

Fishery Leaflet 320

Washington 25, D. C.

October 1948.

ROSEFISH COOKERY - A DEMONSTRATION MANUAL

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INTRODUCTION

Fish cookery demonstrations have been carried on extensively by the Fish and Wildlife Service to acquaint the American people with the wide variety of fishery products available as well as the many recipes suitable for preparing each product. These demonstrations have been given before women's clubs, home economics teachers and students, home demonstration agents, school lunchroom supervisors, fish dealers, and others interested in foods.

The demonstration outlined in this leaflet is planned especially to show such groups some of the ways of preparing and serving rosefish and contains recipes, suggested garnishes, a market order, a list of equipment needed, preparations before the demonstration, an outline of steps in the demonstration, an accompanying discussion, and references.

A publication of this type is intended as a guide for those planning similar demonstrations. Changes may be made according to the needs and desires of the audience, available supplies, and equipment. The discussion should not be memorized, but should serve as a pattern for the demonstrator who will elaborate on various phases of the program as time and occasion demand. The general techniques are, of course, applicable to other species of fish and to other foods.

RECIPES

The following tested recipes have been selected from the Fish and Wildlife Service Test Kitchen files and from Fishery Leaflet No. 285, "Rosefish Recipes", which contain additional recipes for preparing rosefish. Copies of the latter may be obtained by writing the U. S. Department of the Interior, Fish and Wildlife Service, Washington 25, D. C.

ROSEFISH LOAF

4 cups cooked flaked rosefish	1½ teaspoons salt
3 cups soft bread crumbs	3 tablespoons melted butter or other fat
¾ cup milk	Few grains cayenne
2 eggs, well beaten	2 tablespoons onion, grated
1½ tablespoons minced parsley	½ teaspoon celery salt
1 tablespoon lemon juice	

Combine all ingredients, mixing well. Place in a greased loaf pan. Bake in a moderate oven 350° F., from 40 to 45 minutes or until loaf is firm in the center. Unmold on a hot platter, and serve with a bright-colored sauce. Suggested garnish-carrot curls, green pepper rings, and carrot tops. Serves 6.

ROSEFISH FILLETS BAKED IN SPANISH SAUCE

2 pounds rosefish fillets	1 bay leaf
1 medium onion, sliced	1 teaspoon salt
3 tablespoons fat or salad oil	1 whole clove
2 tablespoons flour	$\frac{1}{2}$ teaspoon sugar
2 cups canned tomatoes	Dash of pepper
$\frac{1}{2}$ green pepper, diced	

Cook onion in fat until tender. Add flour and blend. Add all the remaining ingredients except fish and cook, stirring constantly until thickened. Remove bay leaf and clove. Arrange skinned fillets in a shallow, greased baking dish and cover with sauce. Bake uncovered in a moderate oven 350° F. for 25 to 30 minutes, or until fish flakes easily when tested with a fork. Garnish and serve hot. Suggested garnish - celery curls and celery leaves. Serves 6.

ROSEFISH SALAD

2 cups cooked flaked rosefish	2 tablespoons onion, chopped
$\frac{1}{2}$ cup mayonnaise or salad dressing	2 hard-cooked eggs, diced
$\frac{1}{2}$ cup celery, diced	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ cup peas	$\frac{1}{2}$ teaspoon salt
2 tablespoons sweet pickle, diced	

Being careful not to break fish into too small pieces, combine all ingredients and serve on lettuce cups. Garnish with tomato wedges. Serves 6.

BOILED ROSEFISH FILLETS

2 pounds rosefish fillets	3 tablespoons salt
2 quarts water	

Place fillets in a wire basket or on a plate. The plate, if used, should be tied in a piece of cheesecloth. Lower the fish into boiling, salted water and simmer (never boil), for 10 to 12 minutes or until fish flakes easily when tested with a fork. Remove fish carefully to a hot platter. Garnish and serve hot with a rich, bright-colored sauce. Suggested garnish - egg sauce, Mexican corn, green peas and parsley. Serves 6.

EGG SAUCE

2 tablespoons butter
2 tablespoons flour
1 cup milk

2 hard-cooked eggs
 $\frac{1}{4}$ teaspoon salt
Dash pepper

Melt butter in top of double boiler, and blend in the flour. Add milk and cook until thick and smooth, stirring constantly. Chop eggs, saving one yolk. Add eggs and seasoning, and heat. Pour hot sauce over fish immediately before serving. Garnish with the yolk put through a sieve. Serves 6.

