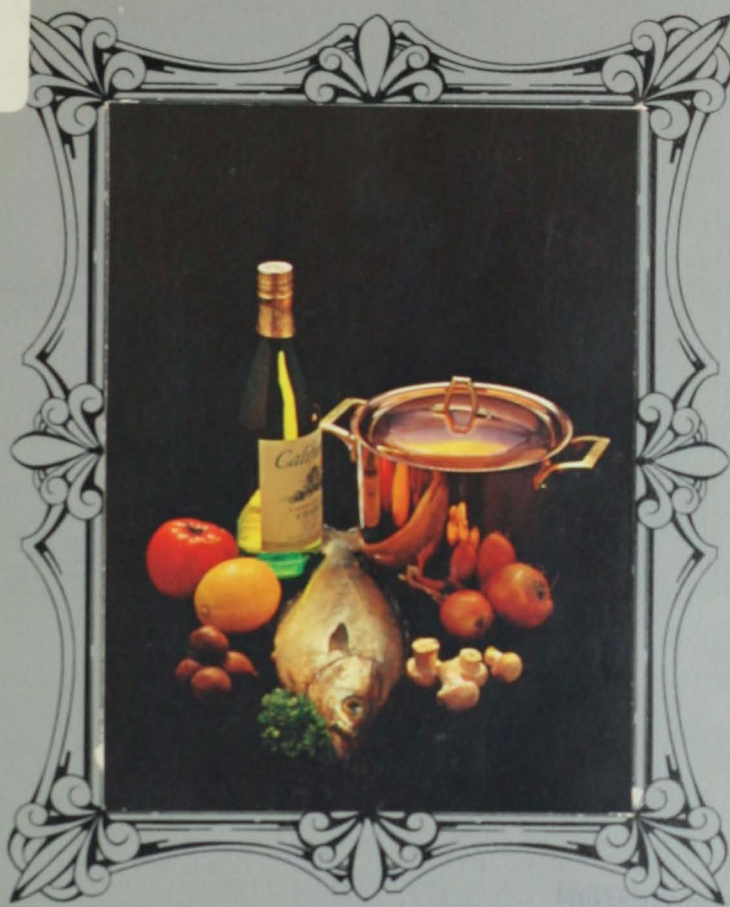
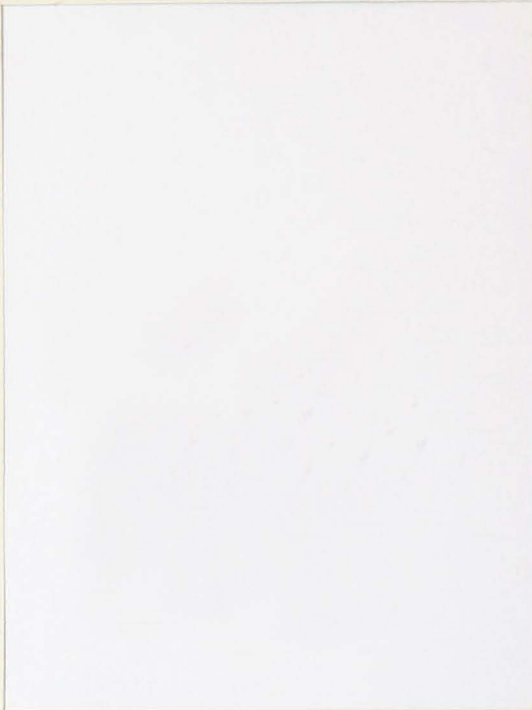


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Portraits with Pollock

Journal of International Development
Fishing market development series No.



FOREWORD

The Department of the Interior's Bureau of Commercial Fisheries and the domestic fishing industry, especially that part of the industry located in New England, recommend pollock, an excellent seafood—nutritious, flavorful and satisfying—a delicious substitute for haddock.

Pollock is available in great numbers in the cold waters of the North Atlantic but is a relatively unused food resource. They are more difficult to catch than haddock, but haddock have experienced spawning failures during the past 5 years. The famous Georges Bank haddock populations are extremely low.

The United States and 13 other nations and their fishing fleets are cooperating in a program to rehabilitate the haddock resource. International annual catch quotas have been imposed and fishing for haddock in certain areas is prohibited during the spawning season. This program will continue at least through 1972.

With little or no haddock on the market, fishing efforts are now concentrated on pollock, a close relative of both the haddock and cod. Try pollock using your own favorite recipe, or the Bureau of Commercial Fisheries tested and approved recipes in this publication.

Charles H. Meacham

Charles H. Meacham
Commissioner for Fish and Wildlife



The Bureau of Commercial Fisheries of the U.S. Department of the Interior proudly presents a new showing of Portraits with Pollock. In an unusual series of still lifes, the Bureau portrays this versatile fish in an exciting array of seafood spectaculars for today's busy homemaker. By using classic techniques of the masters, the Bureau has captured all the rich flavor and imagination of American pollock in this special collector's edition.

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- 4 Pollock Fillets Amandine
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POLLOCK SANDWICH LOAF

1 pound pollock
or other fish fillets,
fresh or frozen
1 cup boiling water
1 onion slice
2 tablespoons lemon juice
 $\frac{3}{4}$ teaspoon salt

1 loaf Vienna bread, about
14 inches long
 $\frac{1}{2}$ cup salad dressing
 $\frac{1}{2}$ cup chili sauce
 $\frac{1}{2}$ cup chopped dill pickles
 $\frac{1}{4}$ cup sliced green onions
1 tablespoon horseradish
1 cup shredded cheddar cheese

Thaw frozen fish. Place fish in a 10-inch fry pan. Add water, onion slice, lemon juice, and $\frac{1}{2}$ teaspoon salt. Cover and simmer 5 to 10 minutes or until fish flakes easily when tested with a fork. Remove fish from liquid; drain and chill. Flake. Cut loaf of bread in half lengthwise. Hollow out top and bottom halves leaving an outside shell $\frac{3}{4}$ -inch thick. Tear bread removed from center of loaf into small pieces. Combine remaining ingredients, flaked fish, and bread pieces; mix well. Pile into bottom shell and mound up. Place top shell over filling. Wrap loaf securely in aluminum foil. Bake in a hot oven, 400°F., 40 minutes or until loaf is hot. Cut in thick chunks or slices. Makes 6 servings.

