

FISH COOKERY FOR ONE HUNDRED

Test Kitchen Series No. 1
Fish and Wildlife Service
United States Department of the Interior

FISH COOKERY FOR ONE HUNDRED

By Rose G. Kerr, Home Economist



Test Kitchen Series No. 1

Fish and Wildlife Service, Arnie J. Suomela, *Commissioner*

United States Department of the Interior, Fred A. Seaton, *Secretary*

UNITED STATES GOVERNMENT PRINTING OFFICE • WASHINGTON : 1956

For sale by the Superintendent of Documents, U. S. Government Printing Office
Washington 25, D. C. - Price 30 cents

ACKNOWLEDGMENT

Appreciation is expressed to Col. Rohland A. Isker, Commandant of the Quartermaster Subsistence, Research and Development Laboratory, Chicago, who made available the test kitchen of the Laboratory for the development and testing of the recipes in *FISH COOKERY FOR ONE HUNDRED*, and to Miss Marion C. Bollman, Home Economist, at the Quartermaster Subsistence, Research and Development Laboratory, for her expert assistance throughout the project. Joseph F. Puncochar was the Service's liaison officer at the Laboratory during the project.

Issued 1950

Reprinted 1952, 1953, 1954, 1955, 1956, 1958

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FISH COOKERY FOR ONE HUNDRED

This book has been designed for those people who prepare fishery products in large quantities. The cooking of fish and shellfish requires techniques somewhat different from those used for other protein foods, and very little material on this subject has been published covering quantity cooking.

This publication includes the essential information on the purchase and preparation of fish and shellfish for large-quantity users. Most of the recipes it contains are basic methods which can be applied to several species of fish.

Variety is one of the keys to successful meal planning. Very few people realize how many varieties of fish are available on the market. While only about 7 species of fish are well known to the average consumer from coast to coast, actually there are about 160 varieties available in the United States. Your dealer will be glad to give helpful information on the species that are currently available and will fillet or dress them as desired.

Although flavor, texture, appearance, and size vary according to the species, the fundamental rules for cooking most fish are few and easy to follow. For this reason,

basic recipes such as those for frying, broiling, and baking are emphasized in this publication.

The principal differentiation in types of fish, as related to fish cookery, is the variation in fat content. As a rule, fat fish, such as salmon or shad, are more desirable for baking, broiling, and planking because their fat content will keep them from becoming dry. Lean fish, such as cod and haddock, usually are preferred for boiling and steaming, as their flesh is firm and will not easily fall apart while cooking. Both fat and lean fish are suitable for frying.

There are so many exceptions to these rules, however, that actually all fish may be cooked by any of the basic methods, and with excellent results, if allowances are made for the fat content. For example, lean fish may be broiled or baked if basted frequently with melted fat; otherwise, they will have a tendency to become dry.

The most important thing to remember in cooking fish is that it is too often overcooked. Just enough cooking to enable the flesh to be flaked easily from the bones will leave the fish moist and tender and bring out its delicate flavor.

NUTRITIVE VALUE OF FISHERY PRODUCTS



Fishery products are rich in nutritive value, since they are excellent sources of very digestible proteins, and many contain essential minerals, vitamins, and fat. The National Nutrition Committee recommends that everyone eat at least one serving of fish, meat, or poultry every day. The table on the opposite page shows how salmon, an abundant variety of fish, compares with such staple meat products as beef and poultry.

Proteins build and repair body tissue. About one-third of the protein eaten daily should come from animal sources, to balance the less effective proteins of cereals and vegetables. An average serving of fish or shellfish supplies enough animal protein to satisfy this daily requirement. Fishery products are especially efficient sources because their protein is from 85 to 95 percent digestible and contains all the essential amino acids. Protein comprises about 18 percent by weight of the edible portions.

Vitamins are necessary to life, health, and growth. Fat fishes like salmon and mackerel are excellent sources of vitamins A and D, an average portion supplying about 10 percent of the daily quota of vitamin A and all of the vitamin D required. The natural oil found in canned fish should be used, as it also is a valuable source of those vitamins. An average serving of lean or fat fish supplies about 10 percent of the thiamine, 15 percent of the riboflavin, and 50 percent of the niacin needed every day.

Minerals are essential for the performance of certain functions of the body and the maintenance of teeth and bones. In general, the mineral content of fish is similar to that of beef, though the iodine content is greater in fish. The edible portions of most fish are satisfactory sources of magnesium, phosphorus, iron, copper, and iodine. Shellfish are particularly rich in these minerals and calcium, comparing very favorably with milk. The bones in canned fishery products, which are softened and may be eaten, are a good source of calcium and phosphorus. Since the liquor in canned fishery products, like salmon, contains soluble minerals, it should be used.

Fats are used by the body for heat and energy. The fat content of fishery products varies with the kind of fish and the season of the year. Very lean fish may contain only 0.5 percent fat; some fish may average 20 percent or more. The fat in fishery products is in a form which is especially easy to digest.

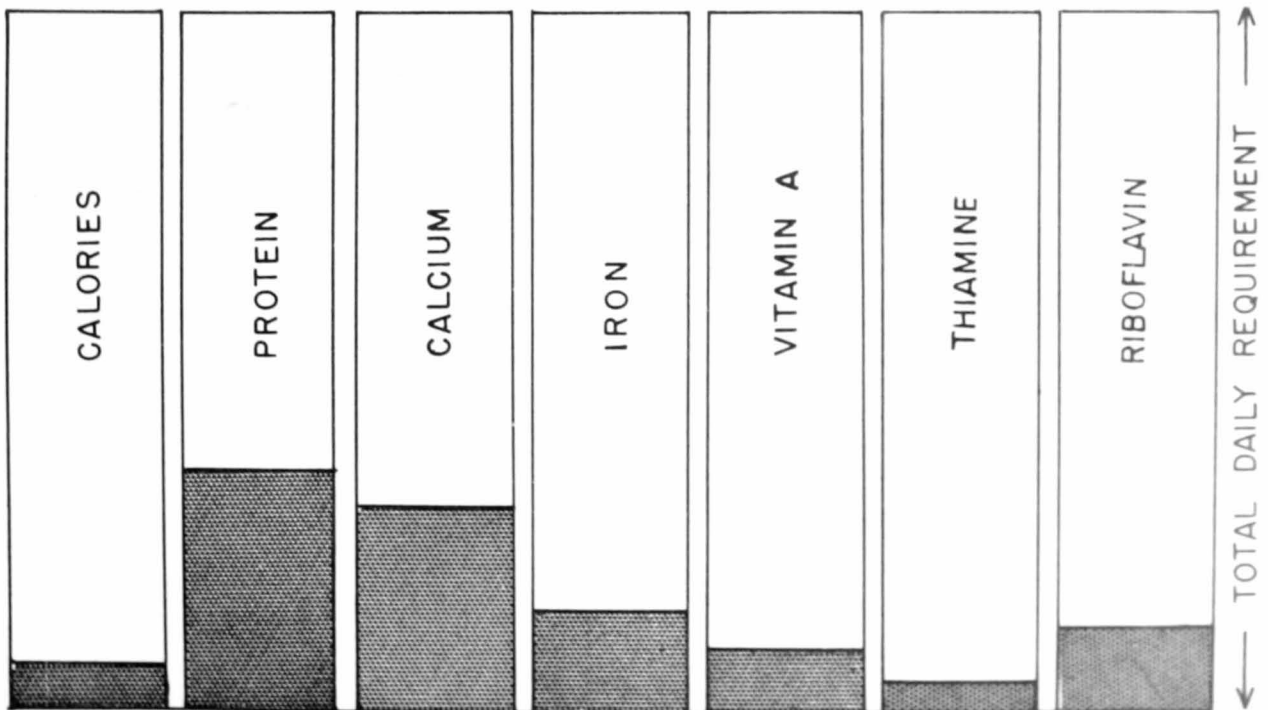
Proximate composition and vitamin content per pound of salmon, beef, and chicken
 [National Research Council, May 1945]

Component	FRESH			CANNED		
	Salmon ¹	Beef, roast ¹	Chicken, roaster ¹	Salmon ¹	Beef, roast ¹	Chicken, boned ¹
Calories	990	874	882	766	985	796
Protein gm	79	86	92	94	114	99
Fat gm	75	59	57	44	59	44
Carbohydrate gm	0	0	0	0	0	0
Calcium mg	59	50	73	304	41	145
Phosphorus mg	1,099	926	990	1,298	745	990
Iron mg	4.5	12.7	8.6	5.9	10.0	8.6
Vitamin A I. U	² 370	0	(Trace)	² 370	0	(Trace)
Thiamine mg	0.93	0.53	0.50	0.15	0.07	0.05
Riboflavin mg	0.64	0.68	0.80	0.80	1.08	0.69
Niacin mg	33.7	23.2	39.9	29.6	20.4	16.8
Ascorbic acid mg	41					11

¹ Edible portion.

² Applies to pink salmon; canned red salmon may have a value several times higher.

Nutritive value of one serving of fish



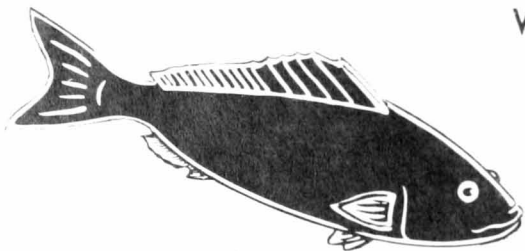
= AMOUNT CONTAINED IN ONE SERVING (4oz.) OF CANNED SALMON

MARKET FORMS

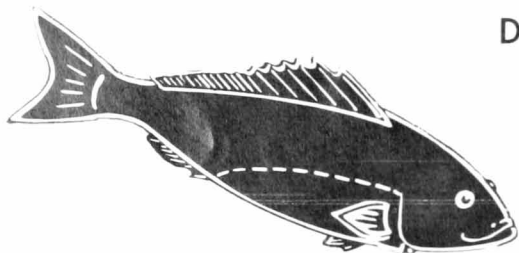
OF FRESH AND FROZEN FISHERY PRODUCTS

Fresh and frozen fishery products may be purchased in a variety of cuts or forms, the more important of which are given below. A more economical product is generally assured if one of the following commercial forms is requested instead of a specialty product.

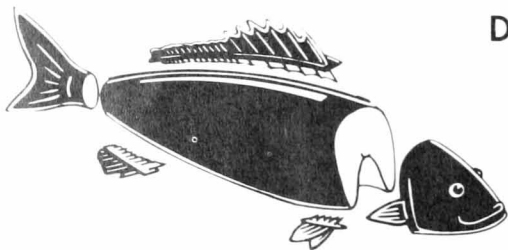
Market Forms of Fish



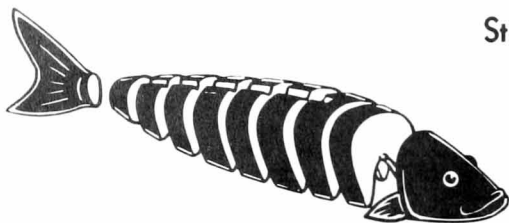
Whole or round fish are those marketed just as they come from the water. Before cooking, they must be scaled and eviscerated (which means removing the entrails). The head, tail, and fins may be removed, if desired, and the fish either split or cut into serving-size portions, except in fish intended for baking. Some small fish, like smelt, are frequently cooked with only the entrails removed.