CREAMED ROSEFISH

2 cups cooked, flaked rosefish
3 tablespoons butter or other fat
3 tablespoons flour
 $1\frac{1}{2}$ cups milk

$\frac{1}{4}$ teaspoon salt
Dash pepper
6 patty shells or 12 bread
timbales or toast triangles

Use Boiled Rosefish recipe for cooking fillets.

Melt fat in the top part of a double boiler, and blend in the flour. Add milk and cook until thick and smooth, stirring constantly. Add seasoning and fish, heat. Serve in patty shells, bread timbales, or toast triangles. Suggested garnish - paprika, lemon wedges, and parsley. Serves 6.

BREAD TIMBALES

12 slices bread

4 tablespoons butter

Remove crust from bread. Brush lightly with melted butter. Fit into large-size, greased muffin pans. Brown in a moderate oven at 375° F. for 15 minutes. Makes 12 timbales.

OVEN-FRIED ROSEFISH FILLETS

2 pounds rosefish fillets
1 teaspoon salt
1 cup milk

1 cup bread crumbs
4 tablespoons butter or other
fat, melted

Add salt to milk and mix. Dip fillets into the milk, roll in crumbs, and place in a well-greased baking pan. Sprinkle each fillet with melted fat. Bake in a very hot oven, 500° F. for 8 to 10 minutes or until fish is browned and flakes easily when tested with a fork. Serve immediately on a hot platter, plain or with a sauce. Suggested garnish - radish roses and parsley. Serves 6.

TARTAR SAUCE

$\frac{1}{2}$ cup mayonnaise
1 tablespoon minced sweet pickle
1 tablespoon minced onion
1 tablespoon minced olives
1 tablespoon minced parsley

Mix all ingredients and serve cold, with fish. Serves 6.

SUGGESTED GARNISHES

Garnishes on food should be edible, colorful, and balanced in arrangement. The following are suitable for the rosefish dishes prepared in this demonstration: watercress, romaine, endive, red and green peppers, cole slaw, Chinese cabbage, spinach, cauliflower, and spring onions. They offer an interesting variety and may be substituted for the garnishes suggested in the preceding recipes.

MARKET ORDER

Fish	Canned and Packaged
13 pounds rosefish fillets, fresh or frozen. If frozen, thaw 12 lbs. overnight in refrigerator	1 No. 2 can tomatoes 1 pint mayonnaise $\frac{1}{2}$ pint sweet pickles 1 box bread crumbs 1 package frozen peas or 1 small can peas 1 small can whole-kernel corn, Mexican style, if possible $\frac{1}{2}$ quarts milk 1 pint salad oil $\frac{1}{4}$ pound butter or fortified margarine 1 dozen eggs 1 loaf white bread 1 small bottle olives
Vegetables	Miscellaneous
2 bunches parsley 2 or 3 lemons $\frac{1}{2}$ pound onions 1 medium-size green pepper 1 small bunch celery, with leaves 1 small bunch carrots, with tops 1 small head lettuce 2 medium-size tomatoes	2 yards cheesecloth 1 roll waxed paper
Staples and spices	
Flour, sugar, salt, pepper, cayenne, paprika, celery salt, bay leaf, and whole clove.	

EQUIPMENT NEEDED

Large Stationary

- 1 demonstration table
- 1 supply table
- 1 display table
- 1 refrigerator
- 1 sink
- 1 range
- 1 electric roaster or second range

Cutlery, etc.

- 1 butcher knife
- 2 spatulas
- 2 pancake turners
- 2 sets measuring spoons
- 1 table fork
- 2 paring knives
- 5 mixing spoons (4 wooden)
- 1 vegetable peeler

Bowls and Cups

- 2 measuring cups
- 6 custard cups
- 6 mixing bowls, assorted sizes
from 6 to 10 in. in diameter
(including 2 of the 8 inch size)

Pans, and Boilers, etc.