3

BAKED POLLOCK WITH CORNBREAD STUFFING

2 pounds pollock
or other fish fillets,
fresh or frozen
1 cup sliced celery
1 cup sliced fresh mushrooms
 $\frac{1}{4}$ cup sliced green onions
 $\frac{1}{2}$ cup butter or margarine

4 cups crumbled cornbread
2 cups soft bread cubes
($\frac{1}{2}$ -inch)
 $1\frac{1}{4}$ teaspoons salt
 $\frac{1}{2}$ teaspoon fines herbes blend
 $\frac{1}{2}$ cup hot water
2 tablespoons lemon juice
Paprika

Thaw frozen fish. Cut fillets into 6 portions. Add celery, mushrooms, and onions to 6 tablespoons butter or margarine in 10-inch fry pan. Cook until tender but not brown. Combine with $\frac{1}{4}$ teaspoon salt, fines herbes, and hot water; mix carefully. Toss lightly with breads. Turn stuffing into well-greased baking dish, 12 x 8 x 2 inches. Arrange fish in a single layer on stuffing. Melt remaining 2 tablespoons butter or margarine and drizzle over fish. Drizzle lemon juice over fish. Sprinkle with paprika and remaining 1 teaspoon salt. Bake in a moderate oven, 350°F., 25 to 30 minutes or until fish flakes easily when tested with a fork. Makes 6 servings.

POLLOCK FILLETS AMANDINE

[OPPOSITE PAGE]

2 pounds pollock
or other fish fillets,
fresh or frozen
¼ cup flour
1 teaspoon seasoned salt
1 teaspoon paprika

¼ cup melted butter or
margarine
½ cup sliced almonds
2 tablespoons lemon juice
4 to 5 drops liquid hot
pepper sauce
1 tablespoon chopped parsley

Thaw frozen fish. Cut fillets into 6 portions. Combine flour, seasoned salt, and paprika; mix well. Roll fish in flour mixture. Place fish in a single layer, skin side down, in a well-greased baking pan, 15 x 10 x 1 inches. Drizzle 2 tablespoons melted butter or margarine over fish. Broil about 4 inches from source of heat 10 to 15 minutes or until fish flakes easily when tested with a fork. While fish is broiling, sauté almonds in remaining butter in fry pan and allow to turn a golden brown, stirring constantly. Remove from heat. Add lemon juice, hot pepper sauce, and parsley; mix. Pour over fish. Serve at once. Makes 6 servings.

4

BARBECUED POLLOCK BURGERS

1 pound pollock
or other fish fillets,
fresh or frozen
1 cup boiling water
1 onion slice
¼ cup lemon juice
½ teaspoon salt
½ cup chopped onions

2 tablespoons butter or
margarine
½ cup catsup
1 teaspoon Worcestershire
sauce
½ teaspoon chili powder
¼ teaspoon sugar
½ cup shredded cheddar cheese
6 toasted hamburger buns

Thaw frozen fish. Place fish in a 10-inch fry pan. Add water, onion slice, 2 tablespoons lemon juice, and salt. Cover and simmer 5 to 10 minutes or until fish flakes easily when tested with a fork. Remove fish from liquid; drain and chill. Break into large chunks. Put butter or margarine in 10-inch fry pan. Add chopped onions; cook until tender but not brown. Add catsup, Worcestershire sauce, chili powder, sugar, and remaining 2 tablespoons lemon juice; mix. Add cheese and poached fish; stir carefully. Divide equal amounts on bottom halves of buns. Broil 3 to 4 inches from source of heat 4 to 5 minutes or until hot. Cover with top halves of buns and serve. Makes 6 servings.



POLLOCK STEW WITH BACON-CORNBREAD DUMPLINGS

(OPPOSITE PAGE)

2 pounds pollock or other fish fillets, fresh or frozen	2 cans (10½ ounces each) condensed cream of celery soup
1½ cups sliced onions	1 cup milk
¼ cup butter or margarine	1 teaspoon salt
1 package (10 ounces) frozen mixed vegetables, partially defrosted	½ teaspoon leaf thyme
1 can (4 ounces) sliced mushrooms, undrained	4 slices bacon, diced
	½ package (18 ounces) corn muffin mix
	Milk

Thaw frozen fish. Cut fish into 1-inch pieces. Cook onions in butter or margarine until tender but not brown in 6-quart Dutch oven with heat-proof handles, stirring often. Add frozen vegetables and mix. Add mushrooms, soup, milk, salt, and thyme. Heat and stir until hot. Fold in fish. Cover and bake in a hot oven, 400°F., 15 minutes or until hot and bubbly. Fry bacon until crisp; drain on absorbent paper. Prepare muffin mix as directed on package label, reducing milk by half. Stir in crisp bacon lightly, and drop 6 to 8 mounds of batter onto hot fish mixture. Return to oven. Bake 20 minutes or until dumplings are done and fish flakes easily when tested with a fork. Makes 6 to 8 servings.

6

POLLOCK STROGANOFF ON NOODLES

2 pounds pollock or other fish fillets, fresh or frozen	¼ teaspoon white pepper
2 cups sliced onions	1 cup dairy sour cream
2 cups sliced fresh mushrooms	2 teaspoons Worcestershire sauce
1 clove garlic, minced	1 teaspoon prepared mustard
⅓ cup butter or margarine	2 tablespoons chopped parsley
1 tablespoon flour	6 servings seasoned, cooked, drained, green or white noodles
1½ teaspoons salt	

Thaw frozen fish. Cut fillets into strips ½-inch wide and 3 inches long. Cook onions, mushrooms, and garlic in 10-inch fry pan in half of the butter or margarine until tender. Remove from pan. Add remaining butter or margarine to pan and cook fish, turning carefully, until it is firm. Return onions and mushrooms to pan. Blend in flour, salt, and pepper. Combine sour cream, Worcestershire sauce, and mustard; mix and add to fish mixture. Cook at low heat, stirring carefully, until sour cream is heated and fish flakes easily when tested with a fork. Serve over noodles. Sprinkle with parsley. Makes 6 servings.