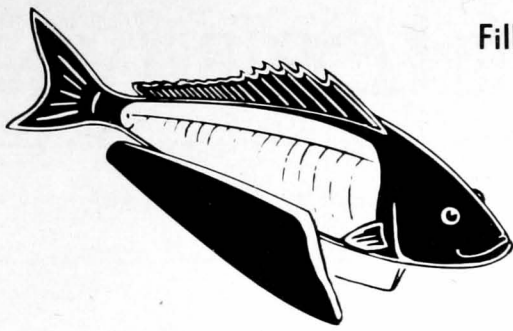
Drawn fish are marketed with only the entrails removed. In preparation for cooking, they generally are scaled. Head, tail, and fins are removed, if desired, and the fish split or cut into serving-size portions. Small drawn fish, or larger sizes intended for baking, may be cooked in the form purchased, after being scaled.



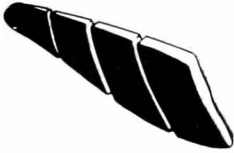
Dressed or pan-dressed fish are scaled and eviscerated, usually with the head, tail, and fins removed. The smaller sizes are ready for cooking as purchased (pan-dressed). The larger sizes of dressed fish may be baked as purchased but frequently are cut into steaks or serving-size portions.



Steaks are cross-section slices of the larger sizes of dressed fish. They are ready to cook as purchased, except for dividing the very largest into serving-size portions. A cross-section of the backbone is usually the only bone in the steak.



Fillets are the sides of the fish, cut lengthwise away from the backbone. They are practically boneless and require no preparation for cooking. Sometimes the skin, with the scales removed, is left on the fillets; others are skinned. A fillet cut from one side of a fish is called a single fillet. This is the type of fillet most generally seen in the market.

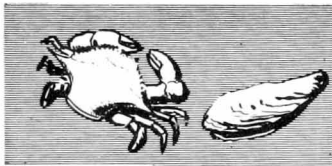


Sticks are pieces of fish cut lengthwise or crosswise from fillets or steaks into portions of uniform width and length.



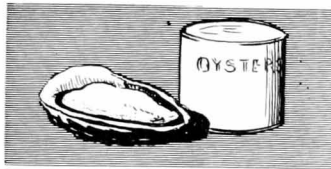
Butterfly fillets are the two sides of the fish corresponding to two single fillets held together by uncut flesh and the skin.

Market Forms of Shellfish



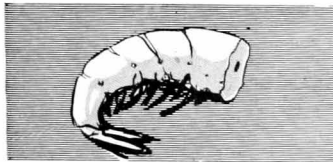
Live

Shellfish, such as crabs, lobsters, clams, and oysters should be alive if purchased in the shell, except for boiled crabs and lobsters.



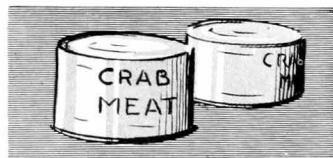
Shucked

Shucked shellfish are those which have been removed from their shells. Oysters, clams, and scallops are marketed in this manner.



Headless

This term applies to shrimp, which are marketed in most areas with the head and thorax removed.



Cooked meat

The edible portion of shellfish is often sold cooked, ready to eat. Shrimp, crab, and lobster meat are marketed in this way.

A GUIDE FOR BUYING

Species	Fat or lean	Usual market range of round fish	Usual market forms
SALT-WATER FISH			
Bluefish	Lean	1 to 7 pounds	Whole and drawn
Butterfish	Fat	¼ to 1 pound	Whole and dressed
Cod	Lean	3 to 20 pounds	Drawn, dressed, steaks, and fillets
Croaker	Lean	½ to 2½ pounds	Whole, dressed, and fillets
Flounder	Lean	¼ to 5 pounds	Whole, dressed, and fillets
Grouper	Lean	5 to 15 pounds	Whole, drawn, dressed, steaks, and fillets
Haddock	Lean	1½ to 7 pounds	Drawn and fillets
Hake	Lean	2 to 5 pounds	Whole, drawn, dressed, and fillets
Halibut	Lean	8 to 75 pounds	Dressed and steaks
Herring, sea	Fat	¼ to 1 pound	Whole
Lingcod	Lean	5 to 20 pounds	Dressed, steaks, and fillets
Mackerel	Fat	¾ to 3 pounds	Whole, drawn, and fillets
Mullet	Lean	½ to 3 pounds	Whole
Pollock	Lean	3 to 14 pounds	Drawn, dressed, steaks, and fillets
Rockfish	Lean	2 to 5 pounds	Dressed and fillets
Rosefish	Lean	½ to 1¼ pounds	Fillets
Salmon	Fat	3 to 30 pounds	Drawn, dressed, steaks, and fillets
Scup (Porgy)	Lean	½ to 2 pounds	Whole and dressed
Sea bass	Lean	¼ to 4 pounds	Whole, dressed, and fillets
Sea trout	Lean	1 to 6 pounds	Whole, drawn, dressed, and fillets
Shad	Fat	1½ to 7 pounds	Whole, drawn, and fillets
Snapper, red	Lean	2 to 15 pounds	Drawn, dressed, steaks, and fillets
Spanish mackerel	Fat	1 to 4 pounds	Whole, drawn, dressed, and fillets
Spot	Lean	¼ to 1¼ pounds	Whole and dressed
Whiting	Lean	½ to 1½ pounds	Whole, drawn, dressed, and fillets
FRESH-WATER FISH			
Buffalo fish	Lean	5 to 15 pounds	Whole, drawn, dressed, and steaks
Carp	Lean	2 to 8 pounds	Whole and fillets
Catfish	Fat	1 to 10 pounds	Whole, dressed, and skinned
Lake herring	Lean	½ to 1 pound	Whole, drawn, and fillets
Lake trout	Fat	1½ to 10 pounds	Drawn, dressed, and fillets
Sheepshead	Lean	½ to 3 pounds	Whole, drawn, dressed, and fillets
Suckers	Lean	½ to 4 pounds	Whole, drawn, dressed, and fillets
Whitefish	Fat	2 to 6 pounds	Whole, drawn, dressed, and fillets
Yellow perch	Lean	½ to 1 pound	Whole and fillets
Yellow pike	Lean	1½ to 10 pounds	Whole, dressed, and fillets
SHELLFISH			
Clams	Lean		In the shell, shucked
Crabs	Lean		Live, cooked meat
Lobsters	Lean		Live, cooked meat
Oysters	Lean		In the shell, shucked
Shrimp	Lean		Headless, cooked meat

FISH AND SHELLFISH

Main production areas ¹	Main market areas ¹
Middle and South Atlantic.....	Middle and South Atlantic.
North and Middle Atlantic.....	North and Middle Atlantic.
North Atlantic; North Pacific.....	Entire United States.
Middle and South Atlantic.....	Middle and South Atlantic; Gulf.
All Coastal Areas.....	Entire United States.
South Atlantic; Gulf.....	South Atlantic; Gulf.
North Atlantic.....	Entire United States.
North and Middle Atlantic.....	North and Middle Atlantic; Midwest.
Pacific.....	Entire United States.
North Atlantic; North Pacific.....	North Atlantic; Pacific.
Pacific.....	Pacific.
North and Middle Atlantic; California.....	North and Middle Atlantic; California.
South Atlantic; Gulf.....	Middle and South Atlantic; Gulf; Midwest.
North Atlantic.....	Entire United States, except Pacific.
Pacific.....	Pacific and Midwest; Gulf.
North Atlantic.....	Entire United States.
Pacific.....	Entire United States.
North and Middle Atlantic.....	Middle and South Atlantic.
Middle and South Atlantic; California.....	Middle and South Atlantic; Pacific.
Middle and South Atlantic; Gulf.....	Middle and South Atlantic; Gulf.
Middle and South Atlantic; Pacific.....	North, Middle and South Atlantic; Pacific.
South Atlantic; Gulf.....	Middle and South Atlantic; Gulf.
South Atlantic; Gulf.....	Middle and South Atlantic; Gulf.
Middle and South Atlantic.....	Middle and South Atlantic.
North and Middle Atlantic.....	Entire United States, except Pacific.
Mississippi Valley.....	Midwest.
Lakes and Rivers.....	Midwest; Middle Atlantic.
Lakes and Rivers.....	Middle and South Atlantic; Midwest; Gulf.
Great Lakes.....	Midwest.
Great Lakes and Lakes.....	Midwest.
Lakes and Rivers.....	Midwest.
Lakes and Rivers.....	Midwest.
Great Lakes.....	Midwest.
Great Lakes, Lakes and Rivers.....	Midwest.
Great Lakes and Lakes.....	Midwest.
All Coastal Areas.....	Entire United States.
All Coastal Areas.....	Entire United States, except Midwest.
North and Middle Atlantic.....	North and Middle Atlantic; Midwest.
All Coastal Areas.....	Entire United States.
South Atlantic; Gulf and Pacific.....	Entire United States.

¹ North Atlantic area includes the Coastal States from Maine to Connecticut; Middle Atlantic area, New York to Virginia; South Atlantic area, North Carolina to Florida; Gulf area, Alabama to Texas; Pacific area, Washington to California (North Pacific, Washington, Oregon, and Alaska); and Midwest area, Central and Inland States.

PURCHASE AND PREPARATION OF FISH

Purchasing Fresh Fish

Most varieties of fish, like many other types of food products, are particularly abundant fresh during some one season of the year. Local fish dealers will gladly furnish information concerning seasonal offerings, and indicate those varieties that can be used to the best advantage, including the less familiar varieties which are oftentimes very good. If it is desired to save time in preparation and cooking, fish should be purchased as fillets, steaks, or dressed.

How to select fresh fish

In buying fish in the round the following points should be observed to insure freshness:

Eyes bright, clear, full and bulging.

Gills reddish-pink, free from slime or odor.

Scales adhering tightly to the skin, brightly colored with characteristic sheen.

Flesh firm and elastic, springing back when pressed, not separating from the bones.

Odor fresh, free from objectionable odors.

Quantity to purchase

Servings of fish are generally based on one-third to one-half pound of the edible part per person. When serving steaks, fillets or sticks, use one-third pound per person or 30 pounds per hundred people, one-half pound of dressed fish per person or 45 pounds per hundred people, and when purchased in the round or whole, allow 1 pound per person or 90 pounds per hundred.

Storage of fresh fish

Fish, like many other food products, will spoil easily if not handled with care. Fresh

fish should always be packed in ice for delivery and still be well-iced when received. From the time it is delivered until it is used, fresh fish must be kept in the coolest part of the refrigerator.

Purchasing Frozen Fish

In recent years a considerable trade has developed in frozen fish so that now most varieties are available the year around both for the consumers in the interior of the country and those living near the source of supply. Frozen fish compare favorably in appearance, flavor, and food value and may be used interchangeably with fresh fish.

Quantity to purchase

In purchasing frozen fish the allowance for each person is the same as for fresh fish: one-third to one-half pound of the edible part per person.

Storing frozen fish

Frozen fish should be delivered still frozen and should be kept frozen until it is desired to thaw the fish immediately prior to cooking. Once the fish thaws it should be used immediately. Never try to refreeze fish after it thaws.

Thawing frozen fish

Dressed frozen fish, fillets, and steaks may be cooked as if they were in the unfrozen form; however, additional cooking time must be allowed. When fish are to be breaded and fried, or stuffed, it is more convenient to thaw them first to permit easier handling. Thawing is necessary for the cleaning and dressing of whole or drawn fish.

