teaspoons salt | $\frac{1}{4}$ cup butter or margarine, melted |
| | 1 cup shredded Swiss cheese |

Thaw frozen fillets. Place fillets in a single layer on a well-greased bake and serve platter, 16 x 10 inches. Sprinkle fillets with onion, salt, and pepper. Cover fillets with tomatoes. Pour butter over tomatoes. Broil about 4 inches from source of heat for 10 to 12 minutes or until fillets flake easily when tested with a fork. Remove from heat and sprinkle with cheese. Broil 2 to 3 minutes longer or until cheese melts. Makes 6 servings.



KING CRAB KRUNCH

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|--|--|
| 1 pound king crab meat,
fresh or frozen | 2 tablespoons cornstarch |
| 1 can (8¾ ounces)
crushed pineapple | 2 cups chicken broth |
| 3 tablespoons butter or
margarine | ½ cup toasted blanched
slivered almonds |
| ½ cup thinly sliced celery | 1 tablespoon lemon juice |
| | 1 can (5 ounces) chow
mein noodles |

Thaw frozen crab meat. Drain crab meat. Remove any remaining shell or cartilage. Drain pineapple, reserving liquid. Melt butter in a 10-inch fry pan. Add celery, pineapple, and crab meat. Cook over low heat for 5 minutes, stirring frequently. Dissolve cornstarch in pineapple juice. Stir into crab mixture. Add chicken broth gradually and cook until thick, stirring constantly. Add almonds and lemon juice. Serve over noodles. Makes 6 servings.

TUNA TOSS

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|--|---------------------------------------|
| 2 cans (6½ or 7 ounces
each) tuna | ½ cup sliced celery |
| 3 cups shredded raw
carrot | ½ cup mayonnaise or
salad dressing |
| 1 can (13½ ounces)
pineapple chunks,
drained | ¼ cup seedless raisins |
| | Salad greens |
| | Carrot curls |

Drain tuna. Break tuna into large pieces. Combine carrot, pineapple, celery, mayonnaise, raisins, and tuna. Mix lightly. Serve on salad greens. Garnish with carrot curls. Makes 6 servings.

HEAVENLY SOLE

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|---|--|
| 2 pounds skinless sole fillets or other fish fillets, fresh or frozen | 3 tablespoons mayonnaise or salad dressing |
| 2 tablespoons lemon juice | 3 tablespoons chopped green onion |
| ½ cup grated Parmesan cheese | ¼ teaspoon salt |
| ¼ cup butter or margarine, softened | Dash liquid hot pepper sauce |

Thaw frozen fillets. Place fillets in a single layer on a well-greased bake and serve platter, 16 x 10 inches. Brush fillets with lemon juice and let stand for 10 minutes. Combine remaining ingredients. Broil fillets about 4 inches from source of heat for 6 to 8 minutes or until fillets flake easily when tested with a fork. Remove from heat and spread with cheese mixture. Broil 2 to 3 minutes longer or until lightly browned. Makes 6 servings.

FISH, ITALIAN STYLE

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|---|---|
| 12 frozen fried fish portions (2½ to 3 ounces each) | 1 teaspoon oregano |
| 1 can (8 ounces) spaghetti sauce with mushrooms | 1 package (4 ounces) shredded mozzarella cheese |

Place frozen fish portions in a single layer on a baking pan, 15 x 10 x 1 inches. Combine sauce and oregano. Spoon sauce on each portion. Sprinkle with cheese. Bake in an extremely hot oven, 500°F., for 10 to 15 minutes or until fish is hot and cheese melts. Makes 6 servings.

HURRY UP HALIBUT

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|---|--|
| 2 pounds halibut steaks or other fish steaks, fresh or frozen | 2 tablespoons frozen pineapple juice concentrate, thawed |
| $\frac{1}{3}$ cup hickory smoke flavored barbecue sauce | 1 tablespoon lemon juice |
| 3 tablespoons salad oil | 1 tablespoon instant minced onion |
| | $\frac{1}{4}$ teaspoon salt |

Thaw frozen steaks. Place steaks in a single layer on a well-greased bake and serve platter, 16 x 10 inches. Combine remaining ingredients. Brush steaks with sauce. Broil about 4 inches from source of heat for 10 to 15 minutes or until steaks flake easily when tested with a fork. Baste once during broiling with the remaining sauce. Makes 6 servings.