- 1 loaf pan
- 1 pie pan, glass or metal
- 1 shallow, glass, baking dish, round
- 1 cookie sheet or shallow baking pan
- 1 large-size, 6-ring, muffin pan
- 2 medium-size, double boilers
- 1 preserving kettle with lid
- 2 small saucepans
- 1 medium size saucepan

Miscellaneous

- 1 cutting board
- 1 pastry brush
- 1 set household scales
- 9 supply trays
- 1 oven thermometer

Miscellaneous

- 1 small strainer
- 1 vegetable brush
- 1 can opener
- 1 pair scissors
- 1 lemon squeezer
- 1 heavy plate (8 in.)
- 1 timer
- 1 clock
- 1 small garbage can
- 1 memorandum pad and pencil
- 6 dish towels
- 2 dish cloths
- 4 pot holders
- 1 grater
- 1 large mirror for display
use (optional)
- Paper towels:
- Soap

China and Supplies for Serving

- 2 large-size, oblong platters
(for Loaf, Creamed Rosefish)
- 1 medium-size, oblong platter
(for Oven-Fried Rosefish)
- 1 large-size, round platter
(for Boiled Rosefish)
- 1 salad bowl
(for Rosefish Salad)
- 1 hot plate mat
(use under Rosefish Fillets
Baked in Spanish Sauce)
- 1 white or cream-colored table-
cloth (optional)
- Paper plates and spoons when
feeds are to be sampled
- 4 cake servers
(for Loaf, Boiled, Creamed and
Oven-Fried Rosefish)
- 2 serving spoons
(for Boiled Rosefish and Rose-
fish Fillets Baked in Spanish
Sauce)
- 1 fork-and-spoon set
(for Rosefish Salad)

Note: The last four items in second column may be omitted when the foods are not sampled.

PREPARATIONS BEFORE DEMONSTRATIONS

Four or more hours are required for advance preparations, depending upon what assistance, if any, is available. The size of laboratories or platforms and the arrangement of equipment also affect time allowances. Obviously, work is more speedily done in small, compact kitchens than when equipment is widely scattered. It is suggested that preliminary work be done in approximately this order:

1. Check supplies, equipment, and literature.
2. Put frozen fish out to thaw, unless done overnight in the refrigerator. The latter is preferable. When using fresh fillets, wrap in waxed paper; place in refrigerator until needed.
3. Check ovens.
4. Hard cook 6 eggs.
5. Clean lettuce, parsley, carrot tops, and celery leaves; store in refrigerator.
6. Make following garnishes and store in refrigerator: carrot curls from 4 small carrots, 3 pepper rings, 2 celery curls, 10 radish roses, 8 tomato wedges, 6 lemon wedges.
7. Put 2 quarts of water on to boil; add 3 tablespoons salt.
8. Dice 9 slices of bread, $\frac{1}{2}$ green pepper, $\frac{1}{2}$ cup celery, 2 tablespoons sweet pickle, 2 tablespoons onion, 6 hard-cooked eggs, reserving one yolk; store in refrigerator.
9. Mince $3\frac{1}{2}$ tablespoons parsley, 1 tablespoon onion, 1 tablespoon sweet pickle; store in refrigerator.
10. Grate 2 tablespoons onion, 1 hard cooked egg yolk (grated appearance easily obtained by forcing egg through sieve with spoon); store in refrigerator.
11. Slice 1 medium onion; store in refrigerator.
12. Set oven at 375° F for Bread Timbales.
13. Skin and boil 5 pounds thawed rosefish fillets.
14. Skin 4 pounds rosefish fillets; store in refrigerator.
15. Squeeze 2 tablespoons lemon juice; store in refrigerator.

PREPARATIONS BEFORE DEMONSTRATIONS (Continued)

16. Make Tartar Sauce; store in refrigerator.
17. Cook frozen peas, or open canned peas; open tomatoes and corn; store in refrigerator.
18. Make Bread Timbales.
19. Make Spanish Sauce.
20. Flake boiled rosefish; store in refrigerator.
21. Make rosefish loaf; cover; store in refrigerator until 30 minutes before program starts.
22. Bread fillets; cover and place on supply table.
23. Make white sauces to use as basis for Egg Sauce and Creamed Rosefish; place over hot water until needed.
24. Set up trays with utensils, ingredients, and copies of the recipes.
25. Set up tray with the garnishes.
26. Check serving dishes and silver.
27. Change uniform and take a short rest period.
28. Arrange equipment on range and on demonstration, supply, and display tables.
29. Preheat oven and roaster (or second oven).
30. Recheck trays, equipment, etc.