Thawing at refrigerator temperatures (40° to 45° F.) has become the accepted practice. The fish should be held at this temperature only long enough to permit ease in preparation. Whole or drawn fish may be thawed more readily by immersing them in cold running water. Thawing at room temperature, although sometimes practiced, is not recommended, since it results in a considerable amount of drip. In this process the thinner portions of the fish, such as the section near the tail, thaws more rapidly and may become subject to spoilage during the thawing period. Whole or drawn fish may be thawed by being embedded in crushed ice; however, this procedure is somewhat slow and expensive.

Purchasing Canned Fish

The many developments in the methods of preservation of fishery products have made a wide variety of canned fish and fish specialties available on the market. These include canned salmon, tuna, mackerel, cod, alewives, herring, shad, sardines, sturgeon, whiting, etc., to choose from in planning menus. These, together with such specialties as fish balls, chowders, cakes, and roe, can be used to add variety and zest to your fish menus.

SALMON

Grades of salmon.—Salmon canned on the Pacific coast come from five distinct species and are usually sold by their names, since they indicate the differences in the type of meat. The differences are a matter of color, texture, and flavor. The higher-priced varieties are deeper red in color and have a higher oil content. The grades of salmon are—

1. Chinook or King Salmon.
2. Red or Sockeye Salmon.
3. Medium Red Salmon.
4. Pink Salmon.
5. Chum Salmon.

Can sizes.—Salmon may be purchased in the following size cans: 3¾-, 7½-, 15½-, and 64-ounce.

TUNA

Tuna grades.—The tuna canned in this country is produced from four species of the mackerel family. They are yellowfin, bluefin, skipjack, and albacore. Tuna is divided into grades according to the types of meat used as indicated below:

1. Fancy or Fancy Whitemeat Tuna is choice cuts of cooked albacore tuna packed as large pieces of solid meat.
2. Standard Tuna consists of cooked tuna meat packed in the approximate proportion of 75 percent large pieces and 25 percent flakes.
3. Grated or Shredded Tuna is cooked tuna packed in small uniform pieces.
4. Tuna Flakes is cooked tuna packed in small pieces.

Can Sizes.—Tuna may be purchased in the following size cans: 3½-, 7-, and 13-ounce. Tuna flakes and grated tuna are packed in 3-, 6-, 12-, and 64-ounce cans.

Quantity to purchase

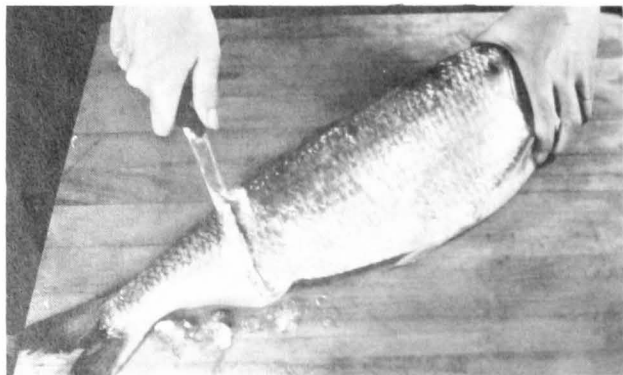
Servings of canned fish, such as salmon, are usually based on a 1-pound can to serve 6, or 16 to 24 cans per hundred people. However, the amount of canned fish purchased depends to a large extent on how the fish is to be served, whether in a casserole, salad, or cakes.

Storing canned fish

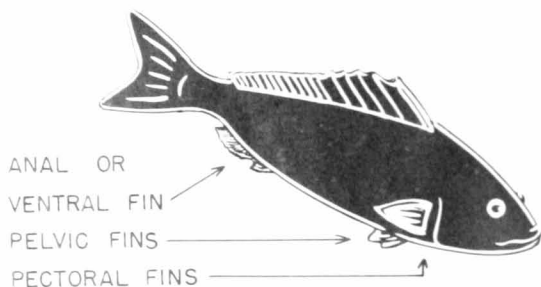
Store canned fish in a cool, dark place. High temperatures and high humidity should be avoided.

Cleaning and Dressing Fish

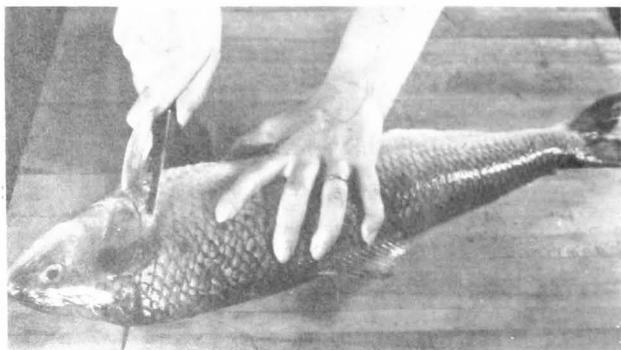
a. Scaling fish.



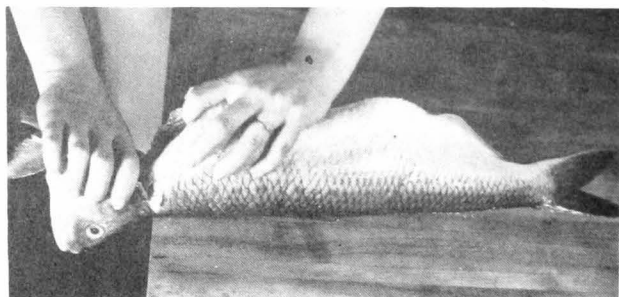
b. Fish fins.



c. Removing head.



d. Breaking backbone.



Scaling

Lay the fish on the table and with one hand hold the fish firmly by the head (fig. a). Holding a knife almost vertical, scrape off the scales, working from tail toward head. A scaler may be used instead of a knife. Since scales are more easily removed from a wet fish, it is advisable to soak the fish in cold water for a few minutes before scaling. Take care to remove all the scales near the base of the fins and head.

Cleaning

Remove the entrails after cutting the entire length of the belly from the vent (anal opening) to the head. Cut around the pelvic fins (fig. b) and remove them. Remove the head, including the pectoral fins (fig. c), by cutting above the collarbone. If the backbone is large, cut down to it on each side of the fish, and then snap the backbone by bending it over the edge of the cutting board or table (fig. d). Cut any remaining flesh which holds the head attached to the body. Cut off the tail.

Remove the dorsal or large back fin by cutting the flesh along both sides of the fin (fig. e). Then, giving a quick pull forward toward the head of the fish, remove the fin with the root bones attached (fig. f). Remove the other fins in the same manner. Never trim the fins off with shears or a knife since the bones at the base will be left in the fish. Wash the fish in cold running water, removing the blood, any remaining viscera, and membranes. The fish is now dressed or pan dressed, depending on its size, and is ready for cooking. Large fish may be cut crosswise into steaks (fig. g).

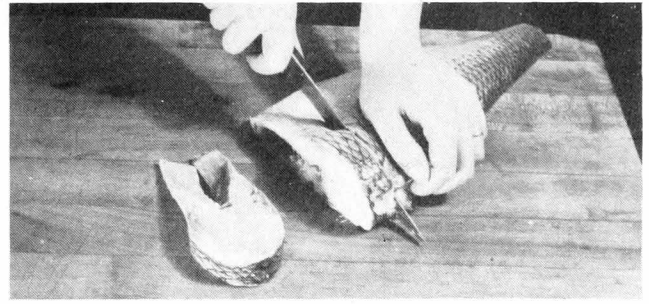
Filleting

With a sharp knife, cut through the flesh along the back from the tail to just behind the head (fig. *b*). Then cut down to the backbone just above the collarbone. Turn the knife flat and cut the flesh along the backbone to the tail allowing the knife to run over the rib bones (fig. *i*). Lift off the entire side of the fish in one piece (fig. *j*). Turn the fish over and repeat the operation on the other side.

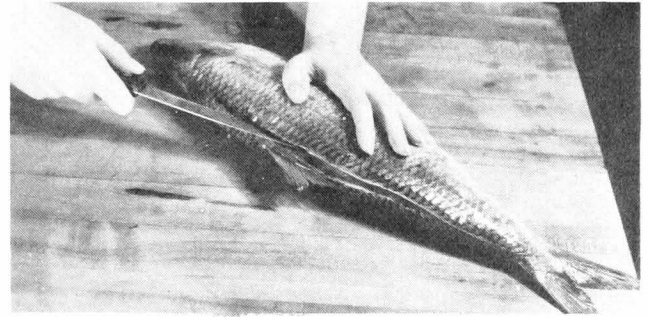
Skinning

If you wish, you may skin the fillets. Lay the fillets flat on the cutting board or table, skin side down. Hold the tail end with your fingers, and with a knife cut through the flesh to the skin about one-half inch from the end of the fillet. Flatten the knife on the skin and cut the flesh away from the skin by pushing the knife forward while holding the free end of the skin firmly between your fingers (fig. *k*).

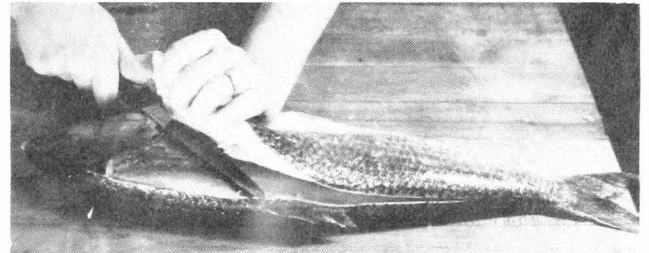
g. Cutting a steak.



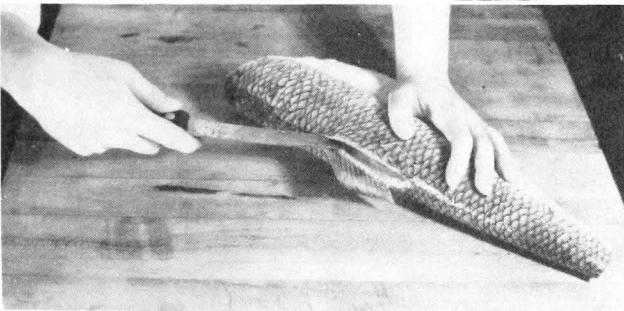
h. Cutting fillet from tail to head.



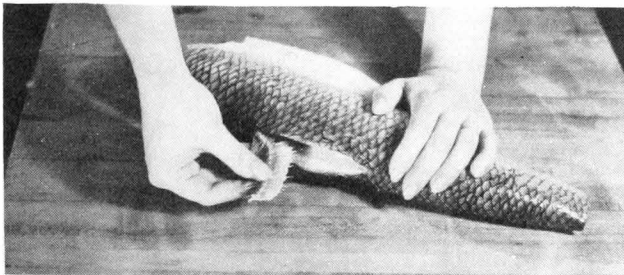
i. Cutting along backbone to remove fillets.



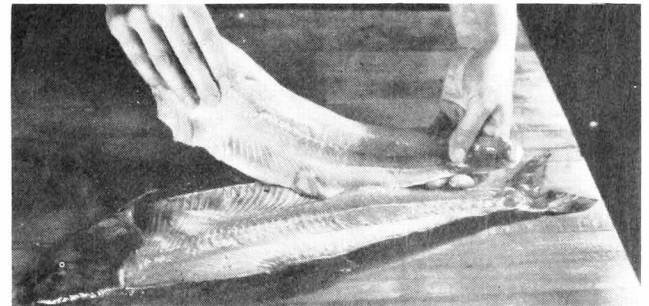
e. Cutting to remove dorsal fin.