WATCH THE CLOCK.

OPULENT OYSTERS

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|--|--------------------------------------|
| 3 cans (8 ounces each) oysters | 2 tablespoons grated Parmesan cheese |
| 1 can (3 $\frac{1}{2}$ ounces) French fried onions | 2 tablespoons butter or margarine |
| $\frac{1}{4}$ cup light cream | |

Drain oysters thoroughly. Spread $\frac{3}{4}$ cup of onions in a well-greased round baking dish, 8 x 2 inches. Cover with the oysters. Pour cream over oysters. Combine remaining onions and cheese. Sprinkle over top. Dot with butter. Bake in a very hot oven, 450°F., for 8 to 10 minutes or until lightly browned. Makes 6 servings.

BREEZY SALMON BAKE

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|--|-------------------------------------|
| 2 pounds salmon steaks
or other fish steaks,
fresh or frozen | 1 teaspoon salt |
| 2 tablespoons grated
onion | Dash pepper |
| 1¼ teaspoons dill weed | 1 tablespoon butter or
margarine |
| | ¾ cup light cream |

Thaw frozen steaks. Place steaks in a single layer in a well-greased baking dish, 12 x 8 x 2 inches. Sprinkle steaks with onion, dill weed, salt, and pepper. Dot with butter. Pour cream over steaks. Bake in a moderate oven, 350°F., for 25 to 30 minutes or until steaks flake easily when tested with a fork. Makes 6 servings.

SOUPER CLAM DANDY

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| 2 cans (7½ or 8 ounces
each) minced clams | 2 cans (10½ ounces each)
condensed cream of
chicken soup |
| 1 package (10 ounces)
frozen baby lima beans | 1½ cups milk |
| 1 cup boiling water | 1 tablespoon onion
powder |
| ½ teaspoon savory salt | Dash liquid hot pepper
sauce |
| 4 slices bacon | |

Drain clams. Place beans in boiling salted water in a 3-quart saucepan. Bring to the boiling point again. Cover and simmer for 10 to 15 minutes or until beans are tender. Fry bacon until crisp. Drain on absorbent paper. Crumble bacon. When beans are tender, stir in remaining ingredients except bacon. Cover and simmer until hot. Garnish soup with bacon. Makes 6 servings.



I-2-3 CRAB

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|--|-----------------------------------|
| 1 pound lump blue crab meat, fresh, frozen, or pasteurized | ½ cup butter or margarine, melted |
| | 1 tablespoon tarragon vinegar |

Thaw frozen crab meat. Drain crab meat. Remove any remaining shell or cartilage. Place crab meat in a shallow 1-quart casserole. Combine butter and vinegar. Pour over crab meat. Mix lightly. Broil about 4 inches from source of heat for 12 to 15 minutes or until lightly browned. Makes 6 servings.

COMPANY CRAB

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|--|-------------------------------------|
| 1 pound Dungeness crab meat, fresh or frozen | ½ teaspoon salt |
| 1 can (15 ounces) artichoke hearts, drained | Dash cayenne pepper |
| 1 can (4 ounces) sliced mushrooms, drained | 1 cup half and half cream |
| 2 tablespoons butter or margarine | 2 tablespoons sherry |
| 2½ tablespoons flour | 2 tablespoons cereal crumbs |
| | 1 tablespoon grated Parmesan cheese |
| | Paprika |

Thaw frozen crab meat. Drain crab meat. Remove any remaining shell or cartilage. Cut artichoke hearts in half. Place artichokes in a well-greased, shallow 1½-quart casserole. Cover with mushrooms and crab meat. Melt butter. Blend in flour and seasonings. Add cream gradually and cook until thick, stirring constantly. Stir in sherry. Pour sauce over crab meat. Combine crumbs and cheese. Sprinkle over sauce. Sprinkle with paprika. Bake in a very hot oven, 450°F., for 12 to 15 minutes or until bubbly. Makes 6 servings.

