

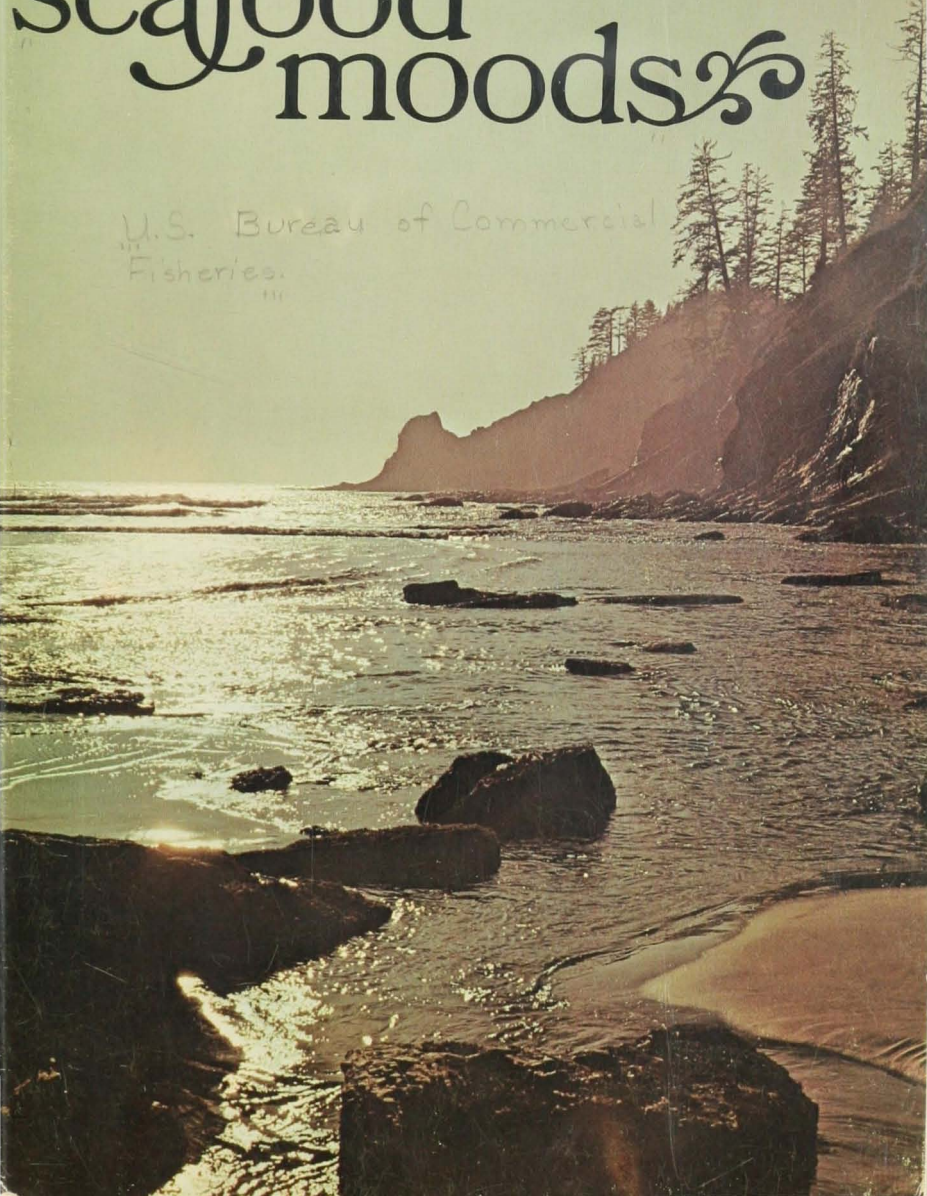
•ALASKA •WASHINGTON •OREGON

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# seafood & moods

U.S. Bureau of Commercial  
Fisheries.



## FOREWORD

I have a special interest in the future of our fisheries, and the Department of the Interior is happy to join with the States of Alaska, Washington, and Oregon, and the participating fisheries groups in the publication of this booklet concerning the utilization of fishery products from the coastal waters of these great States.

Vast quantities of fishery resources off our shores are available to our domestic fishing fleet. Our aim is to see that these fishery resources can be harvested in the years to come for the economic benefit of the commercial fishing industry and the nutritional benefit of the consumer.

*Walter J. Hickel*

Walter J. Hickel  
Secretary of the Interior

*641.39* *Un 3* *5* This publication was made possible through contributions from the following groups:

- Alaska King Crab Marketing and Quality Control Board
  - Bureau of Commercial Fisheries
  - Canned Salmon Institute
  - Halibut Association of North America
  - National Fishermen and Wives, Inc.
  - Northwest Fisheries Association
  - Otter Trawl Commission of Oregon
  - State of Alaska Department of Economic Development
  - State of Washington Department of Fisheries
- Un 3*

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# seafood moods

from

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604200  
The majestic beauty of Washington, Oregon, and Alaska can be matched only by the bountiful seafood harvest from these states. The fresh beauty of these products is unsurpassed. From the rugged magnificence of the Oregon coast, to the satisfying solitude of Puget Sound, north to the haughty grandeur of Mount McKinley . . . this land is truly a land of many moods. These moods are also reflected in its waters, and its seafoods become foods of many moods. From the sparkling successes of their singing salads to the subtle succulence of their creative casseroles, North Pacific fish and shellfish offer the homemaker a wealth of *Seafood Moods*. Fishery products from Washington, Oregon, and Alaska present 38,340 miles of variety, flavor, and imagination. From the tiny smelt to the majestic salmon, this veritable seafood Eden is truly an Epicurean paradise.

544  
For years, many marine delicacies from these states have been available only locally. Advanced processing techniques, improved packaging methods, and tomorrow's transportation today now make this rich bounty available to the world. Many of the better known products, such as halibut; salmon, both canned and fresh; and king crab, are long-time, firmly established favorites both at home and in restaurants. However, the fishing industry of Washington, Oregon, and Alaska invites you to enjoy a netful of additional seafood treasures equally popular with the residents of these three states. At their suggestion, sample smoked sablefish for a seafood spectacular; relish the rare Olympia oyster; single out one of the several soles for a special supper; or savor the robust flavor of a rosy rockfish. The possibilities are endless, with fresh briny bounty appearing daily.

So . . . select a mood. . . . Select a food . . . a seafood from Washington, Oregon, or Alaska. . . . Add some imagination and your own special twist and enjoy . . . enjoy . . . enjoy. . . . It's the next best thing to visiting there.

