









UNITED STATES  
DEPARTMENT OF THE INTERIOR

FRED A. SEATON, Secretary

FISH AND WILDLIFE SERVICE

ARNIE J. SUOMELA, Commissioner

# **BASIC Fish Cookery**

**BY**

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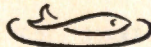


# INTRODUCTION

Variety is one of the keys to successful meal planning. Very few people realize how many varieties of fish are available on the market. Only about seven species of fish are well known to the average consumer from coast to coast, although there are actually about 160 varieties sold 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 the 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, the use of basic recipes, such as frying, broiling, baking, planking, boiling, and steaming, are emphasized in this publication.

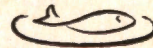


The principal differentiation in types of fish, as related to fish cookery, is the variation in fat content. As a rule, fat fish, such as salmon or

shad, are most desirable for baking, broiling, and planking because their fat content will keep them from becoming dry. Lean fish, such as cod and haddock, are preferred by some 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, however, so many exceptions to these rules that actually all fish may be cooked by any of the basic methods with excellent results if allowances are made for the fat content. For example, lean fish, such as halibut, 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 FISH

Fish are rich in nutritive value since they are excellent sources of very digestible proteins, and contain essential minerals, vitamins, and fats. The National Nutrition Committee recommends that everyone eat at least one serving of fish, meat or poultry every day.

**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 supplies enough animal protein to satisfy this daily requirement. Fish contains about

18 percent by weight of protein which is made up of a number of amino acids or so-called "building stones". Actual tests have shown that these proteins are from 85 to 95 percent digestible.

**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, except that the iodine content is greater in fish. The edible portion of most fish is a satisfactory source of magnesium, phosphorus, iron, copper, and iodine.

TABLES OF FOOD COMPOSITION GIVING  
PROXIMATE MINERAL AND VITAMIN COMPONENTS OF FOODS  
(ON A PER POUND BASIS)

FISH, MEAT, AND POULTRY	CALORIE (NO.)	PROTEIN (GM.)	FAT (GM.)	CARBO- HYDRATE (GM.)	CALCIUM (MG.)	PHOS- PHORUS (MG.)	IRON (MG.)	VITA- MIN A (I. U.)	THIA- MIN (MG.)	RIBO- FLAVIN (MG.)	NIA- CIN (MG.)	ASCOR- BIC ACID (MG.)
SALMON, FRESH, E.P.	990	79	75	0	59	1099	4.5	370*	.93	.64	33.7	41
BEEF, ROAST, E.P.	874	86	59	0	50	926	12.7	0	.53	.68	23.2	
CHICKEN, FRESH, ROAST- ER, E.P.	882	92	57	0	73	990	8.6	TRACE	.50	.80	39.0	
SALMON, CANNED, E.P.	766	94	44	0	304	1298	5.9	370*	.15	.80	29.6	
BEEF, ROAST, CANNED, E.P.	985	114	59	0	41	745	10.0	0	.07	1.08	20.4	
CHICKEN, BONED, CANNED, E.P.	796	99	44	0	145	990	8.6	TRACE	.05	.69	16.8	11

\*APPLIES TO PINK SALMON. CANNED DEL SALMON MAY  
HAVE A VALUE SEVERAL TIMES HIGHER.