TUNA TAIPEI

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|-----------------------------------|---|
| 2 cans (6½ or 7 ounces each) tuna | 3 tablespoons soy sauce |
| ½ cup chopped green onion | 2 eggs, beaten |
| ¼ cup salad oil | 1 can (5 ounces) water chestnuts, drained and chopped |
| 4 cups cold unsalted cooked rice | |

Drain and flake tuna. Cook onion in hot oil in a 10-inch fry pan until tender. Add rice and soy sauce. Stir over low heat until rice is hot. Push rice to one side. Pour in egg and cook, stirring frequently. Add water chestnuts and tuna. Mix well and heat. Makes 6 servings.

WATCH THE CLOCK.

SAUCY SARDINE ROLLUPS

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|---------------------------------------|---|
| 2 cans (4 ounces each) Maine sardines | 1 can (8 ounces) refrigerated crescent dinner rolls |
| | Mustard Sauce |

Drain sardines. Unroll crescent dough and separate into 8 triangles. Place a sardine on the wide end of each triangle and roll up. Place rolls on an ungreased baking pan, 15 x 10 x 1 inches. Bake in a moderate oven, 375°F., for 12 to 15 minutes or until golden brown. Serve with hot Mustard Sauce. Makes 6 servings.

Mustard Sauce

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|---------------------------------|---------------------------------|
| ½ cup sour cream | 2 teaspoons butter or margarine |
| 1½ tablespoons prepared mustard | ½ teaspoon parsley flakes |
| | ⅛ teaspoon salt |

Combine all ingredients. Heat, stirring occasionally. Do not boil. Makes approximately $\frac{2}{3}$ cup sauce.

FISH COOK QUICKLY.

SEAFOOD SWIFTY

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|--|--------------------------|
| 2 pounds skinless rock-fish fillets or other fish fillets, fresh or frozen | ¼ teaspoon pepper |
| 2 cups frozen chopped onion | 2 tomatoes, sliced |
| ¼ cup melted fat or oil | 1 lemon, sliced |
| 1½ teaspoons salt | 1 large bay leaf |
| | ¼ cup water |
| | 1 teaspoon sugar |
| | 1 teaspoon cider vinegar |
| | French bread |

Thaw frozen fillets. Cook onion in fat in a 10-inch fry pan until tender. While onion is cooking, cut fillets cross-wise into strips about $\frac{1}{2}$ inch wide. Arrange fish over onion. Sprinkle with salt and pepper. Cover fish with tomato and lemon slices. Add the bay leaf. Combine water, sugar, and vinegar. Pour over fish mixture. Cover and simmer 10 to 15 minutes or until fish flake easily when tested with a fork. Serve with French bread. Makes 6 servings.

SALMON ALASKA

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|------------------------------------|-------------------------------|
| 1 can (1 pound) salmon | Dash cayenne pepper |
| 1 cup mayonnaise or salad dressing | 2 egg whites |
| 2 tablespoons lemon juice | 6 tomato slices |
| 1½ teaspoons parsley flakes | 6 slices white bread, toasted |

Drain salmon. Remove the skin and bones. Flake the salmon. Combine mayonnaise, lemon juice, parsley, and pepper. Beat egg whites until stiff but not dry. Fold mayonnaise mixture into egg white. Place a tomato slice on each piece of toast. Cover tomato with salmon. Place sandwiches on a bake and serve platter, 16 x 10 inches. Spoon mayonnaise mixture over each sandwich. Broil about 12 inches from source of heat for 6 to 8 minutes or until lightly browned. Makes 6 servings.

NEVER OVERCOOK.

FISH THYME

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|---|--------------|
| 2 pounds smoked white-fish chubs or other small smoked fish | Thyme Butter |
| | Lemon slices |
| | Paprika |

Remove heads from fish. Place fish in a single layer in a baking dish, 13 x 9 x 2 inches. Heat in a moderate oven, 350°F., for 15 to 20 minutes or until hot. Split fish open and remove backbone. Place fish on a warm serving platter, flesh side up. Pour hot Thyme Butter over fish. Garnish with lemon slices sprinkled with paprika. Makes 6 servings.

