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Delicatessen fish products

by Norman D. Jarvis



**UNITED STATES DEPARTMENT OF THE INTERIOR
FISH AND WILDLIFE SERVICE
BUREAU OF COMMERCIAL FISHERIES**

Fishery Leaflet 553

UNITED STATES DEPARTMENT OF THE INTERIOR, Stewart L. Udall, *Secretary*

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Created in 1849, the Department of the Interior—America's Department of Natural Resources—is concerned with the management, conservation, and development of the Nation's water, fish, wildlife, mineral, forest, and park and recreational resources. It also has major responsibilities for Indian and Territorial affairs.

As the Nation's principal conservation agency, the Department works to assure that nonrenewable resources are developed and used wisely, that park and recreational resources are conserved for the future, and that renewable resources make their full contribution to the progress, prosperity, and security of the United States—now and in the future.

Washington, D.C.

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DELICATESSEN FISH PRODUCTS

Delicatessen fishery products are classified as such in this report because they are largely retailed through food stores of this type. The basic ingredients of these products are salt and smoked fish. Preparation often involves the use of vinegar and spices. While they are not so stable as some types of cured fish, preparation in various ways keeps these products in good condition longer than ordinary fresh fish. More important, however, is the fact that these products are made more appetizing and palatable, thus appealing to consumers who would not relish greatly the ordinary types of cured fish. The recipes given here are only a few of the most popular kinds. There are many others. The products described here have been tested.

Herring Salad

Herring salad is a favorite method of preparing salt herring. There are a great many formulae for this dish. If heat-processed, in glass, a special type of mayonnaise with a much higher solid vegetable fat content is used. The unprocessed herring salad, if packaged and held at low temperatures (about 40° F.), will remain in good condition for several weeks, and is usually more appetizing than the processed type. This also applies to tuna salad. Sodium benzoate ($\frac{1}{10}$ of 1 percent) may be used as a preservative, if presence and amount are stated on the label.

Herring Salad, Alaska

10 lb. salt herring	3 lb. apples
2 lb. pickled beans	2 lb. mayonnaise
1 lb. cucumber	$\frac{1}{2}$ lb. smoked salmon
pickles, sour	
1 lb. cucumber	$\frac{1}{4}$ lb. onion
pickles, sweet	1 bottle (2 oz.)
1 lb. mustard pickle	capers

Soak the salt herring in water for about 24 hours, changing the water two or three times, or freshen in running water for 4 to 6 hours. Skin and fillet the herring, removing all bones. Dice into small pieces. Peel and dice the apples, keeping under water until needed, to prevent discoloration. Chop finely the sweet and sour cucumber pickles together with the mustard pickles, pickled beans, and capers. Dice the smoked salmon and grate the onion. Mix all ingredients thoroughly with the mayonnaise. The salad should stand at least 24 hours to blend flavors. This salad is usually served on lettuce with a garnish of sliced hard boiled eggs, capers and nut meats.

Herring Salad, German

25 lb. potatoes, boiled	$1\frac{1}{2}$ lb. onions, ground
28 lb. cucumbers, salted	$\frac{1}{2}$ lb. horse-radish, ground
20 lb. beets, boiled	2 oz. pepper
50 lb. herring, salt	3 lemons, juice and
10 lb. mayonnaise	oil (optional)

Paprika to taste

Freshen herring by soaking in a tank of water from 11 to 24 hours, depending on individual taste. Then skin, fillet, and dice fish. Dice cucumbers, beets, and potatoes and mix with herring. Mix horserad-

ish, onions, and pepper with mayonnaise. The juice and oil of 3 lemons may be added, if desired. Fold mayonnaise mixture lightly but thoroughly into the other ingredients. Package and store at 34° to 40° F.

Herring Salad, Italian

10 lb. boiled tongue	30 lb. salt cucumber
6 lb. apples	20 lb. salt herring
20 lb. boiled potatoes	6 lb. mayonnaise
6 lb. celery	1½ lb. ground onions
10 lb. carrots	½ lb. horse-radish

Curry powder, mace, and pepper to taste.
Juice and oil of 3 lemons optional.

Freshen the salt herring by soaking in water overnight. Skin and fillet, removing all bones. Dice. Chop the celery fine. Peel apples, potatoes, and carrots and cut into small dice. Dice tongue and cucumbers. Mix all these ingredients thoroughly. Blend onions, horse-radish, and spices with the mayonnaise. The juice and oil of 3 lemons may also be added, if desired. Then add mayonnaise to other ingredients. Store in a cool place. Though this herring salad is known as Italian it was obtained from a German source.

Herring Salad, Swedish

5 lb. salt herring	½ lb. sour pickles
3 lb. boiled veal	2 lb. French dressing
½ lb. ham	1 pt. white vinegar
2 lb. boiled potatoes	½ lb. chopped anchovy fillets
2 lb. boiled beets	
2 lb. apples	
½ lb. onions	

Soak herring in fresh water overnight (12 hours). Skin and fillet, removing all bones. Wash and drain, then cut into small cubes.