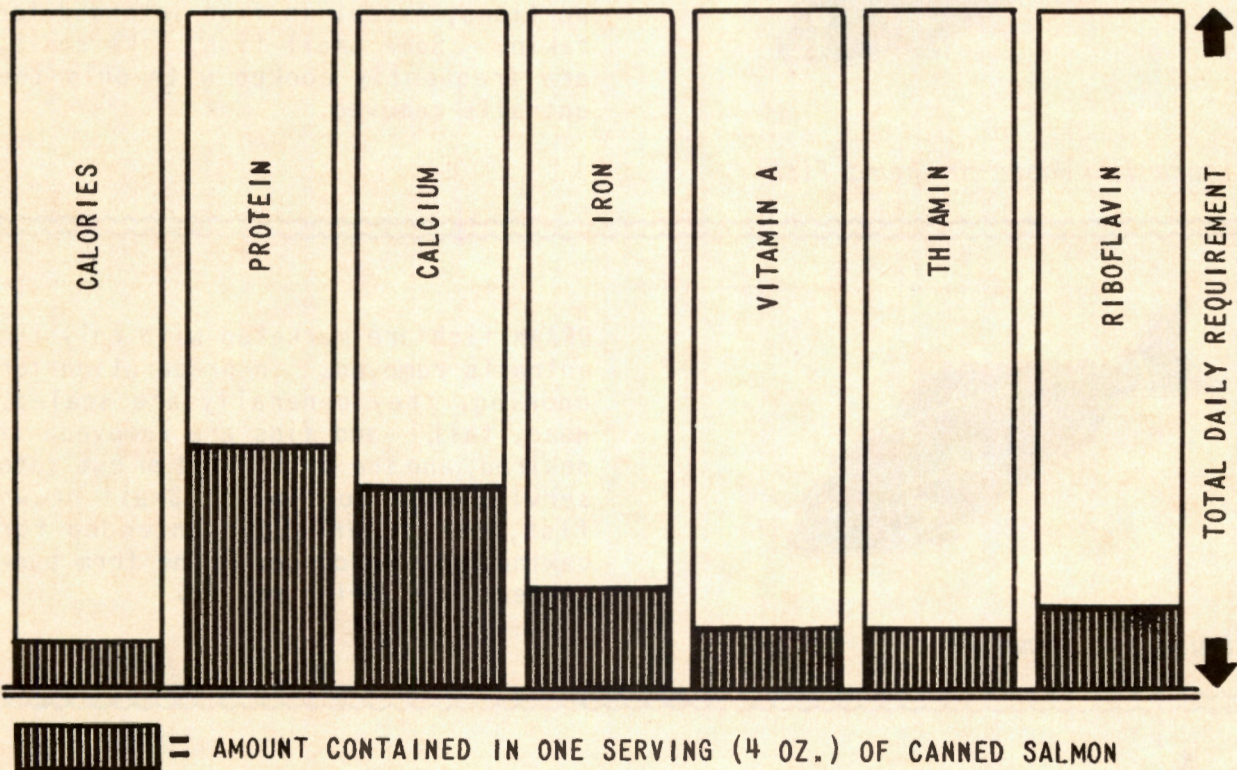
NATIONAL RESEARCH COUNCIL  
MAY 1, 1945.



**Vitamins** are necessary to life, health and growth. A serving of fat fish such as salmon or mackerel will supply about 10 percent of the daily allowance of vitamin A and all of the vitamin D. The natural oil found in canned fish should be used, as it is also a valuable source of vitamin A and D. An average serving of either fat or lean fish will supply about 10 percent of the thiamin, 15 percent of

the riboflavin, and 50 percent of the niacin needed every day.

**Fats** are used by the body for heat and energy. The fat content of fish varies from one to twenty percent by weight depending on the species of fish and the season of the year.



## Nutritive Value of One Serving of Fish



# PURCHASING FISH

## MARKET FORMS

Fish is marketed in various forms for different uses. Knowing these forms or "cuts" is important in buying fish. The best known market forms of fish are:

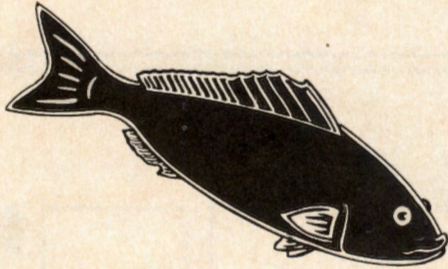


Figure 1. Whole or Round Fish

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.

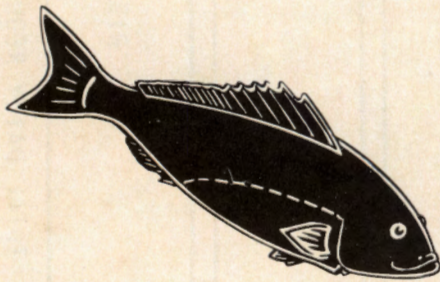


Figure 2. Drawn Fish

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.