ORIENTAL POLLOCK WITH PEAS

[OPPOSITE PAGE]

2 pounds pollock
or other fish fillets,
fresh or frozen
½ cup cooking oil
1 cup sliced celery
1 cup sliced onions
1 cup sliced mushrooms
1 clove garlic, minced
1 package (10 ounces) frozen
green peas or Chinese pea
pods, partially defrosted

1½ cups water
2 tablespoons sherry
2 tablespoons cornstarch
1 tablespoon soy sauce
1½ teaspoons salt
½ teaspoon monosodium
glutamate
¼ teaspoon powdered ginger
6 servings hot, fluffy rice

Thaw frozen fish. Cut fish into 1-inch pieces. Cook in 3 tablespoons oil in 12-inch fry pan or Chinese wok until firm. Remove fish from pan. Add remaining oil to pan. Add celery, onions, mushrooms, and garlic. Cook and stir until mushrooms are limp. Add peas or pea pods; mix. Combine water, sherry, cornstarch, soy sauce, salt, monosodium glutamate, and ginger; blend well. Add to vegetables and cook, stirring carefully until sauce is thickened and clear. Add fish and cook until fish flakes easily when tested with a fork. Serve over rice. Makes 6 servings.

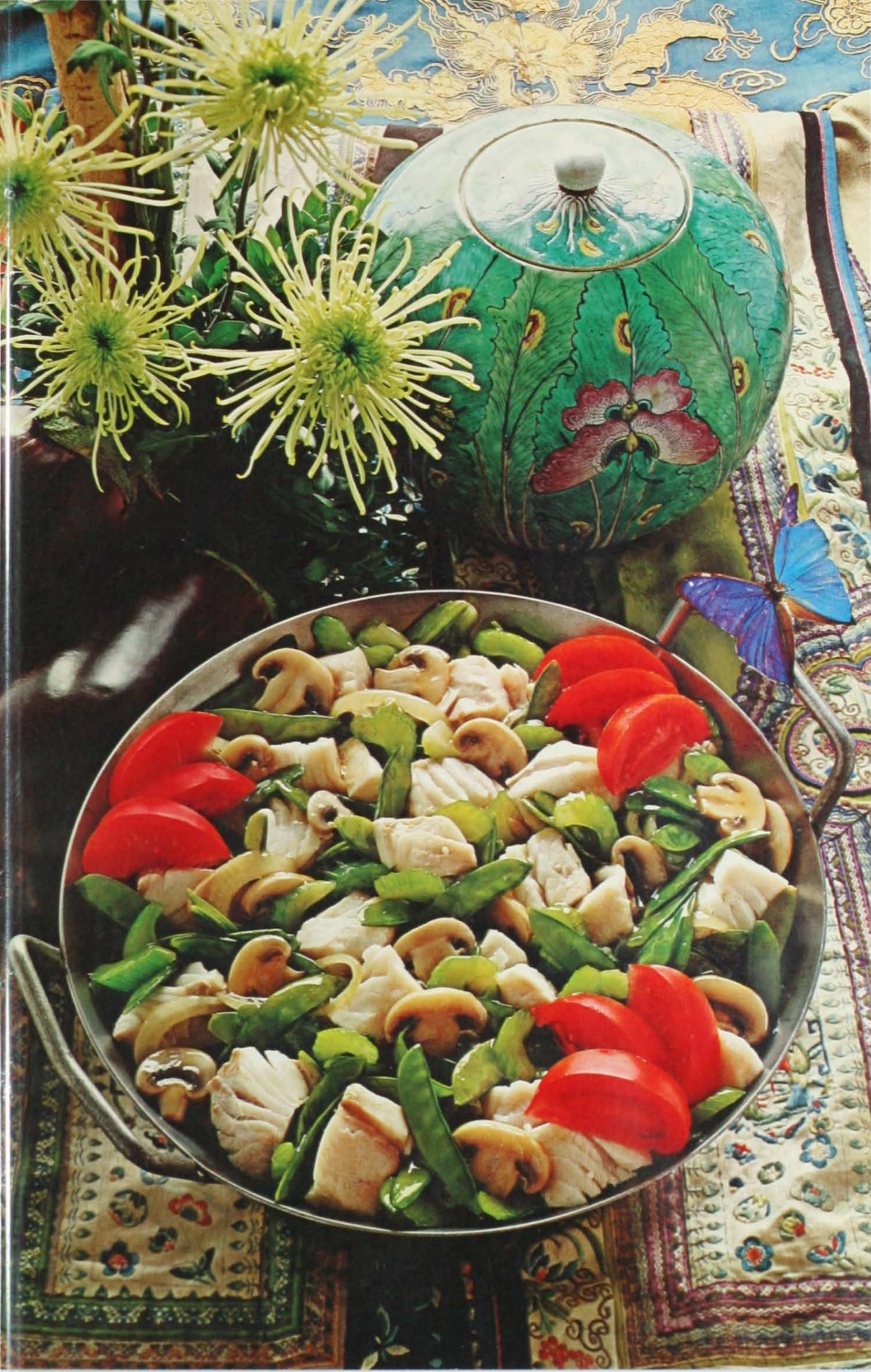
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SWEET AND SOUR POLLOCK

2 pounds pollock
or other fish fillets,
fresh or frozen
1 can (1 pound 4 ounces)
pineapple chunks
1¼ cups liquid (pineapple
syrup and water)
¼ cup cider vinegar
¼ cup brown sugar, packed
3 tablespoons cornstarch

1 tablespoon soy sauce
1½ teaspoons salt
½ teaspoon garlic salt
3 tablespoons cooking oil
1 can (6 ounces) water
chestnuts, drained and sliced
1 medium green pepper, cut
in 1-inch squares
1 medium tomato, cut in
thin wedges
6 servings hot, fluffy rice

Thaw frozen fish. Cut fish into 1-inch pieces. Drain pineapple chunks; reserve syrup. Add water to syrup to measure 1¼ cups liquid. Combine liquid, vinegar, brown sugar, cornstarch, soy sauce, and salts; blend well. Cook fish in oil in 12-inch fry pan or Chinese wok over moderate heat, turning pieces carefully until fish is firm. Add liquid mixture and cook, stirring carefully, until sauce is thick and clear. Add remaining ingredients; mix carefully. Cook just until vegetables are heated and fish flakes easily when tested with a fork. Serve with rice. Makes 6 servings.