Mix with chopped veal, ham, anchovies, onions, diced potatoes, beets, apples, and pickles. Add French dressing and vinegar. Mayonnaise may be substituted for French dressing, or the French dressing may be diluted with mayonnaise. Stir thoroughly together and store in a cool place for 48 hours. Arrange on platter and garnish with sliced hard boiled eggs, capers, small pickled onions, parsley, and mayonnaise.

Smoked Herring Salad

8 oz. canned smoked herring fillets in oil	½ cup finely chopped onion
4 oz. anchovy fillets	¼ cup vinegar
2 lb. boiled potatoes	4 tbs. sugar
2 lb. boiled beets	1½ cups whipping cream
2 lb. tart cooking apples	

Cut herring and anchovy fillets into very small cubes. Peel boiled beets and potatoes, then cut into larger cubes. Peel apples and cut into the smallest possible cubes. Apples are intended to give freshness to the taste, but should not be visible. Mix fish, beets, potatoes, apples, and onion. Add vinegar which sugar has been dissolved in. Ingredients should be mixed very lightly so that the cubes are not broken. Finally fold in the cream whipped to the consistency of a thick sauce. It must not be too thick or it will curdle when mixed. Package in containers, to be sealed and held at a temperature of 40° F. until retailed.

Tuna Salad I

No two commercial tuna salads are prepared by exactly the same

formula, but they do not show the wide variety characteristic of herring salad. The recipe given here is typical. It is offered, however, only as a guide. The same recipe with minor variations to suit the taste may be used for salmon salad.

5 lb. tuna	1½ pt. mayonnaise
2½ pt. finely diced celery	½ lb. hydrogenated vegetable shortening
1 pt. finely diced sweet pickle	1½ tsp. salt
12 diced hard boiled eggs	¾ tsp. pepper 5 lemons

Flake tuna, dice celery, pickles, and eggs. Extract juice of lemons. Combine all ingredients except lemon juice. Season with salt and pepper, and sprinkle lemon juice over the whole. Combine shortening with mayonnaise, then mix with other ingredients. In some formulae one pint of diced cucumber is included. Others use sour instead of sweet pickles. Still others use capers in place of pickles. These variations are entirely a matter of taste. Package and hold at 40° F. until retailed.

Tuna Salad II

This is the only commercial recipe for tuna salad that differs widely from the one given above.

5 lb. tuna	7½ cups French dressing
5 lb. diced boiled potatoes	
2½ cups diced dill pickles	

Salt and cayenne to taste.

Flake tuna, mix with other ingredients and season. Fill the salad into containers and hold at 40° F. until retailed.

Salmon Salad

5 lb. salmon	2 cups diced onion
5 lb. diced boiled potatoes	8 cups sour-cream dressing

Salt, pepper, and fresh dill to taste.

Combine ingredients, then season with salt, pepper, and dill, mixed. A cup of diced dill pickle is sometimes used in place of fresh dill. Sometimes a half cup of fresh grated horseradish is added to the sour-cream dressing, omitting fresh dill or dill pickles. To make this amount of sour-cream dressing take:

6 cups sour cream	4 tbs. salt
6 eggs beaten lightly	2 tbs. mustard ¾ tsp. pepper
1 cup vinegar	

Add eggs, vinegar, and dry ingredients to cream, mixing thoroughly. Cook dressing in a double boiler stirring constantly, until the mixture begins to thicken. Package and store like herring or tuna salad.

Fish Cakes

Fried fish cakes are sold rather widely in delicatessens and at prepared food counters of department stores in the Atlantic coastal area. This product has possibilities for other sections of the country.

10 lb. potatoes	8 oz. butter or margarine
5 lb. shredded salt cod	1 lb. diced onions
8 lb. eggs, beaten	¼ oz. pepper

Soak fish in cold water for several hours. Then shred or break into small pieces. Place fish in a kettle and add water. Heat to boiling point, and drain off water. Boil potatoes and fish together until done. Drain off liquid and put fish and potatoes in meat grinder with

1/4-inch plate. Put ground mass in an electric mixer, add beaten egg, margarine, onion, and pepper and beat until ingredients are thoroughly mixed. Onions are not used unless the trade has a preference for them. Form mixture into cakes of the usual size, dip in beaten egg, roll in fine bread crumbs, and fry until a light brown. The cakes are not packaged but sold from refrigerated display cases held at approximately 40° F.