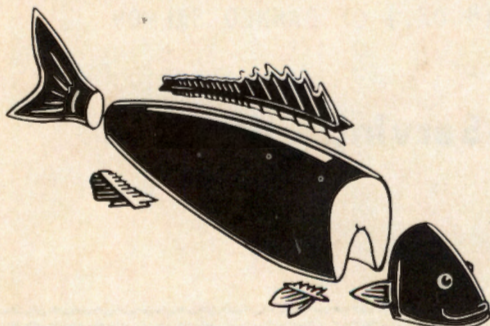
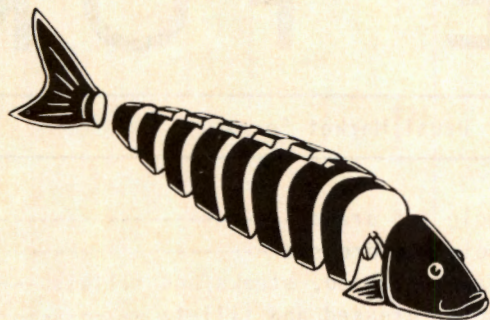


Figure 3. Dressed or Pan-dressed

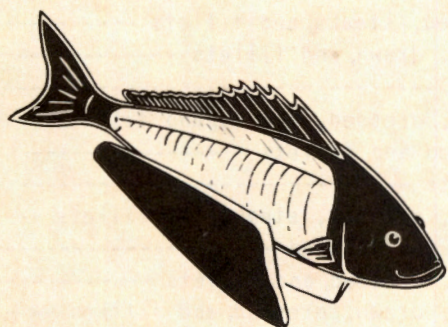
DRESSED fish are scaled and eviscerated, usually with the head, tail, and fins removed. The smaller sizes are ready for cooking as purchased (pan-dressed). The larger sizes of dressed fish may be baked as purchased but frequently are cut into steaks or serving-size portions.





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.

Figure 4. Steaks



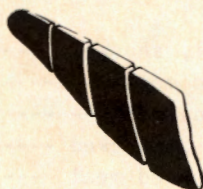
The sides of the fish, cut lengthwise away from the backbone, are called FILLETS. They are practically boneless and require no preparation for cooking. Sometimes the skin, with the scales removed, is left on the fillets; others are skinned. A fillet cut from one side of a fish is called a single fillet.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