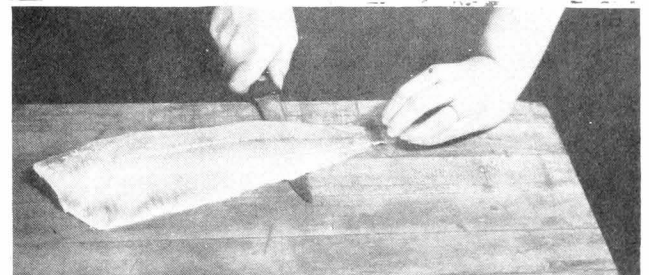
f. Removing fin.



j. Freeing fillet at the tail.



k. Removing the skin from a fillet



RECIPES FOR FISH

Deep Fat Fried Fish

Fish, fillets, or steaks	30 pounds
Salt	5 tablespoons
Pepper.	1 tablespoon
Eggs	1½ dozen
Milk	1 cup
Dry bread crumbs.	2 quarts

1. Cut fish into serving-size portions.
2. Dip fish in mixture of beaten eggs, milk, salt, and pepper.
3. Roll fish in bread crumbs.
4. Fry in deep fat heated to 375° F. for 3 or 4 minutes, or until brown.
5. Drain on absorbent paper.
6. Serve immediately, with lemon or a sauce.

Servings: 100—Approximately 5 ounces each.

Variations: Fish may be pan fried following directions for Fried Fish.

Fried Fish

Fish, fillets, or steaks	30 pounds
Salt	5 tablespoons
Pepper.	1 tablespoon
Flour	1 quart
Corn meal or bread crumbs	1 quart

1. Cut fish into serving-size portions.
2. Sprinkle both sides with salt and pepper.
3. Roll fish in mixture of flour and corn meal.
4. Place fish in heavy frying pan containing about ¼ inch of melted fat, hot but not smoking.
5. Fry fish at a moderate heat. When fish is brown on one side, turn carefully and brown other side. Cooking time about 10 minutes, depending on thickness of fish.
6. Drain on absorbent paper.
7. Serve immediately, plain or with a sauce.

Servings: 100—Approximately 5 ounces each.

Variations: Fish may be deep fat fried following directions for Deep Fat Fried Fish.

Oven Fried Fillets

Fish, fillets	30 pounds
Salt	½ cup
Milk	2 quarts
Bread crumbs	2 quarts
Butter or other fat, melted	2 pounds

1. Cut fillets into serving-size portions.
2. Add the salt to the milk, and mix.
3. Dip the fish in the milk, and roll in the bread crumbs.
4. Place fish in well-greased baking pans.
5. Pour the melted fat over the fish.
6. Bake in a very hot oven 500° F. for 10 minutes.
7. Serve immediately, plain or with a sauce.

Servings: 100—Approximately 5 ounces each.

Baked Fillets or Steaks

Fish, fillets, or steaks	30 pounds
Salt	5 tablespoons
Pepper	1 tablespoon
Butter or other fat	2 pounds
Lemon juice	1 pint
Onions, chopped	1 pint
Parsley, chopped.	

1. Cut fish into serving-size portions.
2. Combine melted fat, lemon juice, onions, salt, and pepper.
3. Dip fish into the above mixture.
4. Place fish in greased, shallow baking pans, and pour the rest of the fat mixture over them.
5. Bake in a moderate oven 375° F. for about 30 minutes, or until slightly brown.
6. Serve immediately, with finely chopped parsley.

Servings: 100—Approximately 5 ounces each.

Baked Fillets in Tomato Sauce

Fish, fillets	30 pounds
Butter or other fat	½ pound
Onions, chopped	1 quart
Celery, chopped	1 quart
Green peppers, chopped	½ quart
Flour	1 cup
Tomatoes, canned	1 gallon
Salt	6 tablespoons
Pepper	1 tablespoon
Bay leaves	8
Whole cloves.	8
Cayenne	Dash

1. Cut fish into serving-size portions and place in well-greased baking pans.
2. Melt the fat; add onions, celery, and green peppers; cook until tender but not brown.
3. Blend in the flour.
4. Add tomatoes, and seasonings, and cook, stirring constantly, until thickened. Remove bay leaves and cloves.
5. Pour sauce over the fish.
6. Bake in a moderate oven 350° F. for about 30 minutes, or until tender.

Servings: 100—Approximately 6½ ounces each.

Breaded Baked Fillets

Fish, fillets	30 pounds
Salt	5 tablespoons
Pepper.	1 tablespoon
Lemon juice	½ cup
Eggs	1½ dozen
Bread crumbs	2 quarts
Bacon	1½ pounds

1. Cut fillets into serving-size portions.
2. Add salt, pepper, and lemon juice to eggs, and beat well.
3. Dip fillets into egg mixture, and then roll in bread crumbs.
4. Place in a single layer in well-greased baking pans.
5. Place one-third strip of bacon on top of each fillet.
6. Bake in a moderate oven 375° F. for 30 minutes, or until brown.

Servings: 100—Approximately 5 ounces each.

Stuffed Baked Fillets

Fish, fillets	30 pounds
Salt	4 tablespoons
Pepper	1 tablespoon
Bacon, sliced	1½ pounds
Bread stuffing, page 43.	

1. Remove skin from fillets and sprinkle both sides with salt and pepper.
2. Place half the fillets in well-greased baking pans.
3. Place stuffing on the fillets and cover with remaining fillets.
4. Fasten together with toothpicks.
5. Place strips of bacon over the fillets.
6. Bake in a moderate oven at 375° F. for 30 minutes.
7. Take out fasteners, garnish, and serve hot with a sauce.

Servings: 100—Approximately 6½ ounces each.

Baked Fish

Fish, dressed, about 5 pounds each	45 pounds
Salt	6 tablespoons
Pepper	1 tablespoon
Butter or other fat, melted	1 pound
Bacon, sliced (optional)	1 pound

1. Wash and dry fish thoroughly.
2. Rub inside and out with salt and pepper.
3. Place fish in well-greased baking pans.
4. Brush fish with melted fat.
5. Bake in a moderate oven 375° F. for about 1 hour, or until fish flakes easily when tested with a fork.
6. Baste occasionally with melted fat, and about 15 minutes before fish is ready to take out of the oven, place strips of bacon over the top.
7. Serve immediately with a sauce.

Servings: 100—Approximately 7 ounces each.

Baked Stuffed Fish

Fish, dressed about 5 pounds each	45 pounds
Salt	6 tablespoons
Pepper.	1 tablespoon
Butter or other fat, melted	1 pound
Bacon, sliced (optional).	1 pound
Bread stuffing, page 43.	

1. Wash and dry fish thoroughly.
2. Rub inside and out with salt and pepper.
3. Stuff fish loosely, and close opening with skewers or string.
4. Place fish in well-greased baking pans.
5. Brush fish with melted fat.
6. Bake in a moderate oven 375° F. for about 1 hour or until fish flakes easily when tested with a fork.
7. Baste occasionally with melted fat, and about 15 minutes before fish is ready to take out of the oven, place strips of bacon over the top.
8. Remove fastenings and serve immediately, plain or with a sauce.

Servings: 100—Approximately 8 ounces each.

Broiled Fish

Fish, fillets or steaks	30 pounds
Salt	5 tablespoons
Pepper.	1 tablespoon
Salad oil or melted fat	1 pint
Parsley, chopped.	

1. Cut fish into serving-size portions.
2. Sprinkle both sides with salt and pepper.
3. Place fish on a preheated, greased broiler about 2 inches from the heat.
4. Brush with melted fat, and broil 10 to 15 minutes, or until slightly brown.
5. Serve immediately, garnished with chopped parsley.

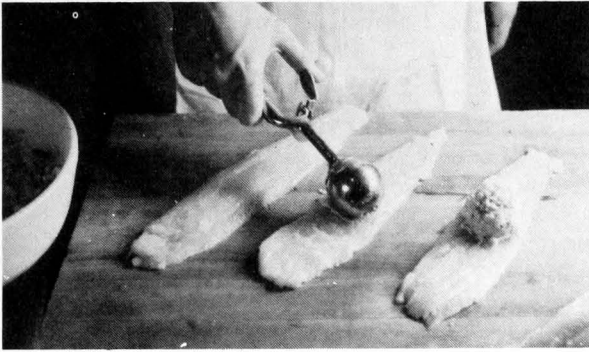
Servings: 100—Approximately 5 ounces each.

Fish Birds

Fish, fillets 30 pounds
Salt 4 tablespoons
Pepper 1 tablespoon
Bacon, sliced (optional) . 1½ pounds
Bread Stuffing, page 43.

1. Remove skin and cut fillets into serving-size portions.
2. Place a small roll of stuffing on each piece of fish.
3. Roll fish around stuffing and fasten with toothpicks or skewers.
4. Place rolls in well-greased baking pans and lay one-third slice of bacon on the top of each.
5. Bake in a moderate oven 350° F. for about 30 minutes.
6. Take out fastenings, garnish, and serve immediately, plain or with a sauce.

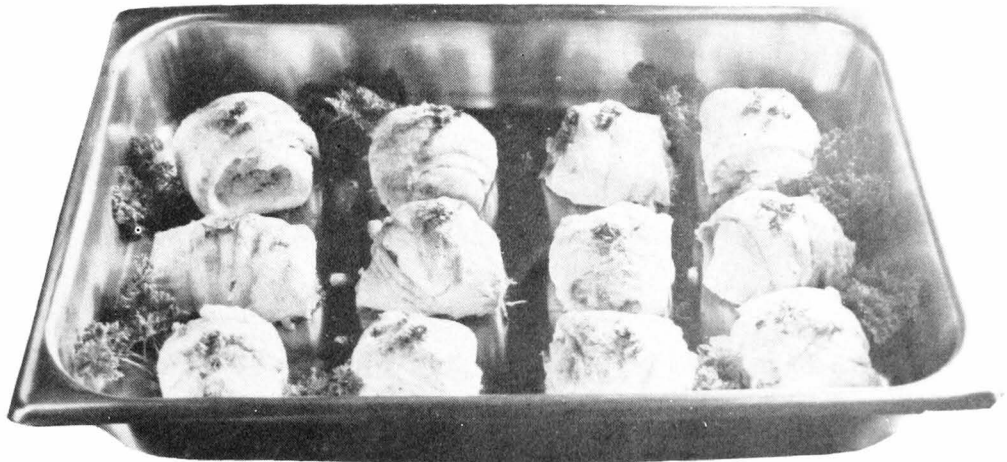
Servings: 100—Approximately 6½ ounces each.



Stuffing fillets for fish birds.



Rolling fish birds.



Fish birds.

Tuna Fish à la King

Tuna Fish, drained	24 13-ounce cans
Tuna oil.	1½ quarts
Flour	1½ quarts
Milk, scalded	3 gallons
Eggs, beaten	1½ dozen
Green peppers, chopped	¾ quart
Celery, chopped	¾ quart
Salt	4 tablespoons
Paprika	2 tablespoons

1. Drain tuna, and flake.
2. Make a White Sauce by mixing tuna oil and flour; add scalded milk and cook until slightly thick.
3. Cook green peppers and celery in salted water until tender.
4. Add beaten eggs to White Sauce.
5. Add remaining ingredients to White Sauce and heat.
6. Serve on biscuits or toast.

Servings: 100—Approximately 7½ ounces each.