Crab Cakes

Crab cakes are sold rather extensively in delicatessens and food stores in Maryland, Virginia, and North Carolina, and also to some extent in other Middle Atlantic and Southern States. The product varies widely in quality, usually according to the quality of ingredients, cooking fat, and care in preparation. Any good standard recipe is satisfactory. The following formula is recommended:

5 lb. crab meat	5 beaten eggs
2 1/2 cups soft bread crumbs	2 tbs. dry mustard
3/8 cup minced onion	2 tbs. Worcestershire sauce
6 oz. butter	

Salt, paprika to taste

Melt butter, add onion, and cook until soft and yellow. Add other ingredients and mix together. If the texture is too dry add small amount of milk. Form mixture into cakes of the desired size (usually about the same as cod fish cakes), dip in beaten egg, roll in bread crumbs, and fry in deep fat (about 375° F.) until brown. Drain cakes on fat-absorbent paper. Handled like fish cakes.

Seviche

Seviche is typically a South American preparation. It is so commercially in the United States principally in the Latin-American quarters of our large cities. It is essentially cubed raw fish, preserved by marinating in sour-orange juice. This is not the juice of unripe oranges but a special variety of fruit with a very sour juice, which is grown in southern Florida. Lime juice is generally used as a substitute in the United States but in South America it is considered inferior to sour-orange juice. Lemon juice is never used. The fish should be fresh and firm fleshed. Corvina is most favored in South America. Striped bass has been found to be the best substitute in North America, though sea trout (weakfish) may also be used. The ingredients are:

10 lb. fish	12 to 15 yellow peppers
5 large onions	
3 cloves of garlic	Salt and cayenne
5 cups lime juice	taste

Scale fish and clean thoroughly. Fillet fish, removing backbone and cut fillets into half-inch cubes. Wash and drain diced fish. Slice onions thin, then mix with garlic ground fine. Mix fish and onion garlic mixture together in a large bowl and season with salt to taste. Slice peppers and add. The yellow hot peppers of Louisiana, preserved in glass, are acceptable for the purpose. Stir a little cayenne pepper into lime juice and pour over whole. Tartaric acid, dissolved in water, is sometimes used instead of lime juice. The seviche is allowed

to stand overnight before use. This preparation will remain in good condition about 5 days at average room temperatures, and longer under refrigeration.

Seviche is also made from shellfish such as clams or mussels and shrimp or fresh-water crayfish. The general method of preparation is as described above. The meat of the crustacea is used raw or "green." The clams and mussels are shucked raw. Only the "beard" is removed from the mussels. The dark body mass or "stomach" is separated from the clams.

Gravlax (Marinated Salmon)

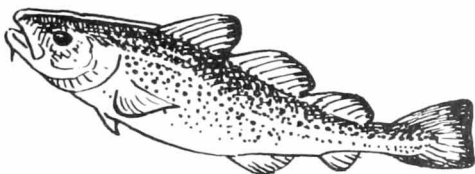
10 lb. salmon	1 tbs. allspice
1 pt. olive oil	1 tbs. white pepper
1 cup salt	1 tbs. saltpeter
1 cup brown sugar	1 tsp. mace
¼ cup fresh, chopped dill	

This is a favorite Swedish delicatessen dish. Clean and wash the salmon, thoroughly. Then split lengthwise, removing the backbone. Rinse fillets, drain and wipe dry. Rub oil well into both sides of the fish halves. Mix together salt, sugar, saltpeter, white pepper, ground allspice, and mace. Coat both sides well with mixture, rubbing into flesh. Place chopped dill on top. Place both halves together and tie tightly with string. Set in a shallow pan and press under moderate weight for 48 hours. Serve in thin slices. May be packaged in glass. Store at 34° to 40° F.

Lutefisk

Lutefisk is a food product of Scandinavian origin, prepared

from stockfish. Lutefisk is prepared by a special process. Stockfish is a split, dried, unsalted codfish. Hard-dried or export-cure salt cod is sometimes used in making lutefisk, but is considered inferior to stockfish as raw material.



COD

To prepare lutefisk, proceed as follows: Cover the stockfish with clear cold water and allow it to soak for 4 days, being sure to change the water every day. The fish should be kept in a cool place preferably out-of-doors as the odor is objectionable to some people, but care should be taken to prevent freezing as this ruins the product. When the fish has been sufficiently soaked, cover with cold water to which has been added a solution of soda and lime; for 5 pounds of fish use 2 cups of washing soda and 3 or 4 cups of slack lime to about 12 gallons of water. A large container such as a salting butt is used for soaking. Let the fish soak in this "lute" for 3 or 4 days. Pour off the solution and again soak the fish in clear cold water for at least 3 days to remove all of the chemicals, changing the water every day. Keep in a cool place or the fish will

spoil. The lutefisk should now have the desired consistency and flavor.

If directions for cooking are requested the standard recipe is: Cover fish with cold water and allow it to come to a boil, adding a little salt. Boil about 10 minutes, then

pour off water. The cooked lutefisk should have a white and flaky appearance, breaking into pieces and is placed on a platter. Serve with melted butter or a white sauce, together with boiled or mashed potatoes, dashed with pepper and salt to taste.

This leaflet is a revision of pages 254-260 of **Curing of Fish Products**, by Norman D. Jarvis, U. S. Department of the Interior, Fish and Wildlife Service, Research Report 18, (1950).

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