Figure 5. Single Fillet



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

Figure 6. Butterfly Fillet



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

Figure 7. Sticks



# A GUIDE FOR

Species	Fat or Lean	Usual Market Range of Round Fish in Pounds	Usual Market Forms
<b>SALT WATER:</b>			
Bluefish	Lean	1 - 7	Whole and drawn
Butterfish	Fat	$\frac{1}{4}$ - 1	Whole and dressed
Cod	Lean	3 - 20	Drawn, dressed, steaks, and fillets
Croaker	Lean	$\frac{1}{2}$ - 2 $\frac{1}{2}$	Whole, dressed, and fillets
Flounder	Lean	$\frac{1}{4}$ - 5	Whole, dressed, and fillets
Grouper	Lean	5 - 15	Whole, drawn, dressed, steaks, and fillets
Haddock	Lean	1 $\frac{1}{2}$ - 7	Drawn and fillets
Hake	Lean	2 - 5	Whole, drawn, dressed, and fillets
Halibut	Lean	8 - 75	Dressed and steaks
Herring, sea	Fat	$\frac{1}{4}$ - 1	Whole
Lingcod	Lean	5 - 20	Dressed, steaks, and fillets
Mackerel	Fat	$\frac{3}{4}$ - 3	Whole, drawn, and fillets
Mullet	Lean	$\frac{1}{2}$ - 3	Whole
Pollock	Lean	3 - 14	Drawn, dressed, steaks, and fillets
Rockfish	Lean	2 - 5	Dressed and fillets
Rosefish	Lean	$\frac{1}{2}$ - 1 $\frac{1}{4}$	Fillets
Salmon	Fat	3 - 30	Drawn, dressed, steaks, and fillets
Scup (Porgy)	Lean	$\frac{1}{2}$ - 2	Whole and dressed
Sea bass	Lean	$\frac{1}{4}$ - 4	Whole, dressed, and fillets
Sea trout	Lean	1 - 6	Whole, drawn, dressed, and fillets
Shad	Fat	1 $\frac{1}{2}$ - 7	Whole, drawn, and fillets
Snapper, red	Lean	2 - 15	Drawn, dressed, steaks, and fillets
Spanish mackerel	Fat	1 - 4	Whole, drawn, dressed, and fillets
Spot	Lean	$\frac{1}{4}$ - 1 $\frac{1}{4}$	Whole and dressed
Whiting	Lean	$\frac{1}{2}$ - 1 $\frac{1}{2}$	Whole, drawn, dressed, and fillets
<b>FRESH WATER:</b>			
Buffalofish	Lean	5 - 15	Whole, drawn, dressed, and steaks
Carp	Lean	2 - 8	Whole and fillets
Catfish	Fat	1 - 10	Whole, dressed, and skinned
Lake herring	Lean	$\frac{1}{3}$ - 1	Whole, drawn, and fillets
Lake trout	Fat	1 $\frac{1}{2}$ - 10	Drawn, dressed, and fillets
Sheepshead	Lean	$\frac{1}{2}$ - 3	Whole, drawn, dressed, and fillets
Suckers	Lean	$\frac{1}{2}$ - 4	Whole, drawn, dressed, and fillets
Whitefish	Fat	2 - 6	Whole, drawn, dressed, and fillets
Yellow perch	Lean	$\frac{1}{2}$ - 1	Whole and fillets
Yellow pike	Lean	1 $\frac{1}{2}$ - 10	Whole, dressed, and fillets
<b>SHELLFISH:</b>			
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

\*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



# BUYING FISH

## Main Production Areas\*

## Main Market Areas\*

----- 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; Calif. -----	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

Area, Washington to California (North Pacific, Washington, Oregon, and Alaska); and Midwest Area, Central and Inland states.



## 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. 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, bright 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 flesh per person. When serving steaks, fillets, or sticks, allow one-third pound per person or two pounds for six people. For dressed fish allow one-half pound per person or three pounds for six people. For whole fish allow about one pound per person or five pounds for six people.

**STORING OF FRESH FISH:** Fish, like many other food products, will spoil easily if not handled with care. When fish is received from the market, it should be wrapped in moisture proof paper or placed in a tightly covered dish and stored immediately in the refrigerator. Stored in this manner, the odor of fish will not penetrate other foods. If fish cannot be thoroughly refrigerated, it should be cooked at once and reheated for serving.

## PURCHASING FROZEN FISH

In recent years a considerable trade has developed in frozen fish, so that now most varieties are available the year round to consumers both in the interior of the country and those living near the source of supply. Frozen fish 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 flesh per person.

**CARE AND STORAGE OF FROZEN FISH:** When frozen fish which is wrapped in parchment paper or cellophane is to be used shortly after purchasing, it should be enclosed in another wrapping of paper before being placed in the refrigerator. The additional wrapping prevents the absorption of odors by other foods as the fish thaws. Packaged frozen fish should remain in the unopened package until time to use.



If you wish to keep the fish frozen for several days, place the unopened package in the freezing unit or frozen foods compartment of your refrigerator. Fish will keep as long as it remains solidly frozen, but once it thaws, it should be used immediately. Never re-freeze fish after it thaws.

**THAWING FROZEN FISH:** Fillets, steaks and dressed fish may be cooked as if they were in the unfrozen form; however, additional cooking must be allowed. When fish are to be breaded or stuffed it is more convenient to thaw them first to permit easier hand-

ing. Thawing is necessary for the cleaning and dressing of whole or drawn fish.

Thawing fish in the refrigerator at a temperature of 37° to 40° 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 a considerable amount of drip usually results.