Tuna Fish and Noodle Casserole

Tuna Fish, drained	24 13-ounce cans
Noodles	6 pounds
Tuna oil.	1¼ quarts
Flour	1½ quarts
Milk, scalded	3 gallons
Salt	3 tablespoons
Green peppers, chopped	1 pint
Onions, chopped	1 pint
Cheese, grated	2 pounds

1. Drain tuna, reserve oil for White Sauce.
2. Cook noodles in boiling salted water. Boil 10 to 15 minutes, or until tender, and drain.
3. Make a White Sauce by mixing the tuna oil and flour; then add scalded milk and salt, and cook until slightly thick.
4. Cook the green peppers and onions in salted water until tender. Drain, and add to White Sauce.
5. Arrange noodles and tuna fish in layers in well-greased baking pans.
6. Cover with White Sauce and sprinkle generously with grated cheese.
7. Bake in a moderate oven 375° F. for 20 to 30 minutes.

Servings: 100—Approximately 10 ounces each.

Tuna Fish Salad

Tuna Fish, drained	24 13-ounce cans
Eggs, hard-cooked, diced	2¼ dozen
Celery, chopped	5 quarts
Sweet pickles, diced	1½ quarts
Mayonnaise or salad dressing	1½ quarts
Lettuce	8 heads

1. Drain tuna and flake (not too small).
2. Combine tuna, eggs, celery, pickles, and mayonnaise, and toss lightly.
3. Serve on lettuce leaves, and garnish with slices of eggs.

Servings: 100—Approximately 5 ounces each.

Variations: One No. 10 can of peas may be substituted for half the celery. Salmon or other fish flakes may be used in place of the tuna.

Salmon Loaf

Salmon	24 1-pound cans
Celery, diced	1 quart
Onions, diced	1 quart
Butter or other fat	1 pound
Milk and salmon liquor	2 quarts
Bread crumbs, soft	1 gallon
Salt	2 tablespoons
Pepper	½ tablespoon
Lemon juice	1 pint
Eggs, beaten	2 dozen

1. Drain salmon, reserve liquor, remove bones and skin, and flake.
2. Fry celery and onions in melted fat until tender but not brown.
3. Combine all ingredients and mix well.
4. Shape into loaves and place in well-greased baking pans.
5. Bake in a moderate oven 350° F. for about 1 hour, or until slightly brown.
6. Serve with a rich, colorful sauce.

Servings: 100—Approximately 6 ounces each.

Salmon Cakes

Salmon	20 1-pound cans
Potatoes, mashed.	20 pounds
Eggs, beaten	1¼ dozen
Salt	4 tablespoons
Pepper.	½ tablespoon
Flour	1 quart

1. Drain salmon, remove skin and bones, and flake.
2. Combine salmon, potatoes, eggs, and seasonings, and mix thoroughly.
3. Shape into cakes, and roll in flour.
4. Fry in deep fat heated to 375° F. for 3 to 4 minutes or until brown.
5. Drain on absorbent paper.
6. Serve hot with a sauce.

Servings: Two cakes or approximately 6½ ounces.

Salmon Croquettes

Salmon	24 1-pound cans
Butter or other fat	2 pounds
Onions, chopped fine	1 quart
Flour	1 quart
Milk and salmon liquor	1 gallon
Salt	3 tablespoons
Pepper.	½ tablespoon
Parsley, chopped	4 tablespoons
Bread crumbs, soft	1 gallon
Eggs, beaten	2 dozen

1. Drain salmon, reserve liquor, remove bones and skin, and flake.
2. Fry the onions in fat until tender but not brown, and add the flour; blend well.
3. Add the salmon liquor and enough milk to make 1 gallon, and cook until slightly thick; add beaten eggs.
4. Add the salmon, seasonings, and bread crumbs, and mix thoroughly.
5. Cool in shallow pans.
6. When mixture is cold, shape into croquettes. Dip in egg wash (12 eggs and 1 cup milk) and roll in bread crumbs.
7. Fry in deep fat heated to 375° F. for 4 to 5 minutes or until brown.
8. Drain on absorbent paper.
9. Serve immediately, with a sauce.

Servings: Two croquettes or approximately 6½ ounces.

Variations: Tuna fish or other canned or left-over fish may be used instead of the salmon.

Creamed Codfish

Codfish	16 1-pound cans
Butter or other fat	2 pounds
Flour	1 quart
Milk, scalded	2 gallons
Salt	3 tablespoons
Pepper	½ teaspoon
Toast	

1. Melt fat, add flour, and gradually add scalded milk, stirring constantly, and cook until slightly thick.
2. Add codfish and seasonings.
3. Serve on hot toast.

Servings: 100—Approximately 5½ ounces or three-fourths cup each.

Variations: Salt cod may be used. Soak codfish overnight, wash and drain. Boil in fresh water until tender. Drain.

Codfish Balls

Codfish	16 1-pound cans
Potatoes, mashed	16 pounds
Eggs, beaten	1¼ dozen
Salt	4 tablespoons
Pepper	½ tablespoon
Flour	1 quart

1. Combine codfish, potatoes, eggs, and seasonings, and mix thoroughly.
2. Form into cakes; roll in flour.
3. Fry in deep fat heated to 375° F. for 3 to 4 minutes or until brown.
4. Drain on absorbent paper.
5. Serve hot with a sauce.

Servings: Two cakes or approximately 5½ ounces.

Variation: Codfish mixture may be formed in the shape of balls. Salt cod may be used. Soak codfish overnight, wash and drain. Boil in fresh water until tender. Drain.

PURCHASE AND PREPARATION OF OYSTERS

Oysters may be purchased in three forms: Live in the shell, fresh and frozen shucked, and canned.

Shell oysters

Oysters in the shell are generally sold by the dozen and must be alive when purchased. When alive, they have a tightly closed shell. Gaping shells that do not close when handled, indicate that the oysters are dead and therefore no longer usable. If shell oysters are held in the refrigerator at about 40° F. they will remain good for quite awhile.

Shucked oysters

These are oysters that have been removed from the shell and are generally sold by the gallon. Shucked oysters should be plump, and have a natural creamy color, with clear liquor and free from shell particles. Fresh shucked oysters are packed in metal containers or waxed cartons which should be refrigerated or surrounded by ice. When properly handled they will remain fresh for a week or 10 days.

The eastern oysters are generally packed in the following commercial grades:

Oysters in the shell.

Grade	Oysters per gallon
Counts or Extra Large . . .	Not more than 160.
Extra Selects or Large . . .	Not more than 161 to 210.
Selects or Medium	Not more than 211 to 300.
Standards or Small	Not more than 301 to 500.
Standards or Very Small . . .	Over 500.

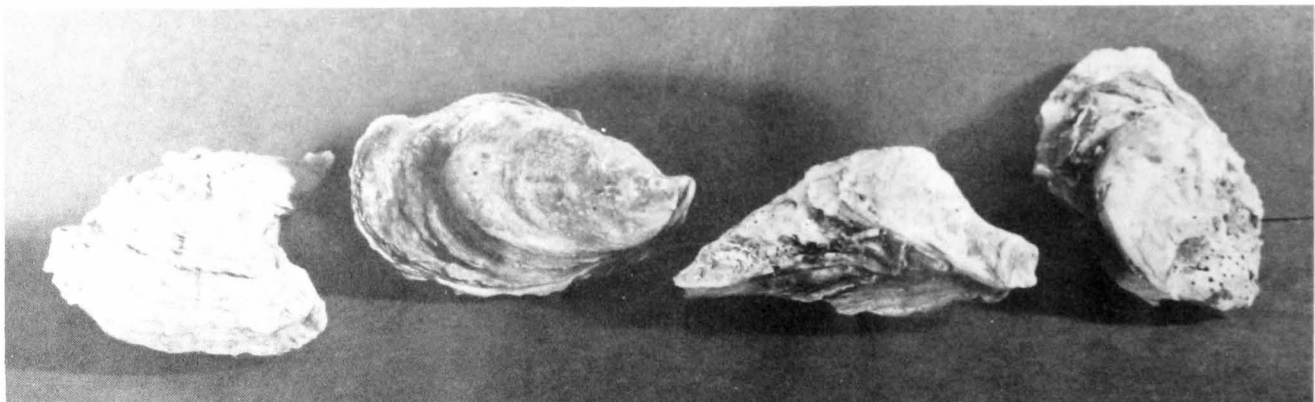
In recent years, shucked oysters have also been quick frozen, a process which makes them available all of the year. Frozen oysters should not be thawed until ready to use. Once thawed, they should never be re-frozen.

Canned oysters

Canned oysters, packed on the Atlantic and Gulf coasts, are usually sold in No. 1 Picnic cans containing 7½ ounces, drained weight of oysters. Oysters packed on the Pacific coast are usually sold in cans containing 5 or 8 ounces drained weight.

Quantity to purchase

The quantity of oysters to purchase depends to a large extent on how the oysters are to be served. A safe rule to follow in purchasing oysters for 100 persons is to allow 2½ bushels of shell oysters, 3 gallons of shucked oysters, or 30 No. 1 cans.



Shucking Oysters

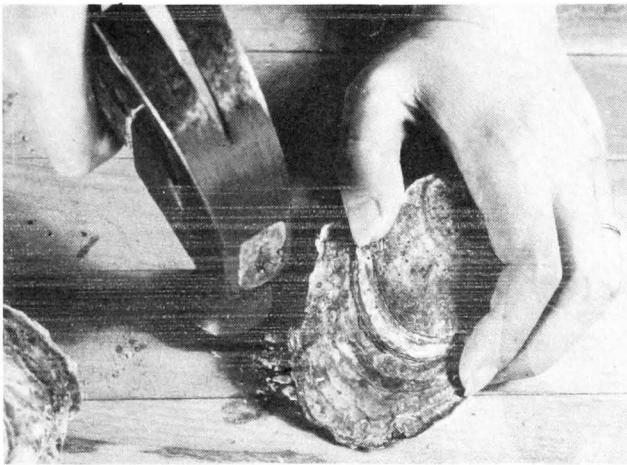
Wash and rinse the oysters thoroughly in cold water. Open or shuck an oyster by placing it on a table flat shell up and holding it with the left hand. With the right hand force an oyster knife between the shells at or near the thin end (fig. *b*). To make it easier to insert the knife, the thin end or "bill" may be broken off with a hammer—a method preferred by some cooks (fig. *a*).

Now cut the large adductor muscle close to the flat upper shell in which it is attached and remove the shell (fig. *c*). Cut the lower end of the same muscle, which is attached to the deep half of the shell (fig. *d*), and leave the oyster loose in the shell if it is to be served on the half shell, or drop it into a container.

After shucking, examine the oysters for bits of shell, paying particular attention to the muscle, to which pieces of shell sometimes adhere.

Instead of shucking by hand a commercial mechanical oyster shucker may be used if available.

a. "Billing" oyster.



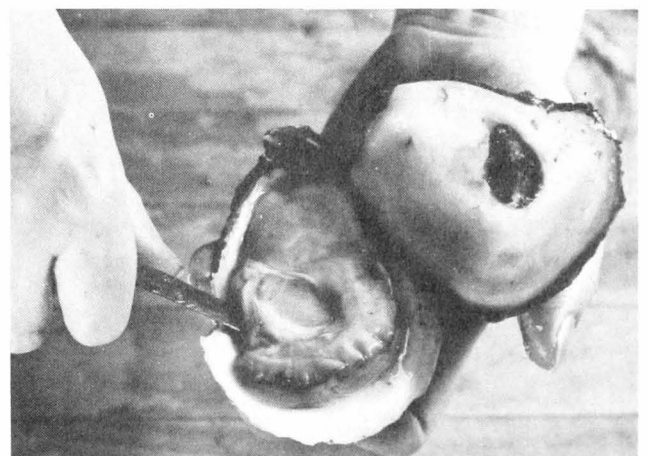
c. Cutting muscle.



b. Inserting knife.



d. Cutting oyster from shell.