OUTLINE OF DEMONSTRATION

The entire demonstration is planned for approximately 80 minutes, beginning with a short greeting to the audience with reasons given for presenting the demonstration and closing with a summary emphasizing the main points. Ample time is allowed for questions and the sampling of the foods at the end of the demonstration.

Operation

Approximate Time Needed

1. Introduction
 - a. Greeting to audience.
 - b. Purpose of demonstration

3 minutes.

OUTLINE OF DEMONSTRATION (Cont'd)

<u>Operation</u>	<u>Approximate Time Needed</u>
2. Rosefish Loaf	5 minutes
a. Explain advance preparations	
b. Place in 350° F. oven for 40 to 45 minutes.	
c. Discuss	
(1) Temperature	
(2) Oven meals built around fish.	
(3) Other baked, flaked fish dishes.	
3. Rosefish	5 minutes
a. Discuss	
(1) Preparation of fish for market, i.e. filleting and freezing.	
(2) Purchasing, care, and thawing.	
4. Rosefish Fillets Baked in Spanish Sauce	3 minutes
a. Demonstrate skinning.	
b. Discuss ways of baking fillets.	
c. Explain advance preparations, including how sauce was made.	
d. Add sauce to fillets	
e. Place fillets in oven with loaf for 30 minutes.	
f. Start water heating for boiling fish.	
5. Rosefish Salad	5 minutes
a. Mix.	
b. Discuss	
(1) Reasons for eating fish more often.	
(2) Nutritive value and place of fish in the diet.	
c. Garnish and place on display table.	
6. Boiled Rosefish	7 minutes
a. Discuss	
(1) Cooking time.	
(2) Liquids for boiling fish.	
(3) Utilization of water.	
(4) Steamed fish.	
b. Tie fish in place on platter, using cheesecloth.	
c. Lower fish into kettle; simmer for 10 to 12 minutes.	
7. Sauces for fish.	3 minutes
a. Discuss kinds used.	
b. Variations of white sauce.	
c. Complete egg sauce.	

OUTLINE OF DEMONSTRATION (Cont'd)

<u>Operation</u>	<u>Approximate Time Needed</u>
8. Creamed Rosefish	7 minutes
a. Explain advance preparation including how to make sauce, and how to flake fish.	
b. Add fish to white sauce and heat.	
c. Discuss	
(1) Uses for flaked fish, fresh or left-over.	
(2) Fish and milk combinations	
d. Show preparation of Bread Timbales.	
e. Fill timbales, garnish, and display.	
9. Boiled Rosefish	7 minutes
a. Remove from kettle	
b. Drain and untie.	
c. Remove to platter, garnish, and display.	
d. Discuss	
(1) Meals built around fish.	
(2) Colorful and balanced combinations.	
10. Oven-Fried Fillets	3 minutes
a. Explain advance preparations.	
b. Place fillets on rack in 500 ^o F. roaster or second oven for 10 minutes.	
c. Discuss variations of frying.	
11. Rosefish Fillets Baked in Spanish Sauce	3 minutes
a. Remove from oven.	
b. Garnish and display.	
c. Discuss garnishes.	
12. Rosefish Loaf	7 minutes
a. Remove from oven.	
b. Unmold, garnish, and display.	
c. Discuss accompaniments for fish	
d. Show or demonstrate making of other garnishes as time permits.	
13. Oven-Fried Rosefish	2 minutes
a. Remove from roaster or oven.	
b. Remove to platter, garnish, and display.	
14. Conclusions	5 minutes
a. Why use rosefish more.	
b. How to use rosefish.	
c. When to serve rosefish.	

OUTLINE OF DEMONSTRATION (Cont'd)

Operation

Approximate Time Needed

15. Serving 10 to 15 minutes
- a. Rosefish loaf.
 - b. Rosefish Fillets Baked in Spanish Sauce.
 - c. Rosefish Salad.
 - d. Boiled Rosefish with Egg Sauce.
 - e. Creamed Rosefish.
 - f. Oven-Fried Rosefish with Tartar Sauce.

DISCUSSION

Good afternoon, everybody. Today it is my privilege to talk with you about fish, one of our most important protein feeds. Although about 160 varieties of fish are available commercially in this country, I shall confine my talk to one species, the delicious rosefish caught in the cool, deep waters off the New England coast.