FISH AND CHIPS

(OPPOSITE PAGE)

2 pounds pollock
or other fish fillets,
fresh or frozen
1½ cups prepared pancake mix
1½ cups milk

¾ teaspoon salt
Hot oil or fat for frying
6 servings favorite French
fries
Malt vinegar or tartar sauce,
as desired

Thaw frozen fish. Cut fillets into pieces 4 x 1½ x ½ inches. Combine pancake mix, milk, and salt; beat until smooth. Dip fish pieces into batter and place in single layer in fry basket. Fry in deep fat, 350°F., 3 to 4 minutes or until coating on fish is brown and fish flakes easily when tested with a fork. Drain on absorbent paper. Serve with hot French fries. Sprinkle fish with malt vinegar or serve with favorite tartar sauce. Makes 6 servings.



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POLLOCK-NOODLE CASSEROLE

2 pounds pollock
or other fish fillets,
fresh or frozen
3 tablespoons butter or
margarine
1 can (3½ ounces) French
fried onions
4 cups (4 ounces raw weight)
medium noodles, cooked
and drained

1 can (4 ounces) sliced
mushrooms, drained
¼ cup chopped pimientos
2 cans (10¾ ounces each)
condensed cheddar cheese
soup
1 cup milk
1 teaspoon salt
1 teaspoon paprika
1 teaspoon Worcestershire
sauce

Thaw frozen fish. Cut fish into 1-inch pieces. Cook fish in 10-inch fry pan in butter or margarine, turning fish carefully until firm. Save ½ cup onions for topping. Combine fish, noodles, mushrooms, pimientos, and remaining onions in large mixing bowl. Combine soup, milk, and seasonings in saucepan. Heat and stir until smooth. Pour over fish mixture and stir carefully. Pour into baking dish, 12 x 8 x 2 inches. Bake in a moderate oven, 350°F., 30 minutes or until mixture is hot and bubbles around edge. Sprinkle the reserve ½ cup onions around edge of baking dish 5 minutes before end of baking time. Makes 6 to 8 servings.



BAKED POLLOCK LOAF WITH CRANBERRY SAUCE

2 pounds pollock or other fish fillets, fresh or frozen	1 cup milk
2 cups boiling water	3 eggs, beaten
1 small onion (1½-inch), sliced	1 cup sliced celery
6 tablespoons lemon juice	½ cup chopped onions
2 teaspoons salt	2 tablespoons butter or margarine
1½ cups soft bread cubes (½-inch)	2 tablespoons chopped pimiento
	1 teaspoon Worcestershire sauce
	Cranberry Sauce

Thaw frozen fish. Place fish in a 10-inch fry pan. Add water, onion slices, ¼ cup lemon juice, and 1 teaspoon salt. Cover and simmer 5 to 10 minutes or until fish flakes easily when tested with a fork. Remove fish from liquid; drain; chill. Flake fish. Combine bread cubes, milk, and eggs; mix. Cook celery and chopped onions in butter or margarine in small fry pan until tender. Combine pimiento, Worcestershire sauce, and remaining 2 tablespoons lemon juice and 1 teaspoon salt; add to bread mixture. Combine bread mixture, cooked fish, and vegetables; mix well. Press mixture evenly into greased loaf pan, 9 x 5 x 3 inches. Bake in a moderate oven, 350°F., about 70 minutes or until mixture is set. Let stand 10 minutes before turning out of pan. Slice and serve with Cranberry Sauce. Makes one loaf, 6 to 8 servings.

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Cranberry Sauce

1 tablespoon sugar	¾ cup water
1 tablespoon cornstarch	1 tablespoon lemon juice
1 package (10 ounces) frozen cranberry with orange, defrosted	1 teaspoon grated lemon rind

Combine sugar and cornstarch; add cranberry with orange, water, and lemon juice. Cook, stirring constantly until thickened and clear. Stir in lemon rind. Serve with fish loaf. Makes about 1¾ cups sauce.

POLLOCK BAKE WITH ZUCCHINI AND TOMATOES

(CENTER SPREAD)

- | | |
|---|--|
| 2 pounds pollock
or other fish fillets,
fresh or frozen | ¼ teaspoon pepper |
| 1½ cups sliced onions | 1 can (1 pound) tomatoes or
tomato wedges |
| 1 clove garlic, minced | 1 can (8 ounces) tomato sauce |
| ¼ cup cooking oil | 1 teaspoon basil |
| 2 cups sliced zucchini (½-inch) | 4 ounces spaghetti (raw
weight), cooked and drained |
| 2 tablespoons flour | ½ cup shredded Parmesan
cheese |
| 1½ teaspoons salt | |

Thaw frozen fish. Cut fish into 1-inch pieces. Cook onions and garlic in 2 tablespoons oil in 10-inch fry pan until tender but not brown. Add fish and cook, turning carefully until fish is firm. Remove from pan. Add remaining 2 tablespoons oil to pan. Add zucchini and cook until thoroughly heated. Sprinkle with flour, salt, and pepper; mix well. Add tomatoes, tomato sauce, and basil. Cook until sauce is thickened and zucchini is almost tender, stirring occasionally. Combine with fish, and mix carefully. Layer half of the spaghetti, fish mixture, and cheese in baking dish, 12 x 8 x 2 inches. Repeat layers to use remaining ingredients. Cover with aluminum foil, crimping it tightly to edges of dish. Bake in a moderate oven, 350°F., for 20 minutes. Uncover and continue baking 20 minutes longer or until zucchini is tender and fish flakes easily when tested with a fork. Makes 6 servings.

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POLLOCK AND PEAS WITH SHRIMP SAUCE

- | | |
|---|---|
| 2 pounds pollock
or other fish fillets,
fresh or frozen | 1 teaspoon salt |
| 2 tablespoons melted butter
or margarine | 1 can (10 ounces) frozen cream
of shrimp soup, defrosted |
| 2 tablespoons dry white wine
(optional) | 1 teaspoon lemon juice |
| | 1 package (10 ounces) cooked,
frozen peas, drained |

Thaw frozen fish. Cut fillets into 6 portions. Place fish in a single layer, skin side down, in a well-greased baking dish, 12 x 8 x 2 inches. Spoon butter or margarine and wine over fish; sprinkle with salt. Cover baking dish with aluminum foil, crimping it securely to edges of dish. Bake in a moderate oven, 350°F., 25 to 30 minutes or until fish flakes easily when tested with a fork. Transfer fish to heated serving platter; save pan juices from fish. Combine pan juices, soup, and lemon juice; blend thoroughly; heat to serving temperature. Stir in peas and heat. Pour over fish. Makes 6 servings.