TECHNOLOGY

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## SMOKED SABLEFISH OR SALMON NUGGETS

*2 cups flaked, smoked sablefish or salmon (about  $\frac{3}{4}$  pound)*  
*1½ cups seasoned mashed potatoes*

*1 egg, beaten slightly*  
*1 teaspoon grated onion*  
*Dash pepper*  
*½ cup fine cornflake crumbs*  
*Oil for deep-fat frying*

Combine fish, potatoes, egg, onion, and pepper; beat until smooth. Chill well. Portion fish mixture with  $\frac{1}{4}$ -cup measure. Shape into balls. Roll in crumbs. Fry in hot, deep fat, 350° F., 3 to 5 minutes or until thoroughly heated and lightly browned. Serve hot with favorite egg or cheese sauce. Makes 12 balls, about 4 servings.

## HALIBUT SALAD BUNWICHES

*1 pound halibut or other firm fish, steaks or fillets*  
*1 quart boiling water*  
*3¼ teaspoons salt*  
*⅔ cup salad dressing or mayonnaise*  
*2 tablespoons well-drained sweet pickle relish*  
*1 tablespoon finely chopped onion*

*1 tablespoon lemon juice*  
*½ cup finely diced celery*  
*6 buttered, toasted hamburger or sesame-seed buns*  
*6 large lettuce leaves*  
*6 cherry tomatoes or small tomato wedges*  
*6 small sweet pickles or gherkins*

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Place steaks or fillets in boiling, salted water (3 teaspoons salt). Cover and return to boiling point; simmer for 10 minutes or until fish flakes easily when tested with a fork. Drain. Remove skin and bones. Flake. (Yield: 2 cups flaked halibut.) Combine salad dressing or mayonnaise, pickle relish, onion, lemon juice, and remaining salt; mix well. Add halibut, or other fish, and celery; mix carefully. Cover bottom half of each bun with a lettuce leaf. Top each with about  $\frac{1}{3}$  cup salad mixture. Cover with bun tops. Spear cherry tomato or tomato wedge and sweet pickle with a wood pick or metal skewer, kabob fashion, and insert into center of each bun top. Makes 6 servings.

## CRAB CREPES WITH SHRIMP SAUCE

(OPPOSITE PAGE)

### *Crepes*

*½ cup milk*

*1 egg*

*½ cup sifted flour*

*¼ teaspoon salt*

### *Filling*

*1 cup (6 ounces) frozen snow  
or queen crabmeat, flaked*

*½ cup thinly sliced celery*

*2 tablespoons thinly sliced  
green onions*

*¼ cup salad dressing*

*2 tablespoons diced pimiento*

*1 teaspoon curry powder*

*1 teaspoon lemon juice*

*½ teaspoon Worcestershire  
sauce*

### *Sauce*

*1 can (10 ounces) frozen,  
condensed shrimp soup,  
defrosted*

*½ cup milk*

*½ cup tiny, cooked Pacific  
pink shrimp, optional*

*1 teaspoon lemon juice*

*To make crepes:* Combine milk, egg, flour, and salt; beat until smooth. Fry crepes, one at a time, in lightly greased 6- or 7-inch skillet, using 3 tablespoonfuls batter for each crepe. Pour batter into skillet; tilt pan quickly so that batter will cover bottom of pan. Cook until lightly browned on both sides, turning once. Stack and keep warm while preparing filling.

*To make filling:* Thaw crabmeat; combine crabmeat, celery, onion, salad dressing, pimiento, curry powder, lemon juice, and Worcestershire sauce; mix carefully. Spread an equal amount of filling over each crepe, and roll up. Arrange filled crepes on heat-proof platter. Cover with aluminum foil, crimping foil to edges of platter. Bake in a moderate oven, 350° F., about 15 minutes or until well heated. Prepare sauce while crepes are heating.

*To make sauce:* Combine soup, milk, shrimp, and lemon juice; warm to serving temperature over low heat, stirring constantly.

*To serve:* Uncover platter and pour sauce over crepes. Makes 6 crepes or 6 servings.

## BROILED PACIFIC COD FILLETS WITH TOMATO AND CHEESE

*2 pounds Pacific cod or other  
white fish fillets, fresh or  
frozen*

*2 tablespoons butter or  
margarine, melted*

*2 teaspoons salt*

*1 can (8 ounces) tomato  
sauce*

*1 onion (2-inch), chopped*

*½ cup grated cheddar cheese*

Thaw frozen fish; cut into 6 portions. Arrange fish in well-greased baking pan; brush with melted fat, and sprinkle with salt. Broil about 3 inches from source of heat for about 8 minutes. Pour tomato sauce over fish; sprinkle with onion and cheese. Broil until cheese melts and fish flakes easily when tested with a fork, about 4 minutes. Makes 6 servings.



## SMELT, ITALIAN STYLE

(OPPOSITE PAGE)

2 cups sliced onion  
2 cloves garlic, minced  
¼ cup melted fat or oil  
1 can (1 pound 12 ounces)  
Italian tomatoes, undrained  
1 can (6 ounces) tomato paste  
1½ teaspoons oregano  
1½ teaspoons salt

1 teaspoon sugar  
¼ teaspoon pepper  
¼ cup chopped parsley  
2 pounds dressed Pacific smelt  
1 cup shredded mozzarella  
cheese  
¼ cup shredded Parmesan  
cheese

Cook onion and garlic in melted fat or oil until onion is tender. Add tomatoes, tomato paste, oregano, 1 teaspoon salt, sugar, and pepper; mix well. Cover and cook slowly, about 30 minutes, until slightly thickened and flavors blend; stir often during cooking. Stir in parsley. Spread sauce over bottom of 2- or 3-quart, shallow, rectangular baking dish. Arrange smelt in a single layer on sauce down the center of baking dish. Sprinkle with remaining ½ teaspoon salt and cheeses. Bake in a hot oven, 400° F., 15 to 20 minutes or until fish flakes easily when tested with a fork. Makes 6 servings.