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## CLEANING AND DRESSING FISH

Today the homemaker can obtain almost any variety of fish - fresh or frozen - already cleaned and dressed, filleted or steaked. Therefore, most of the time, there will be no need for cleaning and dressing fish for cooking. However, freshly caught fish may be available at times, so information on cleaning and preparing fish for cooking is presented here.

**SCALING:** Lay the fish on the table and with one hand hold the fish firmly by the head (Fig. 8). 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.

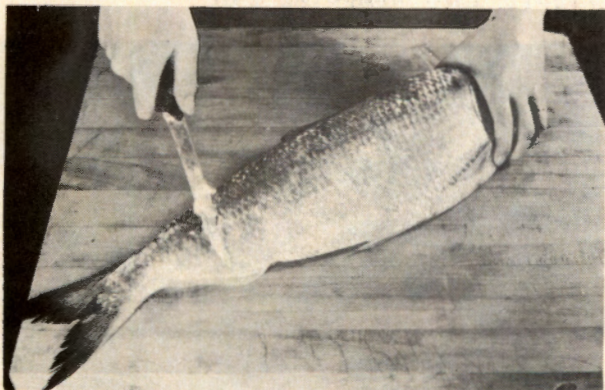


Figure 8. Scaling Fish

**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. 9) and remove them. Remove the head, including the pectoral fins (Fig. 10), 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. 11). Cut any remaining flesh which holds the head attached to the body. Cut off the tail.



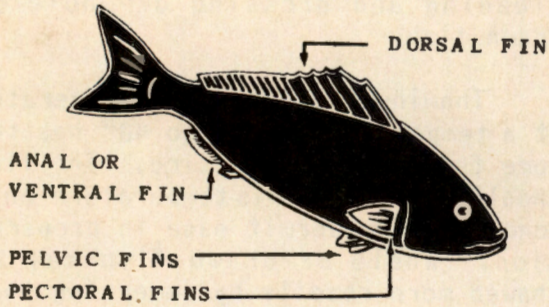


Figure 9. Fish Fins

Remove the dorsal or large back fin by cutting the flesh along both sides of the fin (Fig. 12). Then, giving a quick pull forward toward the head of the fish, remove the fin with the root bones attached. (Fig. 13). Remove the other fins in the same manner. Never trim the fins off with shears or a knife since the bones at

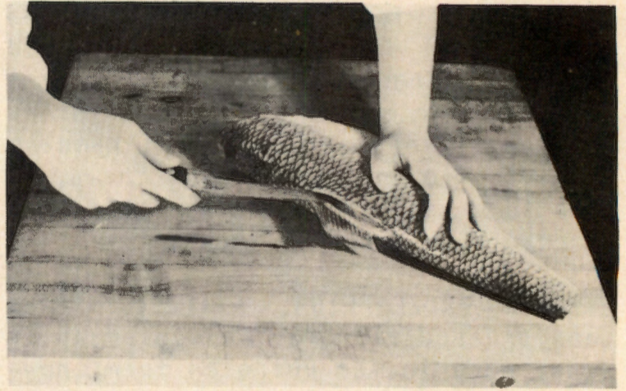


Figure 12. Cutting to Remove Dorsal Fin

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. 14).