POLLOCK PANCAKE ROLLS

1 pound pollock
or other fish fillets,
fresh or frozen
1 cup boiling water
 $\frac{1}{4}$ cup lemon juice
1 onion slice
 $\frac{1}{2}$ teaspoon salt
 $\frac{3}{4}$ cup chopped celery

$\frac{1}{4}$ cup chopped onions
 $\frac{1}{4}$ cup butter or margarine
1 can ($10\frac{1}{2}$ ounces) condensed
cream of mushroom soup
 $\frac{1}{2}$ cup dairy sour cream
2 tablespoons diced pimiento
12 Herbed Pancakes

Thaw frozen fish. Place fish in a 10-inch fry pan. Add boiling water, 2 tablespoons lemon juice, onion, and salt. Cover and simmer 5 to 10 minutes or until fish flakes easily when tested with a fork. Carefully remove fish from liquid; drain; and chill. Flake fish. Sauté celery and onions in 3 tablespoons butter or margarine until tender. Add soup; stir well. Add sour cream, pimiento, and remaining 2 tablespoons lemon juice; stir. Reserve 1 cup soup mixture for top. Fold flaked fish into remaining soup mixture. Spread an equal amount of fish mixture (about $\frac{1}{4}$ cup) over pancakes and roll up. Place in baking dish, 12 x 8 x 2 inches. Brush with remaining melted butter or margarine. Cover with aluminum foil, crimping it tightly to edges of dish. Bake in a moderate oven, 375°F., 20 minutes or until heated. Remove aluminum foil. Spoon reserved soup mixture over pancakes, and return to oven for 5 minutes. Makes 6 servings, 2 pancakes per serving.

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Herbed Pancakes

3 eggs
 $1\frac{1}{2}$ cups milk
 $\frac{3}{4}$ teaspoon salt

$\frac{1}{2}$ teaspoon fines herbes blend
 $1\frac{1}{2}$ cups sifted flour
 $\frac{3}{4}$ teaspoon baking powder

Combine eggs, milk, salt, and herbes; beat well. Sift flour and baking powder together; add to other ingredients; beat until smooth. For each pancake, pour $\frac{1}{4}$ cup batter into lightly buttered 8-inch fry pan. Tilt and rotate pan quickly so that batter covers bottom of pan. Brown on underside; turn and brown other side. Makes 12 pancakes.



CHEESE-CRUSTED POLLOCK STEAKS

- | | |
|--|--|
| 2 pounds pollock
or other fish steaks,
fresh or frozen | 1/2 cup finely crushed corn-
flake crumbs |
| 1/2 cup commercial herb and
garlic dressing | 1/2 cup shredded cheddar cheese |
| | 6 thin tomato slices for
garnish (optional) |

Thaw frozen fish. Cut steaks into 6 portions. Place steaks in a single layer in a baking dish, 12 x 8 x 2 inches. Pour dressing over fish. Refrigerate several hours, turning fish 3 or 4 times. Combine crumbs and cheese; mix. Roll fish in crumb mixture; arrange in a single layer in a well-greased baking dish, 12 x 8 x 2 inches. Sprinkle any remaining crumb mixture over fish. Bake in a very hot oven, 450°F., 15 to 20 minutes or until fish flakes easily when tested with a fork. Serve plain or garnish with tomato slices. Makes 6 servings.

BAKED POLLOCK FILLETS WITH SAUERKRAUT

- | | |
|---|--|
| 2 pounds pollock
or other fish fillets,
fresh or frozen | 1/4 cup dry white wine |
| 1 cup chopped onions | 1/4 cup water |
| 1 clove garlic, minced | 1/2 teaspoon caraway seeds |
| 2 tablespoons butter or
margarine | 1 teaspoon salt |
| 1 can (1 pound 11 ounces)
sauerkraut, drained | 1/4 cup flour |
| | 1/4 cup melted fat or oil |
| | 1 cup dairy sour cream |
| | 1/2 cup shredded cheddar cheese |
| | 2 tablespoons finely crushed
cornflake crumbs |

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Thaw frozen fish. Cut fillets into 6 portions. Refrigerate. Cook onions and garlic in 10-inch fry pan in butter or margarine until onions are soft but not brown. Add sauerkraut, wine, water, and caraway seeds; cover and simmer for 30 minutes or until flavors are blended. While sauerkraut is cooking, sprinkle fish with salt and roll in flour. Arrange fish in a single layer in hot fat in a 10-inch fry pan. Fry over moderate heat 4 to 5 minutes or until brown. Turn carefully. Fry 4 to 5 minutes longer or until fish pieces are lightly browned. Combine sauerkraut with sour cream; turn into baking dish, 12 x 8 x 2 inches. Arrange fish in a single layer on sauerkraut. Mix cheese and cornflake crumbs and sprinkle over fish. Cover with aluminum foil, crimping it to edges of baking dish. Bake in a moderate oven, 350°F., 15 minutes. Uncover and bake 5 to 10 minutes longer or until fish flakes easily when tested with a fork. Makes 6 servings.

BAKED POLLOCK WITH CRANBERRY-ORANGE SAUCE

[OPPOSITE PAGE]

2 pounds pollock or other fish fillets, fresh or frozen	4 cups soft bread cubes ($\frac{1}{2}$ -inch)
1 cup sliced celery	$\frac{1}{2}$ cup chopped pecans
$\frac{1}{3}$ cup chopped onions	$1\frac{1}{4}$ teaspoons salt
6 tablespoons butter or margarine	1 teaspoon grated orange rind
	$\frac{1}{4}$ cup orange juice
	Cranberry-Orange Sauce

Thaw frozen fish. Cut fillets into 6 portions. Cook celery and onions in 10-inch fry pan in $\frac{1}{4}$ cup butter or margarine until tender but not brown. Stir in bread cubes, pecans, $\frac{1}{4}$ teaspoon salt, orange rind, and orange juice. Turn stuffing into well-greased baking dish, 12 x 8 x 2 inches. Arrange fish in a single layer on stuffing. Melt remaining 2 tablespoons butter or margarine and drizzle over fish. Sprinkle with 1 teaspoon salt. Bake in a moderate oven, 350°F., 25 to 30 minutes or until fish flakes easily when tested with a fork. Serve with Cranberry-Orange Sauce. Makes 6 servings.