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## DEVILED CLAMS

1 pint clams  
1 clove garlic, minced  
2 tablespoons chopped onion  
½ cup chopped celery  
¼ cup butter or margarine,  
melted  
1 tablespoon flour  
¾ teaspoon salt  
¼ teaspoon pepper  
¼ teaspoon thyme

3 drops liquid hot pepper  
sauce  
1 tablespoon chili sauce  
1 egg, beaten  
½ cup cracker meal  
2 tablespoons chopped parsley  
2 tablespoons butter or  
margarine, melted  
½ cup dry bread crumbs

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





## SWEET AND SOUR KING CRAB

(OPPOSITE PAGE)

2 packages (6 ounces each)  
frozen king crabmeat  
1 cup sliced onion  
1 small green pepper, cut in  
1-inch squares  
¼ cup butter or margarine  
1 can (1 pound 4 ounces)  
pineapple chunks in heavy  
syrup  
½ cup sugar

2 tablespoons cornstarch  
½ teaspoon dry mustard  
¼ teaspoon salt  
½ cup white vinegar  
1 tablespoon soy sauce  
⅔ cup cherry tomato halves  
or thin tomato wedges  
6 servings hot, cooked,  
seasoned, plain or almond  
rice or chow-mein noodles

Thaw frozen crabmeat. Saute onion and green pepper in butter or margarine until onion is tender, not browned. Drain pineapple; reserve syrup. Combine sugar, cornstarch, mustard, and salt. Stir in pineapple syrup, vinegar, and soy sauce; mix well; add to onion-green pepper mixture. Cook, stirring constantly, until thick and clear. Fold in pineapple chunks, crabmeat, and tomatoes. Heat; serve over rice or noodles. Makes 6 servings.

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## OVEN-BARBECUED LINGCOD OR PACIFIC OCEAN PERCH

2 pounds lingcod, Pacific  
ocean perch, or other firm  
fish fillets, fresh or frozen  
½ cup cooking oil  
1 teaspoon salt  
Dash pepper

1 clove garlic, minced  
1 cup shredded cheddar cheese  
1 cup fine bread, cracker, or  
cereal crumbs  
1 cup favorite commercial  
barbecue sauce

Thaw frozen fish, and cut into 6 serving portions. Combine oil, salt, pepper, and garlic. Mix cheese and crumbs. Dip each piece of fish into oil; drain; roll in cheese-crumbs mixture. Arrange fish in well-greased baking pan. Bake in hot oven, 450° F., 7 to 10 minutes. Heat barbecue sauce. Spoon ½ of sauce over fish. Keep remaining sauce hot. Cook fish an additional 5 minutes or until it flakes easily when tested with a fork. Serve with remaining sauce. Makes 6 servings.

NOTE: Fish may be served with sauce on large, buttered, toasted hamburger buns.



## HALIBUT STEAK WITH ORANGE-GRAPE SAUCE

(OPPOSITE PAGE)

<i>2 pounds halibut steaks</i> <i>(3/4-inch), fresh or frozen</i>	<i>1/2 cup cold water</i>
<i>2 cups boiling water</i>	<i>2 teaspoons grated orange</i> <i>rind</i>
<i>2 tablespoons lemon juice</i>	<i>1 teaspoon lemon juice</i>
<i>1 teaspoon salt</i>	<i>1 can (11 ounces) mandarin</i> <i>orange segments, drained</i>
<i>1 tablespoon cornstarch</i>	<i>1 cup seeded green grape</i> <i>halves</i>
<i>1 tablespoon sugar</i>	
<i>1/2 cup orange juice</i>	

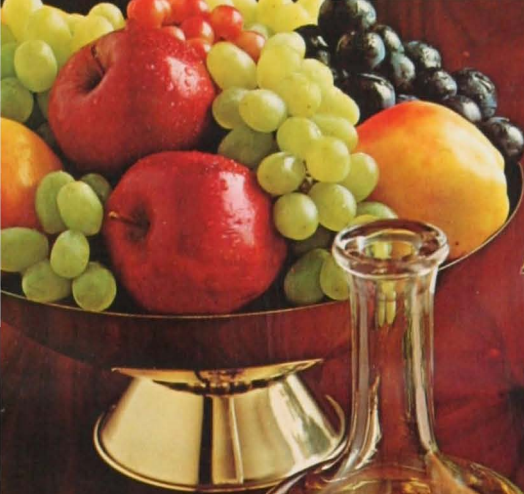
Thaw frozen fish, and cut into 6 serving portions. Place fish in a well-greased, large frypan. Add boiling water, lemon juice, and salt. Cover; simmer until fish flakes easily when tested with a fork, 8 to 10 minutes. While fish is cooking, prepare sauce. Combine cornstarch and sugar in small saucepan. Stir in orange juice and cold water. Cook slowly, stirring constantly, until thickened. Stir in orange rind, lemon juice, and fruits; heat. Transfer cooked, drained fish carefully to hot serving platter. Spoon sauce over halibut. Makes 6 servings.

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## SCALLOPED FISH AND POTATOES

<i>1 1/2 pounds ocean perch, ling-</i> <i>cod, or other firm fish</i> <i>fillets, fresh or frozen</i>	<i>6 cups thinly sliced raw</i> <i>potatoes</i>
<i>2/3 cup flour</i>	<i>2 cups thinly sliced onions,</i> <i>separated into rings</i>
<i>2 1/4 teaspoons salt</i>	<i>1/4 cup butter or margarine</i>
<i>1/8 teaspoon pepper</i>	<i>3 cups hot milk</i> <i>Paprika</i>

Thaw frozen fish. Cut fish crosswise into 1/2-inch slices; set aside. Combine flour, 1 3/4 teaspoons salt, and pepper; mix well. Spread 1/3 of the potato slices and 1/2 of the onion and fish slices in layers over bottom of shallow, 3-quart casserole. Sprinkle 1/2 of the flour mixture over fish. Dot with 1/2 of butter or margarine. Repeat layers. Cover with remaining potato slices. Pour milk over potatoes; press potatoes into milk. Sprinkle with remaining 1/2 teaspoon salt and paprika. Cover casserole with aluminum foil, crimping foil securely to edges of casserole. Bake in a moderate oven, 375° F., 1 hour or until potatoes are tender and fish flakes easily when tested with a fork. Makes 6 servings.



## PACIFIC CLAM AND CORN CHOWDER

<i>8 ounces minced clams</i>	<i>2 tablespoons flour</i>
<i>1 cup clam liquid and water</i>	<i>1 tablespoon butter or margarine</i>
<i>3 slices bacon, chopped</i>	<i>1 teaspoon celery salt</i>
<i>1 cup chopped onion</i>	<i>1 teaspoon salt</i>
<i>2 cups diced raw potatoes</i>	<i>Dash white pepper</i>
<i>1½ cups drained whole-kernel corn</i>	<i>½ cup coarse cracker crumbs, optional</i>
<i>3 cups milk</i>	

Drain clams; reserve liquid. Add water to clam liquid to make 1 cup. Fry bacon until crisp; add onion and cook until tender. Add potatoes and clam liquid and water. Cover. Simmer gently until potatoes are tender; add corn and milk. Blend flour and butter or margarine, and stir into chowder. Cook slowly until mixture thickens slightly, stirring constantly. Add seasonings and clams; simmer 5 minutes. Serve hot. Top with cracker crumbs. Makes 6 servings.