This fish has been known to fishermen as redfish for years, but was not made available for general consumption until 1935, when the industry began filleting and freezing it for shipment to inland cities and towns. It is now marketed under several names such as rosefish, ocean perch, sea perch, and red perch. Since 1935, the rosefish has risen in importance until it ranks first among New England's fish in volume of catch. It should also rank high in your choice of fishery products because of its fine flavor, nutritive value, low cost, and ease of preparation.

Many people still are not familiar with the rosefish, while others only use it occasionally. I shall show you several ways of cooking rosefish other than frying, which is the method most frequently used.

(Bring forward first tray with uncooked loaf and 2 unskinned, thawed fillets.)

First, we will bake a loaf which has already been mixed and put into this loaf pan. (Show loaf.) You will find the recipe in the "Rosefish Recipes" leaflet which you received at the door. The basis for this loaf is four cups of cooked rosefish flakes. Later on in the demonstration, I'll show you how these flakes were prepared. The bread crumbs may be from either fresh or day-old bread. We prefer day-old bread which has been cut into small cubes or run through a food chopper. To mix the loaf, we suggest that you add the milk, seasonings, and melted fat to the well-beaten eggs, then pour this mixture into a large mixing-bowl containing the fish flakes and bread crumbs. Mix the ingredients thoroughly before packing into a well-greased loaf pan. Since this was all done before you came, we are ready to bake the loaf. Place it at the back of the center rack in an oven preheated to 350° F. This moderate temperature is recommended for baking most fish dishes. The cooking time for the loaf is from 40 to 45 minutes or until it has set and is nicely browned.

DISCUSSION (Cont'd)

(Place loaf in oven. Make note of time.)

As there is ample space in the oven for other foods, it would be easy and thrifty to plan an oven meal with a rosefish loaf as the main dish. For example we could steam carrots in a covered pan, and bake an apple crisp pudding while the loaf is cooking. To complete the dinner menu, serve some starchy vegetable, a raw vegetable salad, bread, and a beverage. Steamed spinach, beets, and cabbage scalloped tomatoes, scalloped potatoes, and simple puddings may all be cooked with a loaf such as we have today. Oven meals may also be built around other fish dishes such as fish pies, souffles, puffs, and scalloped fish. Rosefish can be used in any recipe specifying cooked flaked fish.

Rosefish, as taken from the water weigh about three-fourths of a pound. Consumers seldom see the whole fish, however, for most rosefish are sold as fresh or frozen fillets. Fillets are side cuts of fish, practically boneless. Rosefish fillets, being small, average about eight or ten to the pound. They are easily distinguished from other fish because of their mottled red skin. (Show unskinned fillets.) This color fades somewhat during freezing and storage. After filleting, the trimmings and other scraps are taken to processing or by-products plants, while the fillets are packed for shipment. Some fillets are marketed fresh, but most are frozen. They usually reach us in this form.

(Take packaged, frozen fillets from refrigerator. Show, read label.)

When purchasing fillets, allow one-third pound per person. If frozen fillets are selected, be sure the fish is frozen hard and that the wrapping is intact. Store the fillets in the coldest part of your refrigerator, keeping them frozen hard until ready for use. Thaw them just before cooking time. (Replace frozen fillets.) Thawing may be done overnight in the warmest part of the refrigerator or by exposing to room temperature for several hours. To hasten the latter process, allow an electric fan to blow on the fillets. Sometimes fish are thawed under running water. This method is not recommended since a loss of flavor and texture results from such a practice.

(Place package containing 2 unskinned fillets on demonstration table. Remove first tray. Bring forward tray with supplies for second recipe.)

The next recipe we shall prepare is Rosefish Fillets Baked in Spanish Sauce. For this we will use 2 pounds of fillets. These were thawed overnight in the refrigerator. All were skinned before you came, except these two. (Show skinned fillets arranged in shallow baking pan and the 2 unskinned fillets.) To skin a fish fillet, place it flesh side up on a cutting board. With the right hand, insert a sharp knife between the skin and the flesh. Slide the knife forward against the skin, but not through it. Pull the skin toward you with the left hand, while sliding the knife with the right hand. Success in this job depends largely on using a sharp knife with a long blade. Remember too, that fish slides less on a wooden cutting board than on an enamel or metal table.