Figure 10. Removing Head

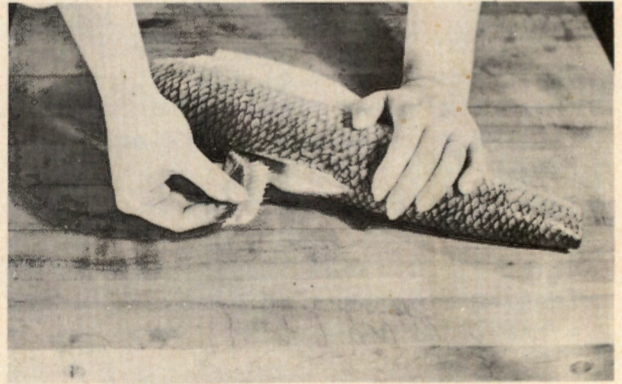


Figure 13. Removing Fin

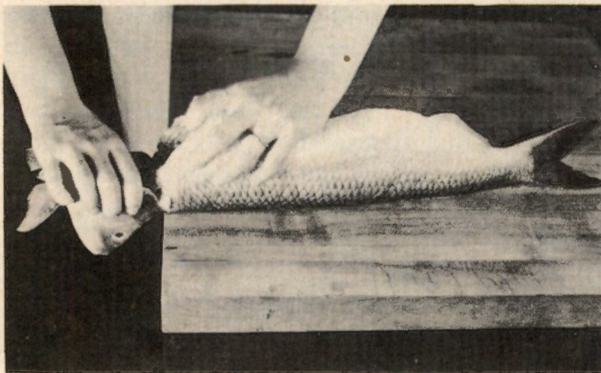


Figure 11. Breaking Backbone



Figure 14. Cutting a Steak



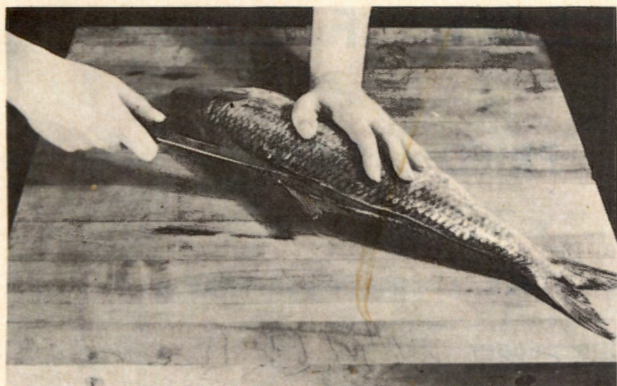


Figure 15. *Cutting Fillet From Tail To Head*

**FILLETING:** With a sharp knife, cut through the flesh along the back from the tail to just behind the head (Fig. 15). Then cut down to the backbone just above the collarbone. Turn the knife flat and cut the flesh along

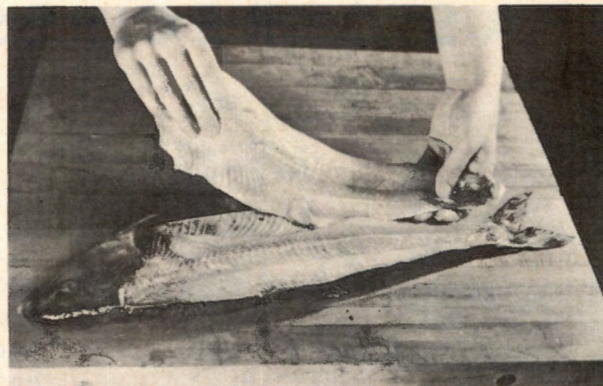


Figure 17. *Freeing Fillet at the Tail*

**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



Figure 16. *Cutting Along Backbone to Remove Fillets*

the backbone to the tail allowing the knife to run over the rib bones, (Fig. 16). Lift off the entire side of the fish in one piece (Fig. 17). Turn the fish over and repeat the operation on the other side.



Figure 18. *Removing the Skin From a Fillet*

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.



# BASIC RECIPES FOR FISH



Figure 19. *Cleaning Pan-Dressed Fish*



Figure 20. *Breading Pan-Dressed Fish*

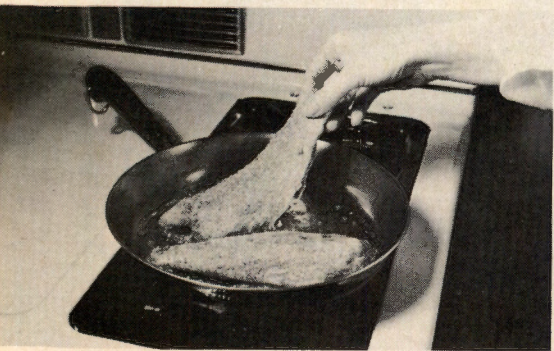


Figure 21. *Frying Pan-Dressed Fish*



Figure 22. *Fried Sea Trout*

## FRIED FISH

2 pounds fillets, steaks or pan-dressed fish  
 1 teaspoon salt  
 $\frac{1}{8}$  teaspoon pepper  
 1 egg  
 1 tablespoon milk or water  
 1 cup bread crumbs, cracker crumbs, cornmeal or flour