## PACIFIC CLAM CHOWDER

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<i>2 cups clam juice (nectar from steamed clams)</i>	<i>¼ cup flour</i>
<i>1 bouillon cube</i>	<i>½ bay leaf</i>
<i>½ cup chopped onion</i>	<i>1 cup milk</i>
<i>½ clove garlic, minced</i>	<i>1 cup drained, minced, cooked clams</i>
<i>3 tablespoons butter or margarine</i>	<i>1 cup drained, cooked noodles</i>
	<i>Paprika, optional</i>

Combine clam juice and bouillon cube; bring to a boil; stir until dissolved. Saute onion and garlic in butter or margarine until tender; stir in flour. Add clam juice and cook, stirring constantly until thick. Add bay leaf. Stir in milk, clams, and noodles; heat thoroughly. Serve in bowls; sprinkle with paprika. Makes 6 servings.

## PACIFIC OYSTER ROAST

*36 Pacific oysters, in the shell*      *Melted butter or margarine*

Wash oyster shells thoroughly. Place oysters on a grill about 4 inches from hot coals. Roast for 10 to 15 minutes or until shells begin to open. Serve in shells with melted butter or margarine. Makes 6 servings.

## HALIBUT POT ROAST

(CENTER SPREAD, UPPER LEFT)

*3-pound chunk halibut,  
salmon, or other firm fish,  
fresh or frozen*  
*12 medium-size carrots, peeled*  
*6 medium-size raw potatoes,  
peeled*  
*2 cups sliced celery*

*1/3 cup water*  
*1 clove garlic, minced*  
*1/3 cup butter or margarine,  
melted*  
*2 teaspoons salt*  
*1/4 teaspoon pepper*

Thaw frozen fish. Center fish in large, well-greased baking pan. Arrange vegetables around fish. Combine water and garlic; pour over fish and vegetables. Brush fish and vegetables with butter or margarine. Sprinkle with salt and pepper. Cover with foil, crimping to edges of pan. Bake in moderate oven, 350° F., 1 hour or until vegetables are tender and fish flakes easily when tested with a fork. Transfer fish and vegetables to heated serving dish. Serve with pan drippings if desired. Makes 6 servings.



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(CENTER SPREAD, LOWER LEFT)

13

## FRUITY TUNA SALAD

(CENTER SPREAD, LOWER LEFT)

*2/3 cup salad oil*  
*1/3 cup honey*  
*1/3 cup lemon juice*  
*1 tablespoon grated onion*  
*1 teaspoon salt*  
*1 teaspoon dry mustard*  
*1/2 teaspoon paprika*  
*1/2 teaspoon celery seed,  
optional*  
*3 cans (6 1/2 to 7 ounces each)  
albacore tuna, drained,  
broken in chunks*

*Crisp salad greens*  
*1 can (1 pound 4 ounces)  
pineapple chunks or slices,  
chilled and drained*  
*2 large oranges, peeled and  
sliced*  
*1 ripe avocado, peeled and  
sliced*  
*Mint sprigs or watercress*

Combine first 8 ingredients in large bowl; mix well. Add tuna; cover and refrigerate several hours. Drain tuna; save marinade. Line shallow salad bowl or serving platter with salad greens; pile drained tuna in center of dish. Arrange pineapple, orange, and avocado slices around tuna. Garnish with mint sprigs or watercress. Serve with reserved marinade or, if preferred, honey-celery seed dressing. Makes 6 servings.





## BROILED SALMON STEAKS WITH HERB SAUCE

(CENTER SPREAD, UPPER MIDDLE)

6 salmon steaks ( $\frac{3}{4}$ -inch)  
fresh or frozen (about  
2 pounds)  
 $\frac{1}{4}$  cup butter or margarine  
 $\frac{1}{4}$  cup dry white wine

1 tablespoon chopped parsley  
 $\frac{1}{4}$  teaspoon fines herbes blend  
1 clove garlic, sliced  
1 teaspoon salt

Thaw frozen steaks. Combine butter or margarine, wine, parsley, herbs, and garlic; heat slowly until fat is melted. Let stand 15 minutes. Sprinkle steaks with salt. Place fish on a well-greased broiler pan; brush with sauce. Broil about 3 inches from heat source, 4 to 6 minutes. Turn carefully; brush with sauce. Broil 4 to 6 minutes longer or until fish flakes easily when tested with a fork. Baste steaks with sauce several times while broiling. Makes 6 servings.

(CENTER SPREAD, UPPER MIDDLE)



(CENTER SPREAD, LOWER MIDDLE)



## BAKED ROCKFISH OR SEA BASS WITH SPINACH AND BREAD STUFFING

(CENTER SPREAD, LOWER MIDDLE)

3- or 4-pound dressed rock-  
fish, sea bass, or other firm  
fish, fresh or frozen  
 $2\frac{1}{2}$  teaspoons salt  
 $1\frac{1}{2}$  cups thinly sliced celery  
 $\frac{1}{4}$  cup sliced green onions  
 $\frac{1}{2}$  cup butter or margarine,  
melted

4 cups soft bread cubes  
( $\frac{1}{2}$ -inch)  
4 cups fresh spinach leaves,  
washed, well-drained  
1 tablespoon lemon juice  
 $\frac{1}{4}$  teaspoon pepper

Thaw frozen fish; clean, wash, and dry fish. Sprinkle inside and outside with  $1\frac{1}{2}$  teaspoons salt. Cook celery and onion in 6 tablespoons butter or margarine until celery is tender. Stir in bread cubes and spinach leaves. Cook and stir until spinach is tender. Add lemon juice, remaining 1 teaspoon salt, and pepper; toss lightly. Stuff fish loosely. Close opening with small skewers. Place fish in well-greased baking pan. Brush with remaining butter or margarine. Bake in a moderate oven,  $350^{\circ}$  F., 40 to 60 minutes or until fish flakes easily when tested with a fork. Makes 6 to 8 servings.

## RAINBOW TROUT WITH MUSHROOM-HERB STUFFING

(CENTER SPREAD, UPPER RIGHT)

- |   |   |
|---|---|
| <i>6 pan-dressed rainbow trout,<br/>fresh or frozen</i> | <i>2/3 cup sliced green onions</i>        |
| <i>2 teaspoons salt</i>                                 | <i>1/4 cup chopped parsley</i>            |
| <i>4 cups (1/2-inch) soft bread<br/>cubes</i>           | <i>2 tablespoons chopped<br/>pimiento</i> |
| <i>2/3 cup butter or margarine</i>                      | <i>4 teaspoons lemon juice</i>            |
| <i>1 cup sliced fresh mushrooms</i>                     | <i>1/2 teaspoon marjoram</i>              |

Thaw frozen fish; clean, wash, and dry. Sprinkle 1½ teaspoons salt evenly over inside and outside of fish. Saute bread cubes in ½ cup butter or margarine until lightly browned, stirring frequently. Add mushrooms and onion; cook until mushrooms are tender. Stir in remaining salt, parsley, pimiento, lemon juice, and marjoram; toss lightly. Stuff fish, and arrange in single layer in a well-greased baking pan. Brush with remaining melted butter or margarine. Bake in a moderate oven, 350° F., 25 to 30 minutes or until fish flakes easily when tested with a fork. Serve plain or with favorite fish sauce. Makes 6 servings.