(Skin 2 fillets while explaining method. Place in shallow baking pan.)

Rosefish fillets may be baked in several forms. Often they are stuffed. Sometimes the fillets are dipped in a mixture of fat, lemon juice, onion, and seasoning before baking. Again, they may be baked in Spanish sauce. The latter is a great favorite wherever it is served. Preparations are simple. Pour Spanish sauce over 2 pounds of skinned rosefish fillets arranged in a well-greased, shallow baking pan. (Show sauce. Pour over fillets.) To make this sauce, brown a sliced onion in 3 tablespoons of fat, blend in 2 tablespoons of flour, then add 2 cups of canned tomatoes, $\frac{1}{2}$ diced green pepper, and the seasonings listed in the recipe. Cook until the mixture thickens. The fillets may go into the same oven as the loaf, for both are cooked at 350° F., and there is ample space.

(Place Fillets in oven. Make note of time.)

Bake the fillets 25 to 30 minutes, or until the flesh will flake easily when tested with a fork. Short periods of cooking and moderate temperatures are the rule if you wish perfection in fish cookery. Most homemakers tend to over-cook fish, rather than under-cook it. Fish do not have tough tissues and require only enough cooking to develop flavor.

(Remove second tray. Bring forward third tray with supplies for Rosefish Salad. Start water heating for Boiled Rosefish.)

The next recipe is for Rosefish Salad, a delicious combination of fish, vegetables, and seasonings. For this salad you may use freshly prepared fish flakes or left-over fish. It is quite simple to combine all the ingredients by tossing them together in a bowl and mixing lightly. (Mix salad, naming ingredients as each is added.) This type of salad is very nutritious. The fish it contains has a high quality protein which provides the elements needed to sustain life and growth. The fish also contains several nutritionally essential minerals such as calcium and phosphorus needed for bone development, and iron and copper required in the blood. Marine fish, such as rosefish, have fairly large amounts of iodine, which is necessary for the proper functioning of the thyroid gland. Our salad is enriched further by eggs, another valuable animal protein. As you know, eggs are also a good source of vitamins A and D. The peas have a fair amount of carbohydrate and protein; celery, a protective food, is valuable chiefly for minerals and vitamins. Mayonnaise, which binds all the other ingredients together, is an energy-giving food.

(Bring forward fourth tray with salad garnishes.)

Besides nutritional value and taste appeal, we will want our salad to have eye appeal. This is achieved by placing several crisp lettuce leaves in a salad bowl, adding the salad, and garnishing with tomato wedges or alternate slices of tomato and cucumber. Use slices of hard-cooked egg when tomatoes and cucumbers are not available. (Garnish salad with tomato wedges. Show to audience.) Don't you think this would be a welcome addition to a winter menu or would be appetizing served as a main dish on a warm day?

(Place salad on display table. Remove trays three and four. Bring forward fifth tray with supplies for Boiled Rosefish.)

Boiling is another easy and quick way of preparing rosefish. However, the term "boiled" is really a misnomer. What we really do, or should do, is to simmer fish. Vigorous boiling breaks up delicate fish flesh, at the same time dissolving out valuable nutrients. Remember the Chinese saying: "If you would govern a country wisely, do it gently, as you would cook a small fish." This is the clue to how much cooking is needed for fish. Cook all fish gently, particularly these small rosefish fillets. Place the fillets on a plate and hold them in place with a piece of cheesecloth tied over the plate. Next, lower the plate into a container of boiling salted water. Simmer for 10 to 12 minutes. It is not necessary to simmer fish a long time, as there is no tough connective tissue to be softened.

(Lower plate into boiling water, Cover. Make note of time.)

Fish may be simmered in acid water, Court Bouillon, or salted water. Acid water is made by adding 3 tablespoons of lemon juice or vinegar and $1\frac{1}{2}$ tablespoons of salt to 1 quart of water. Court Bouillon is a highly seasoned liquid made of water, celery, carrots, onions, and spices such as pepper-corns, cloves, and bay leaf. For salted water, add 3 tablespoons of salt to 2 quarts of boiling water.

Some of you may prefer to steam instead of boil the rosefish fillets. If so, use a deep pan with a tightly fitting lid. Put about two inches of water in the bottom of the pan and bring to a boil. Place the rosefish on a greased, perforated rack over the boiling water. Cover and steam 10 to 12 minutes, or until the fish will flake easily when tested with a fork. The liquid in which fish has simmered or steamed may be used in chowders, soups, bisques, or stews.