Cranberry-Orange Sauce

$\frac{1}{3}$ cup sugar	$\frac{1}{2}$ cup water
2 teaspoons cornstarch	1 cup raw cranberries
$\frac{1}{2}$ cup orange juice	2 teaspoons grated orange rind

Combine sugar and cornstarch in 2-quart saucepan and mix. Add orange juice and water; cook, stirring constantly, until mixture comes to a boil. Add cranberries, and cook 5 minutes or until skins on cranberries pop, stirring occasionally. Fold in orange rind. Serve with fish. Makes $1\frac{1}{4}$ cups sauce.

POLLOCK STEAKS WITH OLIVE-CAPER SAUCE

2 pounds pollock or other fish steaks, fresh or frozen	1 teaspoon oregano
1 teaspoon salt	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{4}$ cup melted butter or margarine	$\frac{1}{4}$ cup sliced, pitted ripe olives
	2 tablespoons drained capers
	1 tablespoon lemon juice

Thaw frozen fish. Place steaks in a single layer in a well-greased baking dish, 12 x 8 x 2 inches. Sprinkle with salt. Combine butter or margarine, oregano, and pepper; mix well. Pour sauce over fish. Bake in a moderate oven, 350°F., 20 to 25 minutes or until fish flakes easily when tested with a fork. Place fish on serving platter; keep warm. Reserve pan juices. Add olives, capers, and lemon juice to pan juices; heat. Pour over fish. Makes 6 servings.



CURRIED POLLOCK AND FRUIT SALAD

2 pounds pollock
or other fish fillets,
fresh or frozen
1 can (1 pound 4 ounces)
pineapple chunks
2 cups liquid (pineapple syrup
and water)
 $\frac{1}{3}$ cup lemon juice
1 teaspoon salt

1 cup salad dressing
 $\frac{1}{2}$ cup dairy sour cream
 $\frac{1}{3}$ cup chopped chutney
2 teaspoons curry powder
3 avocados, halved, peeled,
pitted
Crisp salad greens
2 oranges, peeled, sliced

Thaw frozen fish. Cut fillets into 1-inch pieces. Drain pineapple chunks; chill; reserve syrup. Add water to pineapple syrup to make 2 cups liquid. Place fish pieces in 10-inch fry pan. Add liquid, 2 tablespoons lemon juice, and salt. Cover and bring to simmering stage over moderate heat. Simmer 5 to 10 minutes or until fish flakes easily when tested with a fork. Chill fish in liquid. Drain fish; discard liquid. Combine fish and pineapple. Combine salad dressing, sour cream, chutney, and curry powder. Pour over fish and pineapple chunks; mix carefully. Chill at least 1 hour. Roll avocado halves carefully in remaining lemon juice; drain and fill cavities with fish salad. Arrange each on crisp salad greens and garnish with orange slice. Makes 6 servings.

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HEARTY POLLOCK SALAD

2 pounds pollock
or other fish fillets,
fresh or frozen
2 cups boiling water
5 tablespoons lemon juice
1 small onion ($1\frac{1}{2}$ -inch),
sliced
 $1\frac{1}{4}$ teaspoons salt
 $\frac{1}{4}$ cup chili sauce

$\frac{1}{4}$ cup salad dressing
 $\frac{1}{4}$ cup sliced green onions
2 teaspoons horseradish
2 teaspoons prepared mustard
 $\frac{1}{2}$ teaspoon grated lemon rind
Salad greens
3 hard-cooked eggs, sliced
3 medium tomatoes, cut in
wedges

Thaw frozen fish. Cut fillets into 1-inch pieces. Place fish in a 10-inch fry pan. Add water, $\frac{1}{4}$ cup lemon juice, onion, and 1 teaspoon salt. Cover and simmer 5 to 10 minutes or until fish flakes easily when tested with a fork. Carefully remove fish from liquid; drain and chill. Combine chili sauce, salad dressing, green onions, horseradish, mustard, lemon rind, and remaining 1 tablespoon lemon juice and $\frac{1}{4}$ teaspoon salt; mix well. Pour over fish and mix carefully. Chill at least 1 hour. Serve on salad greens. Garnish with sliced eggs and tomato wedges. Makes 6 servings.

HEARTY POLLOCK CHOWDER, OVEN-MADE

2 pounds pollock or other fish fillets, fresh or frozen	1 small bay leaf
2 cups sliced carrots (½-inch)	¼ cup butter or margarine
2 cups cubed raw potatoes (1-inch)	2 cups boiling water
2 cups sliced onions	½ cup dry white wine (optional)*
2 teaspoons salt	1 cup half-and-half (half milk, half cream)
1 teaspoon dill weed	2 tablespoons flour
2 whole cloves	2 tablespoons chopped parsley

Thaw frozen fish. Cut fillets into 1½-inch pieces. Refrigerate. Combine carrots, potatoes, onions, salt, dill weed, cloves, bay leaf, and butter or margarine in 6-quart, oven-proof Dutch oven. Add boiling water; cover tightly. Bake in a moderate oven, 375°F., 40 minutes or until vegetables are tender. Add fish and wine; cover and cook for an additional 20 minutes or until fish flakes easily when tested with a fork. Combine half-and-half and flour; blend until smooth, add to chowder; stir carefully until hot and slightly thickened. Sprinkle with parsley. Makes 10 cups chowder.

*Milk may be substituted for wine, if desired.

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POLLOCK WITH TANGY SAUCE

2 pounds pollock or other fish fillets, fresh or frozen	⅓ cup catsup
¼ cup melted butter or margarine	⅓ cup water
1½ teaspoons salt	1 tablespoon vinegar
1 cup chopped onions	1½ teaspoons prepared mustard
	1 teaspoon Worcestershire sauce

Thaw frozen fish. Cut fillets into 6 portions. Place fish in a single layer, skin side down, in a well-greased baking dish, 12 x 8 x 2 inches. Drizzle 2 tablespoons melted butter or margarine over fillets and sprinkle with ½ teaspoon salt. Cook onions in 10-inch fry pan in remaining 2 tablespoons butter or margarine until tender but not brown. Add remaining ingredients, including 1 teaspoon salt, to onions; stir and heat until hot and bubbly. Pour sauce over fish. Bake in a moderate oven, 350°F., 20 to 25 minutes or until fish flakes easily when tested with a fork. Makes 6 servings.