RECIPES FOR OYSTERS

Oyster Cocktail

Oysters*	600
Catsup	2 quarts
Vinegar or lemon juice	1 pint
Celery, finely chopped	1 quart
Horseradish, grated	1 cup
Salt	2 tablespoons
Tabasco sauce	1 tablespoon

1. Shuck oysters as above.
 2. Arrange 6 oysters in the half shell on a plate in a bed of crushed ice.
 3. Make sauce by mixing remaining ingredients together.
 4. Serve sauce in a small dish in the center of plate containing oysters.
- Servings: 100—Approximately 6 oysters each.

*If shell oysters are not available, purchase 2 gallons of shucked oysters and serve in lettuce cups.

Fried Oysters

Oysters, selects.	3 gallons
Salt	4 tablespoons
Pepper	1 tablespoon
Eggs, beaten	2 dozen
Milk	1 pint
Bread crumbs, dry	1 gallon

1. Mix together salt, pepper, eggs, and milk.
 2. Dip oysters into egg mixture, and roll in bread crumbs.
 3. Fry in hot fat 375° F. for about 2 minutes or until brown.
 4. Drain on absorbent paper and serve immediately.
 5. Serve with a sauce or catsup.
- Servings: 100—Approximately 6 to 8 oysters each.

Oyster Stew

Oysters	3 gallons
Butter or other fat	2 pounds
Milk, hot	4 gallons
Salt	5 tablespoons
Pepper	2 teaspoons
Paprika	1 tablespoon

1. Remove any pieces of shell that may remain among the oysters.
2. Heat the oysters in their own liquor for about 5 minutes, or until the edges begin to curl.
3. Add butter, hot milk, and seasonings. Serve immediately.

Servings: 100—Approximately 9 ounces or 1 cup each.

Scalloped Oysters

Bread crumbs	6 quarts
Butter or other fat	2 pounds
Salt	4 tablespoons
Paprika	1 teaspoon
Pepper	1 teaspoon
Oysters	3 gallons
Milk and oyster liquor	1 gallon

1. Mix crumbs, melted fat, salt, pepper, and paprika together.
2. Drain oysters and remove any pieces of shell—save liquor.
3. Spread a third of the crumb mixture over the bottom of greased baking pan. Cover with half the oysters, repeat with another third of the crumb mixture, and add the remaining oysters.
4. Combine milk and oyster liquor and pour over the top.
5. Sprinkle remaining crumbs over the top and sprinkle with paprika.
6. Bake in a moderate oven 375° F. for 30 minutes.

Servings: 100—Approximately 6 ounces each.

PURCHASE AND PREPARATION OF SHRIMP

Purchasing Shrimp

Shrimp may be purchased in three forms: fresh, cooked, and canned. Fresh or cooked shrimp should either be refrigerated, packed in ice, or kept frozen to insure freshness.

Fresh shrimp

Fresh shrimp are greenish in color and are sold by the pound, either chilled or frozen. The head and thorax are removed. Shrimp are graded according to the number per pound as follows:

Grade	Number per pound
Jumbo	Under 25.
Large	25 to 30.
Medium	30 to 42.
Small	42 and over.

Cooked shrimp

Cooked shrimp are sold by the pound with the shells removed. The meat is pink in color.

Canned shrimp

Canned shrimp are usually sold in No. 1 Picnic cans containing 7 ounces net weight of shrimp when packed wet, or 6½ ounces

if packed dry. Generally speaking, canned shrimp may be used interchangeably with cooked shrimp.

Quantity to purchase

In buying shrimp for a hundred persons, allow 30 pounds of fresh shrimp, 15 pounds of cooked shrimp, or 30 No. 1 cans of shrimp.

Cleaning Shrimp

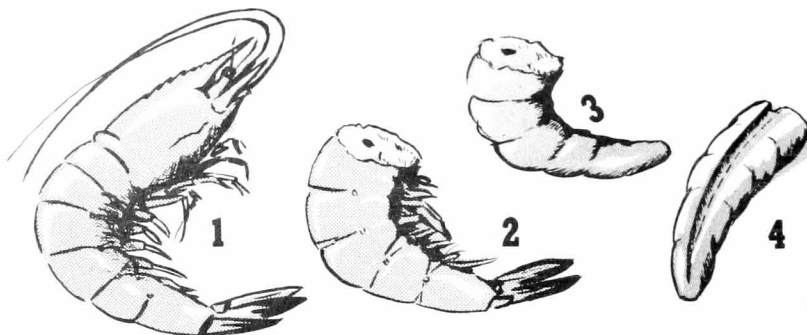
Boiling

Wash shrimp in the shells in cold water, then drop into rapidly boiling salted water (1 tablespoon of salt for each quart). After the water again reaches the boiling temperature, lower heat and simmer for 5 minutes. Drain.

Cleaning

Peel the shells from the cooked shrimp. Make a cut along the outside curvature, remove the so-called black or sand vein, and wash.

Steps in cleaning shrimp.



1. Live or green shrimp.
2. Headless shrimp.
3. Peeled shrimp.
4. Veined shrimp.

RECIPES FOR SHRIMP

Shrimp Cocktail

Shrimp, cooked and peeled	15 pounds
Catsup	2 quarts
Vinegar or lemon juice	1 pint
Celery, diced	1 quart
Horseradish	1 cup
Salt	2 tablespoons
Tabasco sauce	1 tablespoon
Lettuce	

1. Clean the shrimp by removing any pieces of shell and the sand vein running along the back.
2. Chill, and place in lettuce cups.
3. Make a sauce by mixing all the remaining ingredients together.
4. Immediately before serving, put sauce on cocktails.

Servings: 100—Approximately 3½ ounces each.

French Fried Shrimp

Shrimp, fresh	30 pounds
Salt	5 tablespoons
Eggs, beaten	1 dozen
Water, cold	1 cup
Bread crumbs	2 quarts
Flour	2 quarts

1. Remove shells, sand veins, and wash shrimp.
2. Cut shrimp lengthwise almost through, and salt on both sides.
3. Dip shrimp in eggs to which the water has been added.
4. Roll shrimp in a mixture of bread crumbs and flour.
5. Fry in deep fat heated to 350° F. for about 3 minutes or until golden brown.
6. Drain on absorbent paper and serve immediately.

Servings: 100—Approximately 5 ounces each.

Shrimp Salad

Shrimp, cooked and peeled	16 pounds
Celery, chopped	2 gallons
Salt	2 tablespoons
Lemon juice	6 tablespoons
Eggs, hard-cooked	3 dozen
Pickles, chopped	1½ quarts
Mayonnaise or salad dressing	2 quarts
Lettuce	

1. Clean the shrimp by removing any pieces of shell and the sand vein running along the back.
2. If shrimp are large, cut in half.
3. Mix shrimp, celery, pickles, eggs, and seasonings.
4. Add mayonnaise, mix, and chill.
5. Serve on crisp lettuce and garnish with hard-cooked eggs.

Servings: 100—Approximately 5 ounces or 1 cup each.

Shrimp Creole With Rice

Shrimp, cooked and peeled	10 pounds
Onions, chopped	2 quarts
Celery, chopped	1 quart
Green peppers, chopped	1 quart
Butter or other fat	1 pound
Flour	1 cup
Tomatoes	2 gallons
Salt	5 tablespoons
Worcestershire sauce	5 tablespoons
Pepper.	1 tablespoon
Rice, dry	6 pounds

1. Clean the shrimp by removing any pieces of shell and the sand vein running along the back.
2. Fry onions, celery, and green peppers in melted fat until brown.
3. Add flour, blend well.
4. Add tomatoes, and cook until smooth and slightly thick.
5. Add shrimp and seasonings, and heat.
6. Cook rice, and drain.
7. Serve shrimp creole over rice.

Servings: 100—Approximately 8 ounces or 1 cup each.

PURCHASE AND PREPARATION OF CLAMS

Purchasing Clams

Clams* may be purchased in three forms: alive in the shell, shucked, and canned. The general criteria for buying clams are the same as for oysters. (See p. 22.)

*Ocean quahogs are large clams.

Shucking Hard Clams

First wash the clams thoroughly, discarding any broken-shelled or dead clams. To open a clam, hold it in the palm of one hand with the shell hinge against the palm. Insert a slender, strong, sharp knife between the shells and cut around the clam (see the

illustration below), twisting the knife slightly to pry open the shell. Cut the muscle free from the shell and remove the meat. Wash the meat to remove any remaining sand. The dark body mass is removed from most varieties of clams and the end of the siphon snipped off, after which the meat is again washed.

An alternate method is to place the clams, after washing, in a small quantity of boiling water. Cover and steam them from 5 to 10 minutes, or until they are partially open. Drain and remove the meat from the shells. Clean and wash the meat as directed above.

Still another method of opening clams, if a retort is available, is to place the washed clams in the retort. The clams are steamed for about 10 minutes at 220° to 230° F. (3 to 5 pounds' pressure). Remove the meat from the shells, clean and wash as directed above.



Shucking clams.

RECIPES FOR CLAMS

Clam Cocktail

Clams*	600
Catsup	2 quarts
Vinegar or lemon juice	1 pint
Celery, finely chopped	1 quart
Horseradish, grated	1 cup
Salt	2 tablespoons
Tabasco sauce	1 tablespoon

1. Shuck clams as shown.
2. Arrange 6 clams in the half shell on a plate, in a bed of crushed ice.
3. Make sauce by mixing remaining ingredients together.
4. Serve sauce in a small dish in the center of the plate containing the clams.

Servings: 100—Approximately 6 clams each.

*If shell clams are not available, purchase 2 gallons of shucked clams and serve in lettuce cups.

New England Clam Chowder

Clams,* diced	3 gallons
Bacon or salt pork, diced	2 pounds
Onions, chopped	2 quarts
Potatoes, chopped	1 gallon
Water	1 gallon
Salt	4 tablespoons
Pepper	1 tablespoon
Milk	2 gallons
Flour	1 pint
Butter	½ pound
Parsley, chopped	

1. Fry bacon until crisp and browned.
2. Add onions, and cook until tender.
3. Cook potatoes in salted water for 10 minutes.
4. Add bacon, onions, clams, and pepper to potatoes, simmer for 30 minutes.
5. Heat the milk and thicken slightly with flour.
6. Just before serving, add hot milk and butter, and simmer 5 minutes longer.
7. Sprinkle finely chopped parsley on top, and serve with crackers.

Servings: 100—Approximately 9 ounces or 1 cup each.

* If using ocean quahogs, grind instead of dicing before cooking.

Fried Clams

Clams	3 gallons
Salt	4 tablespoons
Pepper	1 tablespoon
Eggs, beaten	2 dozen
Milk	1 pint
Bread crumbs, dry	1 gallon

1. Mix together salt, pepper, eggs, and milk.
2. Dip clams into egg mixture, and roll in bread crumbs.
3. Fry in hot fat 375° F. for about 2 minutes or until browned.
4. Drain on absorbent paper and serve immediately.
5. Serve with a sauce or catsup.

Servings: 100—Approximately 6 to 8 clams each.