(Remove fifth tray. Bring up sixth tray with supplies for Creamed Rosefish, Egg Sauce, and Bread Timbales. Place bowl of fish and platter of timbales on demonstration table.)

Boiled and steamed rosefish lack color. This may be supplied by a bright-colored sauce. Tomato and egg sauce are always popular with those preferring mild flavors. If tomato sauce needs peppering up, a few drops of Tobasco or Worcestershire sauce may be added. As a rule, however, you will find it best to serve a sauce that is not too strong. A strong sauce will overpower the delicate taste of fine flavored fish.

Today, we will serve an egg sauce with our boiled rosefish. It is made by adding three hard-cooked, chopped eggs to one cup of medium white sauce. (Take eggs in bowl to range. Add to sauce in top of double boiler.) I have saved out one yolk and will use it later as a garnish. For variety, you can use peas, capers, celery, pimientos, peppers, and grated cheese in the white sauce. Another interesting variation is a cup of grated, raw carrot added just before serving the sauce. This carrot mixture becomes watery if allowed to stand, but the other sauces may be left over hot water a little while when necessary. Should they thicken too much, additional milk may be stirred in.

(Leave egg sauce over hot water. Turn on heat under peas and corn. Bring white sauce to demonstration table.)

Have you ever had trouble deciding what to do with left-overs? If it's fish, serve it creamed. What could be easier than adding flaked left-over fish to a medium white sauce? (Add flaked fish to sauce in double boiler.) White sauce may be thin, medium, or thick, the variation being due to the amount of flour used. Medium white sauce is the basis for creamed and scalloped dishes. It is made by blending 2 tablespoons of flour with 2 tablespoons of melted fat, then adding 1 cup of milk. The milk should be added slowly and the mixture stirred constantly to prevent lumping. As most of you already know how to make white sauce, I completed that operation before you came. By leaving the sauce over hot water, it was kept hot, but did not scorch. I also flaked the fish. It was done in this manner, by separating the fish into pieces with a fork. When you flake fish be careful not to make the flakes too small. (Show operation with a piece of cold fish and a fork.) Fish prepared in this way is the basis for many good flake-fish recipes. You may want a molded salad some hot summer day. In that event, left-over flaked rosefish could be used in your favorite aspic. Flaked fish has many other uses. It is used in sandwich fillings, chowders, newburgs, omelets, and fish puddings as well as in the scalloped dishes and loaf mentioned earlier in the program.

There are still too many people who think fish and milk should not be served together. This is a mistaken idea. There is nothing in either fish or milk that is harmful, provided each is absolutely fresh. For years, we have served fish chowders and creamed fish dishes. To this list we add creamed rosefish, which could be the main hot dish at any season of the year. Serve this creamed fish on toast timbales, in patty shells, or in bread timbales. (Show bread timbales.) These timbales are easily made. Butter 12 slices of bread from which the crust has been removed. Next, fit the bread into well-greased muffin pans. Place in a 375° F. oven for about 15 minutes or until lightly browned. Don't let the bread become too hard and crumbly. Toasting in the muffin pans gives this attractive, pointed toast cup. (Show procedure with one slice of bread and muffin pan.)

Arrange the timbales on an oblong platter; fill with creamed rosefish. A bit of paprika sprinkled on top supplies needed color. For additional color, place three lemon wedges at each end of the platter. The wedges may be edged with paprika. Parsley or carrot tops give the necessary finishing touch.

(Garnish. Place on display table. Remove sixth tray. Bring forward chop platter on the seventh tray. Place platter on table. Take tray to range.)

The boiled rosefish is done. Lift up the plate by running a long-handled fork or spoon through loops in the cheesecloth. Drain the water before removing the plate to the tray. (Bring Boiled Rosefish, Egg Sauce, peas, and corn on tray to demonstration table.) Cut or untie this cheesecloth, then transfer the fillets to a large platter. Add the egg sauce, sprinkle grated egg yolk on top as a garnish. To complete the garnishing, and also the meal, let's put some cooked frozen peas on one side of the fish and Mexican corn on the other side. Mexican corn is whole kernel corn to which pimientos and green peppers have been added. Garnishing with vegetables is simple and practical. In this way we make the garnishes a part of the meal. Isn't this an attractive combination? Another time you could pour tomato sauce over the fish, using parsley, potatoes, and

green beans on either side. After all why not arrange the vegetables on the same platter with fish, instead of serving them separately?