Thyme Butter

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|------------------------------|------------------|
| ¼ cup butter or margarine | ½ teaspoon basil |
| 1 tablespoon lemon juice | ½ teaspoon thyme |
| 1 tablespoon chopped parsley | ¼ teaspoon salt |
| | Dash pepper |

Melt butter. Add remaining ingredients. Keep warm. Makes approximately ⅓ cup sauce.

FISH COOK QUICKLY.

SUNNY SHRIMP SANDWICH

- | | |
|------------------------------------|------------------------------------|
| 3 cans (4½ ounces each) shrimp | 6 large slices rye bread |
| ⅓ cup mayonnaise or salad dressing | 6 tablespoons grated Romano cheese |
| 1 tablespoon lemon juice | 2 tablespoons butter or margarine |
| 1½ teaspoons grated lemon peel | Parsley sprigs |

Drain shrimp and rinse with cold water. Combine mayonnaise, lemon juice, lemon peel, and shrimp. Mix thoroughly. Toast the bread. Spread each slice with shrimp mixture. Sprinkle with cheese and dot with butter. Place sandwiches on a bake-and-serve platter, 16 x 10 inches. Broil about 6 inches from source of heat for 8 to 10 minutes or until lightly browned. Garnish with parsley. Makes 6 servings.



CHIPPER PERCH

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|--|-------------------------------------|
| 2 pounds yellow perch fillets or other fish fillets, fresh or frozen | 1 cup crushed potato chips |
| ½ cup Caesar salad dressing | ½ cup shredded sharp Cheddar cheese |

Thaw frozen fillets. Dip fillets in salad dressing. Place fillets in a single layer, skin side down, on a baking pan, 15 x 10 x 1 inches. Combine crushed chips and cheese. Sprinkle over fillets. Bake in an extremely hot oven, 500°F., for 10 to 15 minutes or until fillets flake easily when tested with a fork. Makes 6 servings.

SHRIMP HURRY CURRY

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|--|-------------------------------------|
| 1½ pounds raw, peeled, cleaned shrimp, fresh or frozen | ¾ cup sour cream |
| 1 can (10 ounces) frozen cream of shrimp soup | 1½ teaspoons curry powder |
| 2 tablespoons butter or margarine | 2 tablespoons chopped parsley |
| 1 can (10½ ounces) condensed cream of mushroom soup | Rice, toast points, or patty shells |

Thaw frozen shrimp and soup. Melt butter in a 10-inch fry pan. Add shrimp and cook over low heat for 3 to 5 minutes, stirring frequently. Add the soups and stir until thoroughly blended. Stir in cream, curry powder, and parsley. Heat. Serve over hot, fluffy rice; toast points; or in patty shells. Makes 6 servings.

SKILLET SCALLOPS

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|---|-------------------------------|
| 2 pounds scallops, fresh
or frozen | $\frac{1}{4}$ cup water |
| 1 package (7 ounces)
frozen pea pods | 2 tablespoons cornstarch |
| $\frac{1}{4}$ cup butter or margarine | 1 tablespoon soy sauce |
| 2 tomatoes, cut into
eighths | $\frac{1}{2}$ teaspoon salt |
| | $\frac{1}{8}$ teaspoon pepper |
| | 3 cups hot cooked rice |
| | Soy sauce |

Thaw frozen scallops and pea pods. Rinse scallops with cold water to remove any shell particles. Cut large scallops in half crosswise. Drain pea pods. Melt butter in a 10-inch fry pan. Add scallops and cook over low heat for 3 to 4 minutes, stirring frequently. Add pea pods and tomatoes. Combine water, cornstarch, soy sauce, salt, and pepper. Add to scallop mixture and cook until thick, stirring constantly. Serve in a rice ring with soy sauce. Makes 6 servings.