Manhattan Clam Chowder

Clams,* diced	3 gallons
Bacon or salt pork, diced	2 pounds
Onions, chopped	2 quarts
Celery, chopped	2 quarts
Potatoes, chopped	1 gallon
Water	1 gallon
Salt	4 tablespoons
Pepper	1 tablespoon
Tomatoes, strained	2 No. 10 cans
Butter	½ pound
Parsley, chopped.	

1. Fry bacon until crisp and brown.
2. Add onions and celery, and fry until tender.
3. Cook potatoes in salted water for 10 minutes.
4. Add bacon, onions, celery, tomatoes, clams, and pepper to potatoes and simmer for 30 minutes.
5. Just before serving, add butter and simmer 5 minutes longer.
6. Sprinkle finely chopped parsley on top and serve with crackers.

Servings: 100—Approximately 9 ounces or 1 cup each.

* If using ocean quahogs, grind instead of dicing before cooking.

PURCHASE AND PREPARATION OF LOBSTERS

Purchasing Lobsters

Lobsters may be purchased in four forms: Live, cooked in the shell, lobster meat, and canned meat.

Live lobster

Lobsters, like most shellfish, must be alive up to the moment of cooking. The normal color of live lobsters varies from a dark bluish green to a brownish olive. The weight usually varies from $\frac{3}{4}$ to 3 pounds. True lobsters have two large claws. The foregoing description is not applicable to crayfish or spiny lobster, of which only the tail portion is marketed. Spiny-lobster tails usually are sold in the frozen state.

Cooked in the shell

Cooked lobsters, which are red in color, are a specialty item not generally found on the markets in large quantities.

Lobster meat

This is meat picked from cooked lobsters and chilled. Like whole cooked lobster, it is a specialty item usually not found on the market in quantity. The meat is ordinarily sold by the pound.

Canned lobster meat

Since no lobster is canned in this country, canned lobster meat is another specialty product available for purchase only in limited quantities.

Quantity to purchase

In buying live or cooked lobsters in the shell allow 50 to 70 pounds per 100 servings. One hundred spiny-lobster tails or 15 pounds of lobster meat will serve the same number.

Cleaning Lobsters

Boiling

Pick up the lobster behind the head, using tongs if desired, and plunge it headfirst into a large kettle of briskly boiling salted water (1 tablespoon of salt to each quart). Cover and boil 20 minutes, but be careful not to overcook, since overcooking renders the meat tough and stringy. When cooked, plunge it into cold water, drain, and cool. Place the lobster on its back, and with a sharp-pointed knife make a deep cut the entire length of the body, starting at the mouth. Remove the black-colored intestine which runs from head to tail, as well as the sac commonly called the "lady", near the head. Remove the body meat, break the claws with a mallet, and pick the meat from them. If desired, the boiled lobster may be served in the shell after being split lengthwise.

Broiled lobster

Place the lobster on its back on a cutting board, and kill by inserting the point of a knife between the body shell and the tail segment, cutting down to break the spinal cord. Split from head to tail, and remove the intestines and the vein that passes through the center of the tail segment. Crack the claws with a hammer or mallet. Brush the flesh with melted butter, season with salt and pepper, if desired, and spread out flat on the broiler pan, flesh side up. Broil for 10 minutes, turn and cook 10 minutes longer.

RECIPES FOR LOBSTERS

Lobster Newburg

Lobster meat	15 pounds
Butter	1 pound
Flour	1 cup
Cream	2 gallons
Egg yolks	4 dozen
Salt	1 tablespoon
Cayenne	Dash
Paprika	
Toast	

1. Cut lobster meat into cubes, and cook in melted butter for 5 minutes.
 2. Add flour and blend.
 3. Gradually add cream and bring mixture slowly to the boiling point. Simmer for 2 to 3 minutes.
 4. Add well-beaten egg yolks, salt, and cayenne, and cook over very low heat for 2 minutes longer.
 5. Serve on toast. Garnish with paprika.
- Servings: 100—Approximately 5½ ounces each.

Lobster Salad

Lobster meat	15 pounds
Gelatin	4 ounces
Water, cold	1 quart
Mayonnaise or salad dressing	3 quarts
Celery, chopped	3 quarts
Apples, chopped	3 quarts
Lemon juice	1 pint
Salt	2 tablespoons
Paprika	
Lettuce	

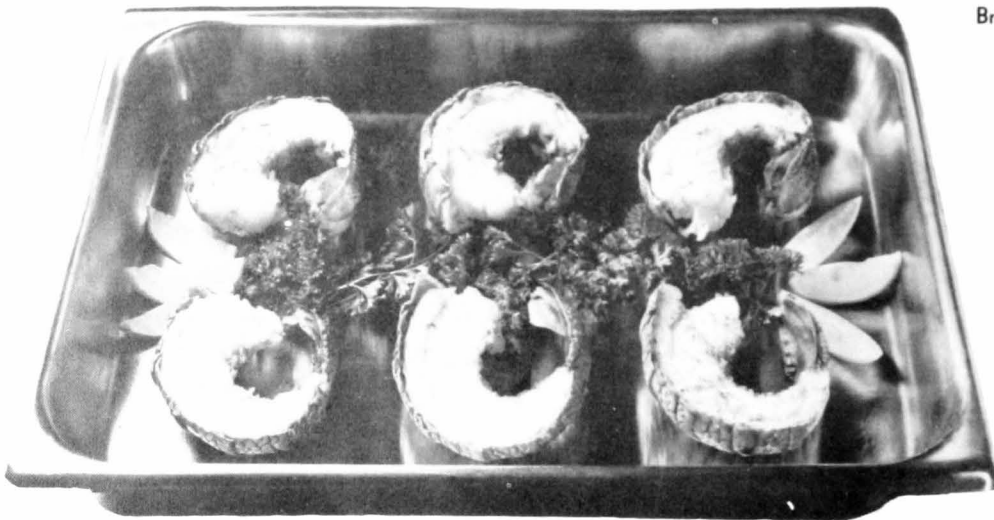
1. Soak gelatin in cold water for 5 minutes, and dissolve over boiling water.
 2. Add to mayonnaise, and whip until stiff.
 3. Fold in lobster meat, celery, apples, and seasonings.
 4. Place in molds, and chill.
 5. Cut into squares. Serve on lettuce garnished with mayonnaise and paprika.
- Servings: 100—Approximately 5 ounces each.

Broiled Spiny-Lobster Tails

Spiny-lobster tails	100
Butter or margarine, melted	1 pound
Salt	4 tablespoons
Pepper	$\frac{1}{2}$ tablespoon
Paprika	$\frac{1}{2}$ tablespoon

1. Clean, wash, and cut tail almost in half lengthwise.
2. Brush the flesh with melted butter, season with salt, pepper, and paprika.
3. Place on a greased broiler rack, broil for 8 to 10 minutes on the shell side, and turn.
4. Baste with melted butter and continue broiling for 6 to 8 minutes longer, flesh side up.
5. Serve immediately with melted butter.

Servings: 100—One tail each.



Broiled lobster tails.

PURCHASE AND PREPARATION OF CRABS

Purchasing Crabs

Crabs may be purchased in four forms: Live, cooked in the shell, crab meat, and canned meat.

Live crabs

In areas adjacent to the sea coast, crabs are generally sold individually and must be alive up to the time of cooking. This applies to both hard- and soft-shell crabs. The so-called soft-shell crabs are blue crabs that are caught immediately after they shed their old shells and before their new shells harden.

Cooked in the shell

Hard-shell crabs may be purchased already cooked. Care should be exercised to select only those that have been kept under refrigeration, or iced from the time of cooking.

Crab meat

This meat is picked from cooked crabs, handled chilled, and sold by the pound. As crab meat is very perishable, it should either be refrigerated or packed in ice both before and after purchase to insure freshness. It is available in the following forms:

Blue Crab of East and Gulf coasts:

1. Lump meat.—Lump meat comes from the large muscles that operate the swimming legs or back fins. Sometimes known as "special" or back-fin lump. The meat is white in color.
2. Flake meat.—Flake meat is the remaining portion of the body meat; it is also white in color.
3. Flake and lump meat.—In some sections both kinds of white meat are packed together.
4. Claw meat.—This is meat removed from the claws. The outside coloring of the meat is brownish.

Rock Crab (New England):

Only one grade. The meat is a brownish color.

Pacific-Coast or Dungeness Crab:

Meat from body and claws packed together. Meat is reddish in color.

Canned crab meat

Canned crab meat is usually available in No. $\frac{1}{2}$ flat cans containing approximately $6\frac{1}{2}$ ounces net weight of meat. Generally speaking, canned crab meat may be used interchangeably with cooked crab meat.

Quantity to purchase

In providing for 100 persons, purchase 50 to 70 pounds of live crabs or crabs cooked in the shell, 200 soft-shell crabs, 15 pounds of crab meat, or 30 No. $\frac{1}{2}$ cans of canned crab meat.

Cleaning Crabs

Hard-shell crabs

Crabs should always be boiled alive. Plunge crabs into actively boiling, salted water (1 tablespoon of salt to each quart) and boil for 20 minutes; or steam for 20 minutes at a temperature from 212° to 220° F. Some people prefer to boil the crabs in a special preparation containing vinegar and spices. To remove the meat from boiled crabs, break off the legs and claws, and flap or "apron."

Force shell slightly apart by wedging a strong knife into the opening made by removing the flap. Insert thumbs in the opening between the shell halves, and pull the upper shell away from the lower shell. Remove spongy substance (gills, stomach, and intestines) and wash body cavity. If the crabs are of the Pacific-coast variety, tap each half firmly against the inside of the dish

in which the meat is being collected. Most of the meat will fall out of the shell in a solid piece; the remainder can be readily picked out with a knife. If the crabs are of the east-coast variety the body is usually sliced in order to expose the meat to facilitate removal. With a mallet or nut cracker, crush the claws and legs sufficiently to open them and remove the meat.

Soft-shell crabs

The commercial soft-shell crab is usually the blue crab caught immediately after molting and before the new shell has hardened. Use only live crabs. With a sharp knife, cut off the apron or flap that folds under the rear of the body. Turn the crab and cut off the face at a joint just back of the eyes. Lift each point at the sides with the fingers, clean out the gills, and wash the crabs in cold water. When cooked, the entire body, including the legs and claws, is eaten.

RECIPES FOR CRABS

Crab Cocktail

Crab meat*	15 pounds
Catsup	2 quarts
Vinegar or lemon juice	1 pint
Celery, finely chopped	1 quart
Horseradish	1 cup
Salt	2 tablespoons
Tabasco sauce	1 tablespoon
Lettuce	

1. Remove any shell or cartilage from crab meat.
2. Chill and place in lettuce cups.
3. Make a sauce by mixing remaining ingredients together.
4. Immediately before serving, put sauce on cocktails.

Servings: 100—Approximately 3 ounces each.

*White meat is generally used, since it makes a more attractive appearance.