(Place platter on display table. Remove seventh tray with Boiled Rosefish pans. Bring forward eighth tray with supplies for Oven-Fried Rosefish.)

Fried fish, an old time favorite, may require more fat than most of us wish to use just now. However, we can have oven-fried fish that resembles fried fish in appearance, yet uses a minimum of fat in cooking. Advance preparations consist of dipping the fillets in salted milk, then in bread crumbs. Be sure to use bread crumbs, be sure to have them of the same consistency. You may prepare bread crumbs by crushing dry toast with a rolling pin or with a bottle. The fillets may or may not be skinned, as you choose. The skin was left on these. As you see, I breaded the fillets before you came and placed them on a well-greased, shallow baking pan. Before baking, we sprinkle each fillet with melted fat. (Show fillets. Add fat. Place in roaster or second oven. Make note of time.) This method is the exception to the rule of a moderate oven temperature for cooking fish. The high heat of 500° F. seals in the flavor and browns each piece evenly. For other frying methods, salt the fillets, then pan-fry in deep fat, draining on absorbent paper before serving.

(Remove Rosefish Fillets Baked in Spanish Sauce from oven.)

These fillets should be cooked sufficiently. As they flake easily when tested, we know they are done. (Show test.) Time and labor are saved by using the same dish for both cooking and serving. Garnishing, likewise, is a simple matter. Two celery curls and a few dainty celery leaves will be enough with this colorful sauce. (Garnish. Place on display table.)

Garnishes bear the same relation to foods that accessories do to dresses. The keynote should be simplicity and over-decorating should be avoided. Use colorful, edible garnishes in balanced arrangement. Lemons, tomatoes, radishes, carrots, cucumbers, celery, and peppers are especially good with fish. For contrast and added interest, combine these with other garnishes such as parsley, endive, carrot tops, and celery leaves.

(Remove Rosefish Loaf from Oven,)

The loaf has baked 45 minutes, is nicely browned, and is ready to serve. Run a spatula around the sides of the pan before unmolding. When you have time, let the loaf stand a few minutes before unmolding or serving. It will turn out more easily and slice better. (Unmold on oblong platter. Garnish with radish roses and parsley. Place on display table.) How would you like to serve a loaf like this? Perhaps you are wondering what would go with it. How about parsley potatoes and brussels sprouts, with the carrot garnish filling the raw vegetable requirement? For dessert use a tart fruit pie or ice. As a general rule, starchy vegetables, green vegetables and tart desserts go nicely with fish dishes.

(Remove Oven-Fried Fillets from roaster or oven.)

When we think of fried fish, we usually picture a golden-brown fillet or small fish. These oven-fried fillets should live up to our expectations. They

are browned evenly and sufficiently, yet this has been accomplished with a minimum of fat and with little effort.

(Remove fillets to oblong platter. Garnish with radish roses and parsley. Place on display table.)

Today, we have prepared rosefish in several ways and the leaflet which you received contains additional recipes. In conclusion let's take a few minutes to summarize the main points of our demonstration on Rosefish by asking ourselves, why we use this fish, how we use it, and when we use it.

First, we use rosefish because it is plentiful the year around, thanks to modern methods of refrigeration and transportation.

Second, we use rosefish because it is nutritious, appetizing, and easily digested.

Third, we use rosefish because it is low in cost.

Rosefish is easily prepared in fillet form or in flaked fish dishes. It is delicious baked, boiled, fried, or served in a loaf, salad, or chowder. Remember, also, that rosefish is always in season and may be the main luncheon or dinner dish at any time of the year. You can use it frequently, varying the recipes to add interest to your meals.

It has been a pleasure to demonstrate the preparation of these rosefish dishes to you today. I appreciate your interest and attention. If there are any questions, I'll try to answer them now.

(Answer questions without elaborating too much.)

If there are no more questions, please come to the front where you can see and taste each of our rosefish dishes.

(Ask for volunteers, or have someone selected to assist with serving. The demonstrator stands near to discuss individual problems with anyone wishing additional information.)

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