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## NORTHWEST CIOPPINO

(CENTER SPREAD, LOWER RIGHT)

- |   |  |
|---|--|
| <i>1½ pounds halibut, lingcod,<br/>rockfish, or sea bass, fresh<br/>or frozen</i> | <i>1 cup water</i>                                   |
| <i>2 cups sliced onion</i>  | <i>1/4 cup chopped parsley</i>                       |
| <i>2 cloves garlic, finely minced</i>   | <i>2 teaspoons salt</i>                              |
| <i>1/4 cup cooking or olive oil</i>   | <i>1 teaspoon basil</i>                              |
| <i>1 can (1 pound 12 ounces)<br/>Italian tomatoes, undrained</i>                  | <i>1/2 teaspoon oregano</i>                          |
| <i>1 can (8 ounces) tomato sauce</i>  | <i>1/4 teaspoon pepper</i>                           |
|   | <i>1 dozen clams in shell, washed</i>                |
|   | <i>1 cup cooked, peeled, Pacific<br/>pink shrimp</i> |

Thaw frozen fish, and cut into 1½-inch chunks. Cook onion and garlic in oil until onion is tender but not brown. Add tomatoes, tomato sauce, water, parsley, salt, basil, oregano, and pepper. Cover. Simmer gently about 30 minutes. Add fish chunks; cover and simmer 10 to 20 minutes. Add clams in shells and shrimp; cover; cook 10 minutes longer or until fish flakes easily when tested with a fork. Makes 6 to 8 servings.

## NORTHWESTERN SALMON PIE

- |                                     |  |
|-------------------------------------|--|
| <i>1 can (1 pound) salmon</i>       | <i>2 tablespoons butter or margarine</i> |
| <i>1 cup salmon liquid and milk</i> | <i>2 tablespoons chopped parsley</i>     |
| <i>1 cup soft bread crumbs</i>      | <i>1 tablespoon lemon juice</i>          |
| <i>3 eggs, beaten slightly</i>      | <i>¾ teaspoon salt</i>                   |
| <i>1 cup diced celery</i>           | <i>1 9-inch unbaked pastry shell</i>     |
| <i>¼ cup chopped onion</i>          |  |

Drain salmon; reserve liquid. Add milk to salmon liquid to make 1 cup. Bone, skin, and flake salmon. Combine liquids, bread crumbs, and eggs; let stand while preparing remaining ingredients. Cook celery and onion in butter or margarine until celery is tender. Add cooked vegetables, flaked salmon, parsley, lemon juice, and salt to egg mixture; mix. Pour into pastry shell. Bake in a hot oven, 400° F., 25 to 30 minutes or until crust is done and mixture is set. Let stand 8 to 10 minutes before cutting. Makes one 9-inch pie, enough for 6 servings.

## SOLE WITH MUSHROOM-WINE SAUCE

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- |  |  |
|--|--|
| <i>2 pounds petrale, English, or rex sole fillets, fresh or frozen</i> | <i>1 small clove garlic, finely minced</i>     |
| <i>3 tablespoons butter or margarine</i>                               | <i>½ cup fresh or canned mushrooms, sliced</i> |
| <i>2 tablespoons lemon juice</i>                                       | <i>1 teaspoon flour</i>                        |
| <i>1½ teaspoons salt</i>   | <i>¼ cup catsup</i>                            |
| <i>2 slices bacon, diced</i>   | <i>¼ cup dry white wine</i>                    |
| <i>¼ cup sliced green onions</i>                                       | <i>¼ cup water</i>                             |

Thaw frozen fish. Arrange fillets in single layer in well-buttered baking pan. Drizzle 2 tablespoons melted butter or margarine and lemon juice over fish, and sprinkle with 1 teaspoon salt. Broil 4 inches from heat source about 10 minutes or until fish flakes easily when tested with a fork. While fish is broiling, fry bacon until crisp. Remove bacon pieces from pan; drain on absorbent paper. Add 1 tablespoon butter or margarine to bacon drippings. Cook green onion and garlic in drippings until tender. Stir in mushrooms and flour. Add catsup, wine, water, and ½ teaspoon salt; cook, stirring constantly, until sauce is slightly thickened. Spoon sauce over fish; sprinkle with bacon pieces. Makes 6 servings.

## SMOKY SABLEFISH OR SALMON DINNER SALAD

(OPPOSITE PAGE)

<i>1 cup salad dressing or mayonnaise</i>	<i>2 cups sliced celery</i>
<i>1 teaspoon prepared mustard</i>	<i>2/3 cup sliced radishes</i>
<i>1/2 teaspoon tarragon leaves</i>	<i>1/3 cup sliced green onions</i>
<i>1/2 teaspoon salt</i>	<i>1/2 pound smoked sablefish or salmon, flaked</i>
<i>1/4 teaspoon celery seed</i>	<i>Lettuce leaves</i>
<i>3 cups chilled, sliced, cooked potatoes</i>	

Combine first 5 ingredients; mix well. Fold in sliced potatoes. Cover; refrigerate several hours to blend flavors. Add celery, radishes, onion, and flaked fish; mix carefully. Arrange in center of lettuce-lined serving dish; garnish with additional sliced smoked sablefish or salmon, albacore tuna, or Pacific pink shrimp. Makes 6 servings.

## SOLE ROLL-UPS WITH SHRIMP SAUCE

<i>1 1/2 pounds petrale, English, or Dover sole fillets, fresh or frozen</i>	<i>1/8 teaspoon white pepper</i>
<i>1/2 cup thinly sliced celery</i>	<i>1/4 cup dry white wine, optional</i>
<i>2 tablespoons sliced green onions</i>	<i>2 tablespoons flour</i>
<i>1/3 cup butter or margarine</i>	<i>1 cup half-and-half (half milk, half cream) or milk</i>
<i>2 cups soft bread crumbs</i>	<i>1 egg yolk, beaten</i>
<i>1/4 teaspoon tarragon leaves</i>	<i>1 cup cooked Pacific pink shrimp</i>
<i>1 1/4 teaspoons salt</i>	<i>1 teaspoon lemon juice</i>

Thaw frozen fillets. Saute celery and onion in 2 tablespoons butter or margarine until tender, not brown. Stir in bread crumbs, tarragon leaves, 1/4 teaspoon salt, and pepper. Divide fillets into 6 serving portions. Sprinkle fish with 3/4 teaspoon salt. Cover each fillet with an equal amount of bread mixture. Roll and secure with wooden picks or metal skewers. Place roll in shallow 1 1/2-quart baking dish. Drizzle with wine and 2 tablespoons melted butter or margarine. Bake in moderate oven, 350° F., about 25 minutes or until fish flakes easily when tested with a fork. Baste with pan juices several times during cooking.