CRUNCHY POLLOCK SALAD

(OPPOSITE PAGE)

2 pounds pollock or other fish fillets, fresh or frozen	2 cups peeled, diced cucumbers (1/2-inch)
2 cups boiling water	2 tablespoons diced pimiento
2 teaspoons salt	2 cups celery, sliced thin diagonally
1 small onion (1 1/2-inch), sliced	1 cup dairy sour cream
1/3 cup lemon juice	1/4 cup horseradish
3/4 cup commercial herb and garlic dressing	1 teaspoon dill weed
1/2 cup sliced green onions	1/8 teaspoon white pepper
2 cups sliced, cooked carrots	Crisp salad greens
	Cucumber or tomato slices for garnish (optional)

22 Thaw frozen fish. Cut fillets into 1-inch pieces. Place fish pieces in 10-inch fry pan. Add water, 1 teaspoon salt, onion, and 1/4 cup lemon juice. Cover and simmer 5 to 10 minutes or until fish flakes easily when tested with a fork. Carefully remove fish from liquid; drain; and place in bowl. Pour half of the herb and garlic dressing over fish. Cover and chill 1 to 2 hours. Combine green onions, carrots, cucumbers, pimiento, celery, and remaining herb and garlic dressing; mix. Cover and chill 1 to 2 hours. Combine sour cream, horseradish, dill weed, pepper, and remaining lemon juice and 1 teaspoon salt. Mix well. Drain fish and vegetables; combine; fold in sour cream mixture gently. Serve on crisp salad greens. Garnish with cucumber or tomato slices or both. Makes about 10 cups, 8 to 10 servings.

HERBED POLLOCK

2 pounds pollock or other fish fillets or steaks, fresh or frozen	1/4 teaspoon leaf thyme
1/2 cup chopped onions	1/4 teaspoon marjoram
1/3 cup cooking oil	1 small bay leaf
1/3 cup tarragon vinegar	Dash cayenne
	1 teaspoon salt

Thaw frozen fish. Place fish in a single layer in shallow baking dish. Combine remaining ingredients, except salt; mix well. Pour sauce over fish. Refrigerate 1 to 2 hours. Remove fish; save marinade for basting fish during broiling. Sprinkle with salt. Place fish in well-greased, hinged wire grill. Cook about 4 inches from moderately hot coals, 5 to 8 minutes. Baste with sauce. Turn. Cook 5 to 8 minutes longer or until fish flakes easily when tested with a fork. Makes 6 servings.



POLLOCK AND PEA CASSEROLE WITH CORN CHIPS

2 pounds pollock or other fish fillets, fresh or frozen	1 can (10 ounces) frozen condensed shrimp soup, defrosted
½ cup chopped onions	½ cup half-and-half (half milk, half cream)
3 tablespoons butter or margarine	1 can (4 ounces) sliced mushrooms, undrained
2 tablespoons flour	1 package (10 ounces) cooked frozen peas, drained
1 teaspoon salt	3 cups corn chips

Thaw frozen fish. Cut fish into 1-inch pieces. Cook onions in butter or margarine in 10-inch fry pan until tender but not brown. Add fish and cook, turning carefully until it is firm. Sprinkle with flour and salt. Add soup, half-and-half, and undrained mushrooms. Heat and stir carefully. Fold in peas. Spread 2 cups corn chips in even layers over bottom of baking dish, 12 x 8 x 2 inches. Add fish mixture. Sprinkle remaining corn chips around edge of dish. Bake in a moderate oven, 350°F., 25 to 30 minutes or until mixture is hot and bubbles around edge. Makes 6 servings.

POLLOCK-TOMATO SAUCE WITH SPAGHETTI

2 pounds pollock or other fish fillets, fresh or frozen	1 can (8 ounces) tomato sauce
2 cups sliced onions	1 can (4 ounces) sliced mushrooms, drained
2 cloves garlic, minced	1½ teaspoons salt
¼ cup cooking oil	1½ teaspoons basil
1 can (1 pound 12 ounces) tomatoes	1 teaspoon crushed rosemary
	6 servings hot, cooked spaghetti
	Parmesan cheese, shredded

Thaw frozen fish. Cut fish into 1-inch pieces. Cook onions and garlic in oil in 6-quart Dutch oven until tender. Add tomatoes, tomato sauce, mushrooms, ½ teaspoon salt, and herbs. Cover and simmer for 20 minutes or until flavors are blended. Uncover and simmer for 10 minutes or until sauce is thickened. Add fish and remaining 1 teaspoon salt. Simmer uncovered for 10 minutes or until fish flakes easily when tested with a fork. To serve, spoon over spaghetti and sprinkle generously with Parmesan cheese. Makes 6 servings.

POACHED POLLOCK HOLLANDAISE

2 pounds pollock or other fish fillets, fresh or frozen	2 tablespoons flour Dash cayenne
2 cups boiling water	½ cup milk
1¼ teaspoons salt	½ cup water
1 small onion (1½-inch), sliced	2 egg yolks, beaten
1 small bay leaf	2 tablespoons lemon juice
¼ cup butter or margarine	½ teaspoon grated lemon rind
	2 tablespoons capers, drained

Thaw frozen fish. Cut fillets into 6 portions. Place fish in a 10-inch fry pan. Add boiling water, 1 teaspoon salt, onion, and bay leaf. Cover and simmer 5 to 10 minutes or until fish flakes easily when tested with a fork. Carefully remove fish from liquid; drain. Place fish on a heated serving platter. Keep warm. Melt butter or margarine in saucepan; blend in flour, cayenne, and remaining ¼ teaspoon salt. Add milk and water; cook, stirring constantly until smooth and thickened. Add a small amount of hot mixture to egg yolks, beating constantly. Return to hot mixture, and cook about 1 minute. Add lemon juice, rind, and capers; stir. Serve over fish. Makes 6 servings.

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POLLOCK WITH RAREBIT SAUCE

2 pounds pollock or other fish fillets, fresh or frozen	2 tablespoons flour
1 tablespoon lemon juice	½ teaspoon dry mustard
1½ teaspoons salt	½ teaspoon paprika
½ cup sliced onions	1 cup milk
2 tablespoons butter or margarine	½ cup shredded cheddar cheese
	6 tomato slices (optional)

Thaw frozen fish. Cut fillets into 6 portions. Place fish in a single layer, skin side down, in a well-greased baking dish, 12 x 8 x 2 inches. Sprinkle with lemon juice and 1 teaspoon salt. Cook onions in a small saucepan in butter or margarine until tender but not brown. Blend in flour, mustard, paprika, and remaining ½ teaspoon salt. Add milk; cook, stirring constantly, until thickened. Remove from heat; add cheese and stir until melted. Pour sauce over fish. Bake in a moderate oven, 350°F., 20 to 25 minutes or until fish flakes easily when tested with a fork. Garnish each serving with a tomato slice. Makes 6 servings.