Deviled Crabs

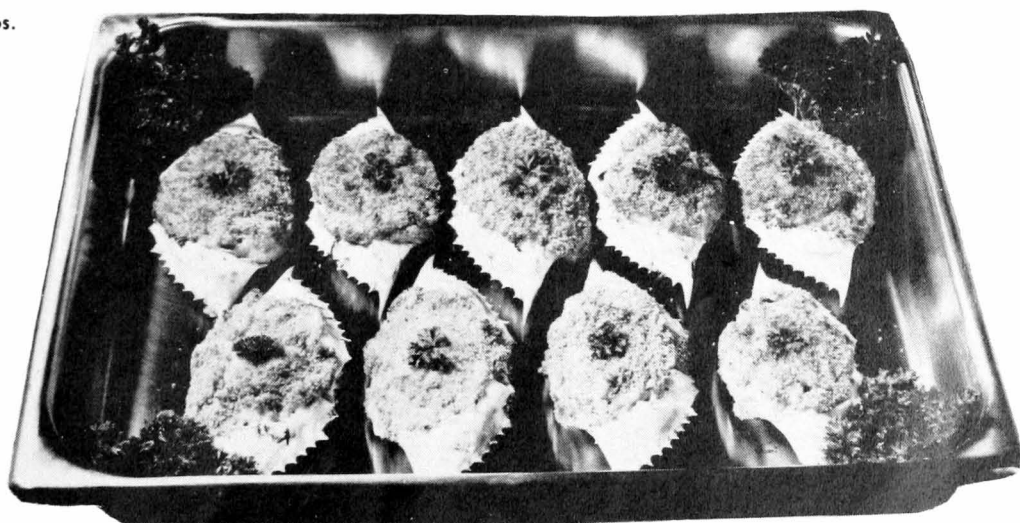
Crab meat*	18 pounds
Butter or margarine	1 pound
Flour	1 pound
Milk	1 gallon
Eggs, beaten	1 dozen
Salt	3 tablespoons
Cayenne	Dash
Mustard	3 tablespoons
Worcestershire sauce	2 tablespoons
Bread crumbs, dry	2 quarts

1. Remove any shell or cartilage from crab meat.
2. Make a white sauce of butter, flour, and milk.
3. Add beaten eggs and seasonings to white sauce, and mix well.
4. Mix in the crab meat. Place mixture in thoroughly cleaned and scrubbed crab shells or in greased baking dishes.
5. Sprinkle top with bread crumbs.
6. Bake in a moderate oven 375° F. for about 10 minutes or until slightly browned.

Servings: 100—Approximately 5 ounces each.

*Claw meat, generally cheaper, can be used instead of white meat.

Deviled crabs.



Crab Salad

Crab meat*	15 pounds
Celery, chopped	1 gallon
Cucumber, chopped	1 gallon
Eggs, hard-cooked	2½ dozen
Pickles, chopped	1 quart
Salt	2 tablespoons
Lemon juice	1 cup
Mayonnaise or salad dressing	2 quarts
Lettuce	

1. Remove any shell or cartilage from the crab meat.
2. Mix crab meat, celery, cucumber, eggs, pickles, and seasonings.
3. Add mayonnaise, and mix.
4. Serve on crisp lettuce leaves, and garnish with slices of hard-cooked eggs and pickles.

Servings: 100—Approximately 5 ounces or $\frac{3}{4}$ cup each.

*Either lump or flake is desirable.

Crab Cakes

Crab meat*	24 pounds
Butter or other fat	1½ pounds
Onions, chopped	$\frac{3}{4}$ quart
Bread crumbs	3 quarts
Eggs, well-beaten	2 dozen
Mustard, dry	$\frac{1}{2}$ cup
Salt	4 tablespoons
Pepper	2 tablespoons
Flour	1 pound

1. Remove any shell or cartilage from the crab meat.
2. Melt butter, add onions, and cook until tender and light brown.
3. Mix crab meat, onions, bread crumbs, eggs, and seasonings.
4. Form into small cakes, and roll in flour.
5. Fry in deep fat heated to 375° F. for 2 or 3 minutes or until browned.
6. Drain on absorbent paper, and serve immediately with a sauce.

Servings: 100—Approximately 5 ounces or 2 cakes each.

*Claw meat, generally cheaper, may be used in place of white flake meat.

Fried Soft-Shell Crabs

Soft-shell crabs.	200
Salt	5 tablespoons
Eggs	2 dozen
Water	1 pint
Bread crumbs, dry	3 quarts
Flour	3 quarts

1. Dress crabs as above.
2. Salt each crab on both sides.
3. Dip crabs in well-beaten egg to which water has been added.
4. Roll crabs in mixture of bread crumbs and flour.
5. Fry in deep fat heated to 360° F. for 3 to 4 minutes or until golden brown.
6. Drain on absorbent paper, and serve immediately with a sauce.

Servings: 100—two crabs each.

FISH SAUCES AND STUFFINGS

Many people prefer the natural flavors of fish and shellfish, without any sauces added. Others find the conventional few drops of lemon juice insufficient and prefer the additional flavoring of particular sauces.

The benefits obtained from the use of sauces with sea foods are threefold. The savory fragrance of the sauces adds new flavor to stimulate the appetite. Their

color contrast tempts the eye and the palate. Finally, their richness adds to the food value of any sea food which may be low in fat content.

Choose a sauce to accentuate the fine qualities in fish. The right sauce blends with the natural flavor of fish, rather than disguising or concealing it.

RECIPES FOR SAUCES AND STUFFINGS

White Sauce

Butter or other fat	1 pound
Flour	½ pound
Milk	1 gallon
Salt	1 tablespoon
Pepper	1 teaspoon

1. Melt fat, add flour, and stir until smooth.
2. Scald milk, and add gradually to fat mixture, stirring constantly.
3. Add seasonings, and cook until thick and smooth.

Servings: 100—Approximately 1½ ounces or 3 tablespoons each.

Cheese Sauce

Add 2 pounds grated cheese to the basic White Sauce.

Egg Sauce

Add 1½ dozen chopped, hard-cooked eggs to the basic White Sauce.

Quick Tartar Sauce

Mayonnaise or salad dressing	1 gallon
Sweet-pickle relish	2 quarts

1. Combine mayonnaise and pickle relish and mix well. Chill.

Servings: 100—Approximately 1½ ounces or 3½ tablespoons each.

Tartar Sauce

Olives, finely chopped	1 pint
Pickles, finely chopped	1 quart
Parsley, finely chopped	1 cup
Onions, finely chopped	1 cup
Mayonnaise or salad dressing	1 gallon

1. Combine all ingredients, and chill.

Servings: 100—Approximately 1½ ounces or 3½ tablespoons each.

Cucumber Sauce

Cucumbers, diced	2 quarts
Mayonnaise or salad dressing	2½ quarts
Salt	1½ tablespoons
Pepper	½ tablespoon
Paprika	1 tablespoon
Lemon juice	½ cup

1. Peel, finely dice, and drain cucumbers.
2. Combine with other ingredients, and mix well. Chill.

Servings: 100—Approximately 1 ounce or 3 tablespoons each.

Lamaze Sauce

Mayonnaise or salad dressing	1 gallon
Catsup	1 quart
Pickle relish	1 quart
Eggs, hard-cooked	1 dozen

1. Combine mayonnaise, catsup, pickle relish, and chopped eggs.
2. Mix well, and chill.

Servings: 100—Approximately 2 ounces or 4 tablespoons.

Spanish Sauce

Onions, chopped	½ quart
Celery, chopped	2 quarts
Green peppers, chopped	½ quart
Butter or other fat	1 cup
Tomatoes, canned	1 gallon
Salt	2 tablespoons
Pepper	1 teaspoon
Cayenne	Dash
Flour	1 cup

1. Melt the fat, add the onions, celery, and green peppers, and fry until vegetables are browned.
2. Add the tomatoes and seasonings, and simmer slowly until vegetables are tender.
3. Add a small amount of water to the flour, stir into a smooth paste, add flour mixture to sauce, and cook until slightly thick.
4. Serve hot.

Servings: 100—approximately 1½ ounces or 3 tablespoons each.

Lemon Parsley Butter

Butter	3 pounds
Lemon juice	$\frac{1}{2}$ cup
Parsley, chopped	$\frac{1}{2}$ cup

1. Melt butter, being careful not to burn.
2. Blend in the lemon juice and parsley.
3. Serve hot.

Servings: 100—Approximately $\frac{1}{2}$ ounce or 1 tablespoon each.

Drawn Butter

Butter or other fat	2 pounds
Flour	$\frac{1}{2}$ pound
Water or fish stock	1 gallon
Salt	2 tablespoons
Pepper	2 teaspoons
Lemon juice	$\frac{3}{4}$ cup

1. Melt half the butter, and blend in the flour.
2. Gradually add water, and cook until thick, stirring constantly.
3. Add seasonings, and mix well.
4. Add remaining butter in small pieces.
5. Serve hot.

Servings: 100—Approximately $1\frac{1}{2}$ ounces or 3 tablespoons each.

Mock Hollandaise Sauce

Butter or other fat	$\frac{3}{4}$ pound
Flour	$\frac{1}{2}$ pound
Milk	1 gallon
Salt	2 tablespoons
Paprika	1 tablespoon
Lemon juice	1 cup
Eggs	$1\frac{1}{4}$ dozen

1. Melt half the butter, and blend in the flour.
2. Gradually add milk, and cook until thick, stirring constantly.
3. Add seasonings, and pour over beaten eggs, stirring constantly.
4. Add remaining butter, a little at a time, beating well into the sauce.
5. Serve hot.

Servings: 100—Approximately $1\frac{1}{2}$ ounces or 3 tablespoons each.

Shellfish Cocktail Sauce

Catsup	2 quarts
Vinegar or lemon juice	1 pint
Celery, finely chopped	1 quart
Horseradish, grated	1 cup
Salt	2 tablespoons
Tabasco sauce	1 tablespoon

1. Make sauce by mixing all the ingredients together. Chill.
2. Serve with shellfish cocktails.

Servings: 100—Approximately 1 ounce or 2 tablespoons each.

Tomato Sauce

Tomatoes, canned	2 gallons
Onions, chopped	$\frac{1}{2}$ quart
Salt	3 tablespoons
Pepper	1 tablespoon
Butter or other fat	1 pound
Flour	$\frac{1}{2}$ pound

1. Simmer tomatoes, onions, salt, and pepper together for 10 minutes.
2. Gradually add the tomato mixture to the combined flour and melted fat.
3. Cook until thick, stirring constantly.
4. Serve hot.

Servings: 100—Approximately $2\frac{1}{2}$ ounces or 5 tablespoons each.

Bread Stuffing

Onions, chopped	$\frac{1}{2}$ quart
Celery, chopped	$\frac{1}{2}$ quart
Butter or other fat, melted	2 pounds
Bread crumbs, soft	8 pounds
Lemon juice	1 cup
Salt	$2\frac{1}{2}$ tablespoons
Pepper	$\frac{1}{2}$ tablespoon
Poultry seasoning	4 tablespoons
Parsley, chopped	1 cup

1. Fry onions and celery in fat until tender but not too brown.
2. Combine all ingredients, and mix well. If too dry, a small amount of water or stock may be added.

Servings: 100—Approximately $1\frac{1}{2}$ ounces each.

GARNISHES

The importance of garnishes cannot be emphasized too much. A dash of color or a touch of garnish can turn a plain dish into an attractive and appetizing one. The most common garnishes are listed below together with suggested methods of preparation.

Garnish	Suggested preparation
Beets	Cooked whole or sliced.
Carrots	Tops, sticks, curls, or shredded.
Celery	Tops, hearts, sticks, curls.
Cucumbers	Slices or sticks.
Green Peppers	Sticks or rings.
Hard-Cooked Eggs	Slices, wedges, grated yolks.
Lemons	Slices or wedges.
Lettuce	Leaves or shredded.
Paprika	Sprinkled sparingly.
Parsley	Sprigs or chopped.
Pickles	Whole, sliced, or chopped.
Radishes	Whole, sliced, or roses.
Red Peppers	Strips or rings.
Water Cress	Sprigs or chopped.



IRA SMITH

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