*To make sauce:* Melt remaining butter or margarine in small saucepan; blend in flour and remaining 1/4 teaspoon salt. Stir in half-and-half or milk; cook, stirring constantly, until thick and smooth. Fold a small amount of hot mixture into egg yolk; stir yolk mixture into remaining sauce. Add shrimp, lemon juice, and pan juices to sauce; blend carefully. Heat to serving temperature. Serve over sole roll-ups. Makes 6 servings.



## STUFFED SALMON OR ROCKFISH WITH EGG SAUCE

(OPPOSITE PAGE)

1 dressed salmon or rockfish,  
fresh or frozen (about 4  
pounds)

1½ teaspoons salt

1½ cups diced celery

1½ cups chopped onion

1 clove garlic, finely minced

1 small bay leaf, crumbled

½ cup butter or margarine

4 cups soft bread crumbs

2 tablespoons chopped parsley

½ teaspoon rosemary

Dash pepper

Thaw frozen fish; clean, wash, and dry. Sprinkle 1 teaspoon salt over inside cavity of fish, and place in well-greased baking pan. Cook celery, onion, garlic, and bay leaf in ⅓ cup butter or margarine until vegetables are tender. Add remaining salt, bread crumbs, parsley, rosemary, and pepper; toss lightly. Stuff fish loosely; brush with remaining butter or margarine. Cover fins and tail of fish loosely with foil. Bake in a moderate oven, 350° F., for 45 to 60 minutes or until fish flakes easily when tested with a fork. Serve plain or with Egg Sauce. Makes 6 to 8 servings.

### Egg Sauce

2 tablespoons butter or  
margarine

2 tablespoons flour

½ teaspoon salt

Dash white pepper

1 cup milk

¼ cup half-and-half (half  
milk, half cream)

1 tablespoon lemon juice

2 hard-cooked eggs, coarsely  
chopped

2 tablespoons diced pimiento,  
optional

Melt butter or margarine in small saucepan. Blend in flour, salt, and pepper. Stir in milk and half-and-half; cook, stirring constantly, until thick and smooth. Fold in lemon juice, eggs, and pimiento; heat. Serve with baked fish. Makes 1¾ cups sauce.

## SCALLOPED OYSTERS

1 pint Pacific oysters

2 cups cracker crumbs

½ teaspoon salt

⅛ teaspoon pepper

½ cup butter or margarine,  
melted

¼ teaspoon Worcestershire  
sauce

1 cup milk

Drain oysters. Combine cracker crumbs, salt, pepper, and butter or margarine; sprinkle ⅓ in a greased casserole; cover with a layer of oysters. Repeat layer. Add Worcestershire sauce to milk, and pour over contents of dish. Sprinkle remaining crumbs over top. Bake in moderate oven 350° F., 30 minutes or until brown. Makes 6 servings.



## CRAB ELEGANT

1 cup sliced celery  
¼ cup butter or margarine  
1 cup sliced fresh mushrooms  
or 1 can (4 ounces) sliced  
mushrooms, drained  
¼ cup sliced green onions  
3 tablespoons flour  
¾ teaspoon salt  
Dash white pepper  
1 cup milk

½ cup half-and-half (half  
milk, half cream)  
¼ cup sherry, optional  
½ teaspoon Worcestershire  
sauce  
2 cups (12 ounces) Dungeness  
crabmeat, flaked  
2 tablespoons diced pimiento  
6 servings hot, fluffy rice  
1 ripe avocado, peeled and  
sliced, optional

Cook celery in butter or margarine until tender. Add mushrooms and onion, and cook until onion is tender. Blend in flour, salt, and pepper. Stir in milk and half-and-half; cook until thickened, stirring constantly. Add sherry, Worcestershire sauce, crabmeat, and pimiento; mix carefully. Place over low heat and bring to serving temperature, stirring often. Serve on rice; garnish with avocado slices. Makes 6 servings.

## HALIBUT WITH RICE

2 pounds halibut, rockfish,  
lingcod, sea bass, or  
salmon, fresh or frozen  
4 slices bacon, diced  
2 tablespoons butter or  
margarine  
1 cup chopped onion  
1 clove garlic, finely minced

1½ cups uncooked rice  
(not instant)  
3 cups boiling water  
½ cup chili sauce  
2 chicken bouillon cubes  
2 teaspoons salt  
Pinch saffron  
1 package (10 ounces)  
frozen peas

Thaw frozen fish and cut into 1-inch chunks. Fry bacon until crisp. Remove pieces from pan; drain on absorbent paper. Add butter or margarine to bacon drippings, and cook onion and garlic in drippings until tender. Add rice, boiling water, chili sauce, bouillon cubes, salt, and saffron; mix well. Return to a boil; cover and cook slowly 10 minutes. Add fish, bacon, and peas; cover and cook 10 minutes longer or until rice and peas are tender and fish flakes easily when tested with a fork. Makes 6 servings.



## CRAB AND SHRIMP AU GRATIN IN RAMEKINS

<i>1/3 cup sliced green onions</i>	<i>1 package (6 ounces) frozen king crabmeat, defrosted</i>
<i>1/4 cup butter or margarine</i>	<i>1 cup cooked Pacific pink shrimp</i>
<i>1/4 cup flour</i>	<i>1 can (6 ounces) water chestnuts, drained and sliced</i>
<i>1 teaspoon salt</i>	<i>3 cups cooked rice</i>
<i>1/8 teaspoon white pepper</i>	<i>2 tablespoons diced pimiento</i>
<i>1 cup half-and-half (half milk, half cream)</i>	<i>1 cup shredded cheddar cheese</i>
<i>1 cup milk</i>	
<i>2 tablespoons lemon juice</i>	

Saute green onion in butter or margarine until tender. Blend in flour, salt, and pepper. Add half-and-half and milk; cook, stirring constantly, until thick and smooth. Stir in lemon juice, crabmeat, shrimp, water chestnuts, rice, pimiento, and  $\frac{1}{2}$  of the cheese. Spoon into 6 10-ounce casseroles or ramekins. Sprinkle remaining cheese over tops. Bake in a moderate oven, 350° F., for about 25 minutes or until mixture is hot and bubbly. Makes 6 servings.