OYSTER BENEDICT CAPER

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|---|--|
| 2 cans (12 ounces each)
oysters, fresh or frozen | 1 package (6 ounces)
sliced Canadian-style
bacon |
| Caper Hollandaise | |
| 6 slices white bread | |

Thaw frozen oysters. Toast bread. Place toast on a warm serving platter or individual serving plates. Keep warm. Fry bacon in a 10-inch fry pan. Drain on absorbent paper. Place bacon on toast. Pour oysters and liquor into the fry pan. Simmer for 3 to 5 minutes or until edges curl. Remove oysters with a slotted spoon and place on bacon. Pour hot Caper Hollandaise over oysters. Serve immediately. Makes 6 servings.

Caper Hollandaise

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|---|--------------------------------|
| 1 jar (5¾ or 6 ounces)
hollandaise sauce | 1 tablespoon drained
capers |
| 2 tablespoons light cream | |

Combine sauce, cream, and capers. Heat, stirring occasionally. Do not boil. Makes approximately ¾ cup sauce.

WATCH THE CLOCK.

FISH COOK QUICKLY.

NEVER OVERCOOK.

HASTY HADDOCK

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|---|---|
| 2 pounds haddock fillets
or other fish fillets,
fresh or frozen | 1 tablespoon chopped
green onion |
| ½ teaspoon garlic salt | 1 tablespoon chopped
parsley |
| ½ cup instant mashed
potato flakes | 2 teaspoons instant
mashed potato flakes |
| 1 cup chicken broth | Fat for frying |

Thaw frozen fillets. Cut fillets into 6 portions. Sprinkle fish with salt and roll in potato flakes. Place fish in a single layer in hot fat in a 10-inch fry pan. Fry at moderate heat for 4 to 5 minutes or until brown. Turn carefully. Fry 4 to 5 minutes longer or until fish are brown and flake easily when tested with a fork. Drain on absorbent paper. Keep warm. When all fish have been fried, add remaining ingredients. Simmer 1 to 2 minutes or until thick, stirring constantly. Pour sauce over fish. Makes 6 servings.



DILLY TROUT

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|---|-----------------------------|
| 2 pounds pan-dressed trout or other small pan-dressed fish, fresh or frozen | 1/4 teaspoon pepper |
| | 1/2 cup butter or margarine |
| | 2 teaspoons dill weed |
| 1 1/2 teaspoons salt | 3 tablespoons lemon juice |

Thaw frozen fish. Clean, wash, and dry fish. Cut fish almost through lengthwise and spread open. Sprinkle with salt and pepper. Melt butter in a 10-inch fry pan. Add dill weed. Place fish in a single layer, flesh side down, in the hot dill butter. Fry at moderate heat for 2 to 3 minutes. Turn carefully. Fry 2 to 3 minutes longer or until fish flake easily when tested with a fork. Place fish on a warm serving platter. Keep warm. When all the fish have been fried, turn heat very low and stir in lemon juice. Pour sauce over fish. Makes 6 servings.

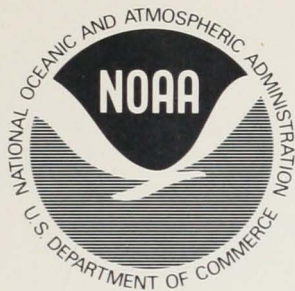
SNAPPY SNAPPER

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|--|-----------------------|
| 2 pounds skinless snapper fillets or other fish fillets, fresh or frozen | 1/4 cup salad oil |
| | 1/4 cup soy sauce |
| | 1/4 cup cider vinegar |
| 1/2 cup frozen orange juice concentrate, thawed | 1/2 teaspoon salt |
| | Chopped parsley |

Thaw frozen fillets. Cut fillets into 6 portions. Place fish in a single layer, skinned side up, on a well-greased baking pan, 15 x 10 x 1 inches. Combine remaining ingredients except parsley. Brush fish with sauce. Broil about 4 inches from source of heat for 5 minutes. Turn fish carefully and brush with sauce. Broil 5 to 7 minutes longer or until lightly browned and fish flake easily when tested with a fork. Sprinkle with parsley. Makes 6 servings.

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