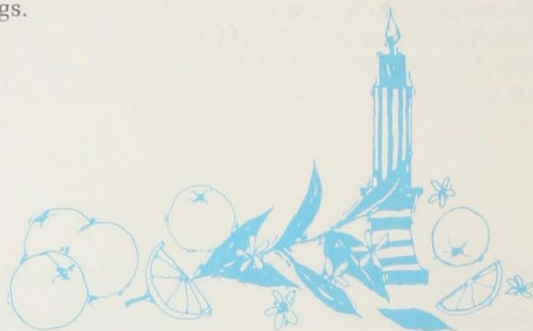
POLLOCK FILLETS, YUCATAN STYLE

(OPPOSITE PAGE)

2 pounds pollock
or other fish fillets,
fresh or frozen
2 tablespoons lemon juice
1 teaspoon salt
1 cup sliced onions

$\frac{1}{4}$ cup melted fat or oil
1 tablespoon flour
 $\frac{1}{2}$ cup sliced stuffed olives
 $\frac{1}{4}$ cup diced pimientos ($\frac{1}{4}$ -inch)
 $\frac{1}{8}$ teaspoon saffron (optional)
 $\frac{3}{4}$ cup orange juice

Thaw frozen fish. Place fillets in a single layer, skin side down, in a well-greased baking dish, 12 x 8 x 2 inches. Sprinkle lemon juice and salt over fish. Cook onions in a 10-inch fry pan in fat or oil until soft but not brown. Blend in flour. Add olives, pimientos, saffron, and orange juice. Cook, stirring constantly, until sauce is thickened. Pour sauce over fish. Bake in a moderate oven, 350° F., 20 to 25 minutes or until fish flakes easily when tested with a fork. Makes 6 servings.



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POLLOCK CURRY

2 pounds pollock
or other fish fillets,
fresh or frozen
 $1\frac{1}{2}$ cups peeled, chopped apples
1 cup sliced onions
1 clove garlic, minced
3 tablespoons butter or
margarine

4 teaspoons flour
1 teaspoon salt
1 teaspoon curry powder
 $\frac{1}{2}$ teaspoon chili powder
 $\frac{1}{4}$ teaspoon powdered ginger
1 can (1 pound) tomatoes or
tomato wedges, undrained
6 servings hot, fluffy rice

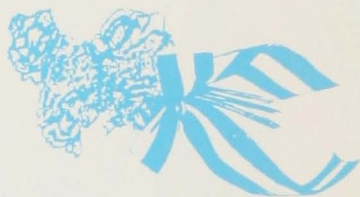
Thaw frozen fish. Cut fillets into $1\frac{1}{2}$ -inch pieces. Cook apples, onions, and garlic in butter or margarine in 10-inch fry pan until tender. Blend in flour and seasonings. Add tomatoes and mix. Cover and simmer 20 minutes or until flavors are blended, stirring occasionally. Add fish; cover and simmer 10 minutes or until fish flakes easily when tested with a fork. Serve on hot rice. Makes 6 servings.



BROILED POLLOCK STEAKS WITH BARBECUE SAUCE

2 pounds pollock or other fish steaks, fresh or frozen	$\frac{1}{3}$ cup lemon juice
$\frac{1}{3}$ cup chopped onions	$\frac{1}{3}$ cup water
2 tablespoons butter or margarine	2 tablespoons brown sugar
$\frac{2}{3}$ cup catsup	$\frac{1}{2}$ teaspoon dry mustard
	2 teaspoons Worcestershire sauce
	1 teaspoon salt

Thaw frozen fish. Cook onions in 10-inch fry pan in butter or margarine until tender but not brown. Add catsup, lemon juice, water, brown sugar, mustard, and Worcestershire sauce. Stir until sugar is dissolved; simmer for 10 minutes or until flavors are blended, stirring occasionally. Cut steaks into 6 portions. Place fish in a single layer in a well-greased baking pan, 15 x 10 x 1 inches. Pour half of the sauce over fish. Sprinkle with salt. Broil about 4 inches from source of heat 10 to 15 minutes or until fish flakes easily when tested with a fork. Serve with remaining sauce. Makes 6 servings.



POLLOCK SMOTHERED WITH ONIONS

2 pounds pollock or other fish fillets, fresh or frozen	$\frac{1}{2}$ cup melted fat or oil
$\frac{1}{4}$ cup flour	$1\frac{1}{4}$ teaspoons salt
$\frac{1}{2}$ teaspoon paprika	4 cups thinly sliced onions
	1 cup cider vinegar

Thaw frozen fish. Cut fillets into 6 portions. Combine flour and paprika and mix. Sprinkle fish with 1 teaspoon salt. Roll fish in flour mixture. Heat $\frac{1}{4}$ cup fat in 10-inch fry pan; arrange fish in pan in single layer. Fry over moderate heat 4 to 5 minutes or until brown. Turn carefully. Fry 4 to 5 minutes longer or until fish pieces are lightly browned. While fish is frying, cook onions in a second 10-inch fry pan in remaining $\frac{1}{4}$ cup fat until onions are limp. Add vinegar and remaining $\frac{1}{4}$ teaspoon salt; simmer uncovered for 10 minutes or until most of the liquid is evaporated. Spoon onion mixture over fish. Cover and cook over low heat for 10 minutes or until fish flakes easily when tested with a fork. Makes 6 servings.

This publication is part of the Bureau's program to:

Increase the net contribution of aquatic, living commercial resources to the Nation's economy;

Increase efficiency so that the economic status of those engaged in the fishing industry is improved;

Provide for the growing and diversified demands of the American people for fish and shellfish products whether in the form of edible foods or other products, from efficient and economical sources;

Seek means of bringing more of the world's aquatic resources into economic, commercial production for the benefit of all mankind;

Contribute to man's understanding and control of aquatic living resources and their environment.



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