## BROILED SHAD

<i>2 pounds shad fillets or other fish fillets, fresh or frozen</i>	<i>2 tablespoons lemon juice</i>
<i>1/4 cup butter or margarine, melted</i>	<i>2 teaspoons prepared mustard</i>
<i>2 tablespoons horseradish</i>	<i>1 teaspoon salt</i>
	<i>1/4 teaspoon pepper</i>
	<i>Paprika</i>

Thaw frozen fillets. Cut into serving-size portions. Combine butter or margarine, horseradish, lemon juice, mustard, salt, and pepper. Place fish, skin side up, on a well-greased broiler pan. Brush with sauce. Broil about 3 inches from source of heat for 4 to 5 minutes. Turn carefully and brush with sauce. Broil 4 to 5 minutes longer or until fish flakes easily when tested with a fork. Sprinkle with paprika. Makes 6 servings.

## OYSTERS ON THE HALF SHELL

<i>36 Olympia oysters</i>	<i>Lemon wedges</i>
<i>Crushed ice</i>	<i>Parsley</i>
<i>Cocktail sauce</i>	

Open oysters. Arrange crushed ice in 6 shallow bowls or soup plates. Place 6 half-shell oysters on the ice with a small container of cocktail sauce in the center for each plate. Garnish with lemon wedges and parsley. Makes 6 servings.

## CRISPY SCALLOP SALAD BOWL

(OPPOSITE PAGE)

*1½ pounds Alaska scallops,  
fresh or frozen*  
*1½ cups water*  
*3 tablespoons lemon juice*  
*1½ teaspoons salt*  
*3 peppercorns*  
*3 slices onion*  
*½ cup tarragon vinegar*  
*⅓ cup salad oil*  
*⅓ cup sugar*  
*1 clove garlic, sliced*

*1½ cups diagonally sliced  
celery*  
*6 servings crisp salad greens*  
*¾ cup sliced radishes*  
*3 hard-cooked eggs, sliced*  
*1 pint cherry tomatoes, cut in  
half, or 2 tomatoes, cut in  
wedges*  
*¼ pound cheddar cheese,  
cut in thin strips*

Thaw scallops; rinse with cold water; drain well. Combine water, lemon juice, ½ teaspoon salt, peppercorns, and onion in saucepan; bring to a boil. Simmer 5 minutes. Add scallops; cover and simmer gently 5 to 10 minutes or until scallops are tender. Drain scallops. Combine vinegar, oil, sugar, remaining 1 teaspoon salt, and garlic; stir until sugar is dissolved. Pour over scallops. Cover; chill several hours. Add celery; mix and drain; save marinade. Arrange greens in large salad bowl. Pile scallops and celery in center of bowl, and arrange remaining foods in groups around scallops on crisp salad greens. Serve with reserved marinade or, if preferred, favorite French or oil-and-vinegar dressing. Makes 6 servings.

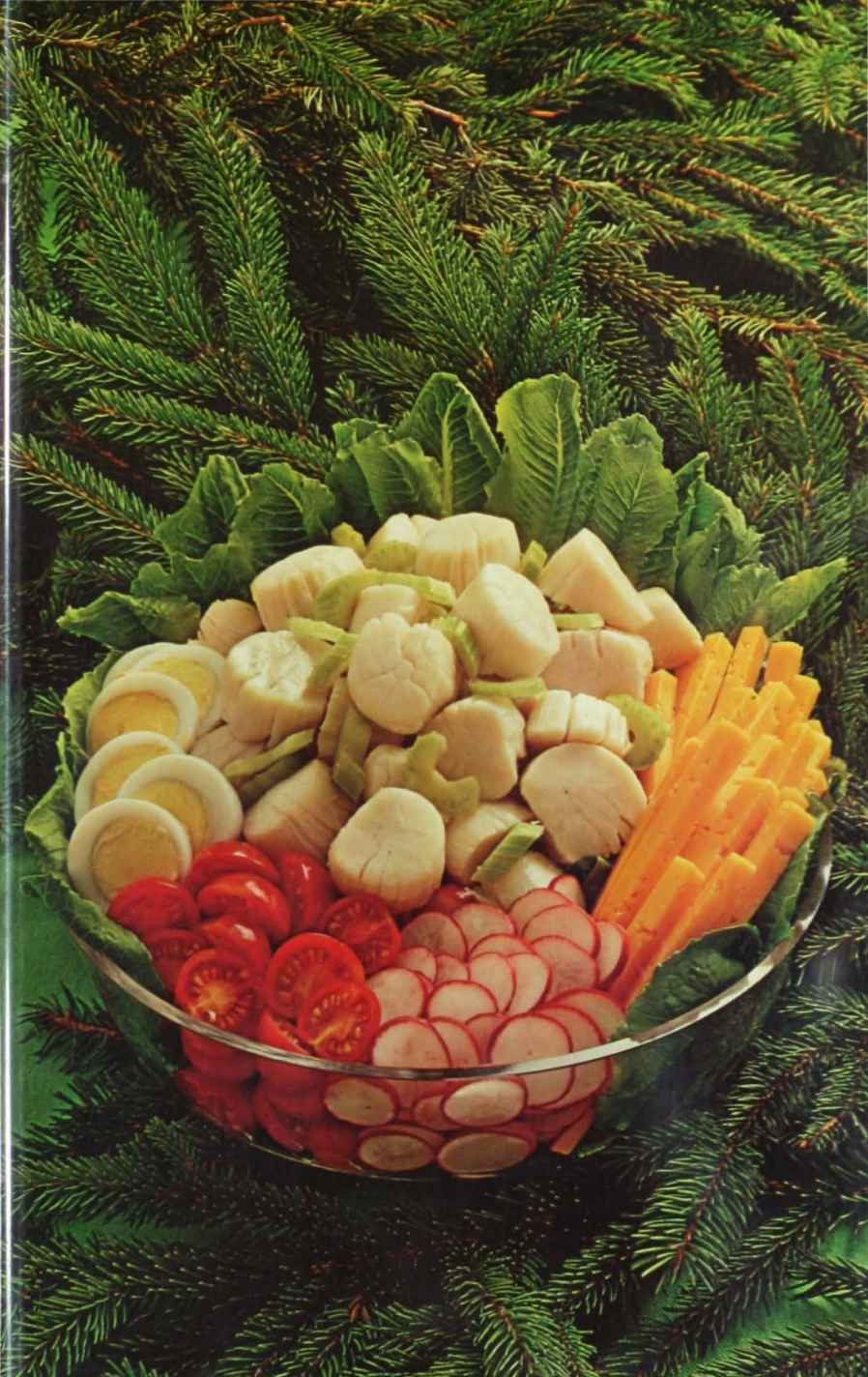
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## BAKED SALMON-RICE SALAD

*1 can (1 pound) salmon*  
*2 cups cooked rice*  
*1 cup thinly sliced celery*  
*½ cup chopped parsley*  
*¼ cup sliced, pitted ripe  
olives*

*⅔ cup mayonnaise or salad  
dressing*  
*2 tablespoons French dressing*  
*2 tablespoons lemon juice*  
*1 tablespoon curry powder*  
*Paprika*

Drain and break salmon into large pieces. Combine rice, celery, parsley, olives, and salmon. Combine ½ cup mayonnaise, French dressing, lemon juice, and curry powder. Add mayonnaise mixture to salmon mixture; toss lightly. Place in 6 well-greased, 6-ounce casseroles or custard cups. Top each with a rounded teaspoon of mayonnaise. Sprinkle with paprika. Bake in a hot oven, 400° F., for 15 to 20 minutes or until heated. Makes 6 servings.



## ALASKAN FISHERMAN STEW

(OPPOSITE PAGE)

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|--|---|
| <i>2 pounds rockfish, lingcod,<br/>Pacific ocean perch, salmon,<br/>halibut, or other firm fish,<br/>fresh or frozen</i> | <i>1 can (8 ounces) tomato sauce</i>                |
| <i>1½ cups sliced celery</i>   | <i>2 teaspoons salt</i>                             |
| <i>½ cup chopped onion</i>   | <i>½ teaspoon paprika</i>                           |
| <i>1 clove garlic, minced</i>  | <i>½ teaspoon chili powder</i>                      |
| <i>¼ cup butter or margarine</i>   | <i>¼ teaspoon pepper</i>                            |
| <i>1 can (1 pound 12 ounces)<br/>tomatoes, undrained</i>   | <i>1 package (7 ounces)<br/>spaghetti, uncooked</i> |
|  | <i>2 cups boiling water</i>                         |
|  | <i>¼ cup grated or shredded<br/>Parmesan cheese</i> |

Thaw frozen fish, and cut into 1-inch chunks. Cook celery, onion, and garlic in butter or margarine in large, heavy pan until tender. Add tomatoes, tomato sauce, and seasonings. Bring to a simmer; cover; cook slowly 15 to 20 minutes. Add uncooked spaghetti and boiling water; mix; cover pan. Cook slowly about 10 minutes or until spaghetti is almost tender. Add fish; cover; cook slowly about 10 minutes or until fish flakes easily when tested with a fork. Serve hot with cheese sprinkled over top. Makes 6 servings.

## FISH FILLETS WITH CLAMS AND OLIVES

- |  |  |
|--|--|
| <i>1½ pounds ocean perch, ling-<br/>cod, or other firm fish<br/>fillets, fresh or frozen</i> | <i>½ cup drained, cooked,<br/>minced clams</i>   |
| <i>2 tablespoons butter or<br/>margarine, melted</i>   | <i>14 medium-size stuffed olives,<br/>sliced</i> |
| <i>1 teaspoon salt</i>   | <i>2 tablespoons lemon juice</i>                 |
| <i>Dash white pepper</i>   | <i>1 tablespoon chopped parsley</i>              |
|  | <i>1 teaspoon oregano</i>                        |

Thaw frozen fish. Cut fillets into 6 serving portions. Arrange fish in well-greased, shallow, 2-quart casserole. Brush fish with butter or margarine; sprinkle with salt and pepper. Cover with aluminum foil, crimping it securely to edges of casserole. Bake in hot oven 400° F., 20 minutes. While fish is baking, combine remaining ingredients. Uncover fish; spoon clam mixture over fish. Again cover casserole with foil; return to oven and bake 10 minutes longer or until fish flakes easily when tested with a fork. Makes 6 servings.



## CREAMY CURRIED TUNA

1 cup sliced celery  
¼ cup diced green pepper  
2 tablespoons butter or  
margarine  
1 can (10½ ounces)  
condensed cream of  
chicken soup  
⅔ cup milk  
¼ cup salad dressing

1 teaspoon curry powder  
½ teaspoon salt  
2 cans (6½ to 7 ounces each)  
albacore tuna, drained and  
broken into large chunks  
¼ cup diced pimiento  
6 servings hot, seasoned,  
fluffy rice or 6 heated patty  
shells

Saute celery and green pepper in butter or margarine until vegetables are tender. Add soup, milk, salad dressing, curry powder, and salt; mix well and heat slowly, stirring constantly. Fold in tuna and pimiento; heat to serving temperature. Serve on rice or in patty shells. Makes 6 servings.

## SEA BASS FILLETS PACIFIC

1½ pounds sea bass fillets,  
fresh or frozen  
½ cup lemon or lime juice  
¾ cup flour

1½ teaspoons salt  
½ cup sesame seeds  
Olive oil

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Thaw frozen fish; cut into 6 portions. Place fish in shallow baking dish. Pour lemon or lime juice over fillets and let stand for 1 hour. Turn once. Combine flour and salt. Roll fillets in flour mixture; dip in lemon or lime juice again and roll in sesame seeds. Fry fillets in olive oil until nicely browned on one side; turn carefully; brown on the other side. Fish is done when it flakes easily when tested with a fork. Cooking time is from 8 to 10 minutes, depending upon thickness of fish. Makes 6 servings. Serve with lemon butter.

## SEAFOOD BISQUE

¼ cup finely chopped onion  
¼ cup finely chopped celery  
¼ cup butter or margarine,  
melted  
2 tablespoons flour  
1 teaspoon salt  
¼ teaspoon paprika  
Dash white pepper

4 cups milk or 2 cups milk and  
2 cups half-and-half (half  
milk, half cream)  
2 cups Pacific pink shrimp,  
cooked, chopped; or king or  
Dungeness crabmeat,  
cooked, flaked

Thaw shellfish. Cook onion and celery in butter or margarine until tender. Stir in flour and seasonings. Add liquid gradually; cook until thick, stirring constantly. Fold in seafood. Heat thoroughly and serve at once. Makes 6 servings.



UNITED STATES DEPARTMENT OF THE INTERIOR

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Russell E. Train, Under Secretary

Leslie L. Glasgow, Assistant Secretary

FOR FISH AND WILDLIFE, PARKS, AND MARINE RESOURCES

Charles H. Meacham, Commissioner, U.S. Fish and Wildlife Service

H. E. Crowther, Director, Bureau of Commercial Fisheries

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