Cut fish into serving-size portions. Sprinkle both sides with salt and pepper. Beat egg slightly, and blend in the milk. Dip fish in the egg and roll in crumbs. Place fish in a heavy frying pan which contains about  $\frac{1}{8}$  inch melted fat, hot but not smoking. Fry at a moderate heat. When fish is brown on one side, turn carefully and brown the other side. Cooking time about 10 minutes depending on the thickness of the fish. Drain on absorbent paper. Serve immediately on a hot platter, plain or with a sauce. Serves 6.



## DEEP FAT FRIED FISH

2 pounds fillets, steaks or pan-dressed fish  
 1 teaspoon salt  
 $\frac{1}{8}$  teaspoon pepper  
 1 egg  
 1 tablespoon milk or water  
 1 cup bread crumbs, cracker crumbs, cornmeal or flour

Cut fish into serving-size portions. Sprinkle both sides with salt and pepper. Beat egg slightly, and blend in the milk. Dip the fish in the egg and roll in crumbs. Use a deep kettle with a frying basket and enough fat to cover the fish, but do not have the kettle more than half full of fat. Heat the fat to 375°F. Place a layer of fish in the frying basket and cook to an even golden brown, about 3 to 5 minutes. Raise basket, remove fish, and drain on absorbent paper. Serve immediately on a hot platter, plain or with a sauce. Serves 6.

Figure 26. Deep Fat Fried Cod Fillet



Figure 23. Unwrapping a Fillet



Figure 24. Breading Fillets

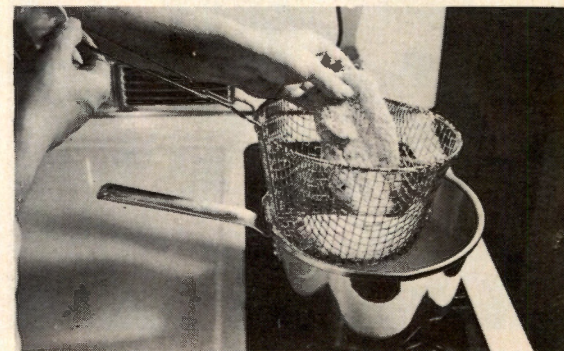


Figure 25. Deep Fat Frying Fillets



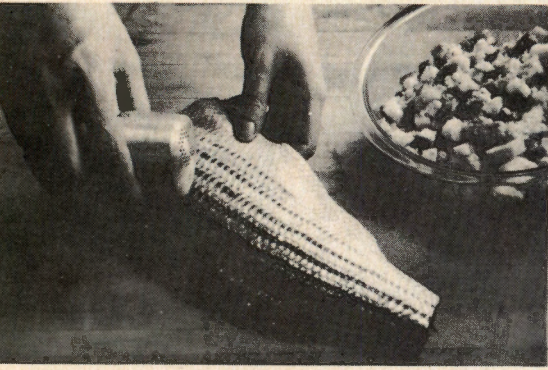


Figure 27. Salting Fish



Figure 28. Stuffing Fish

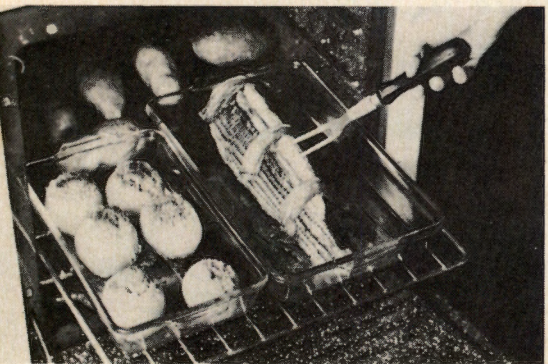


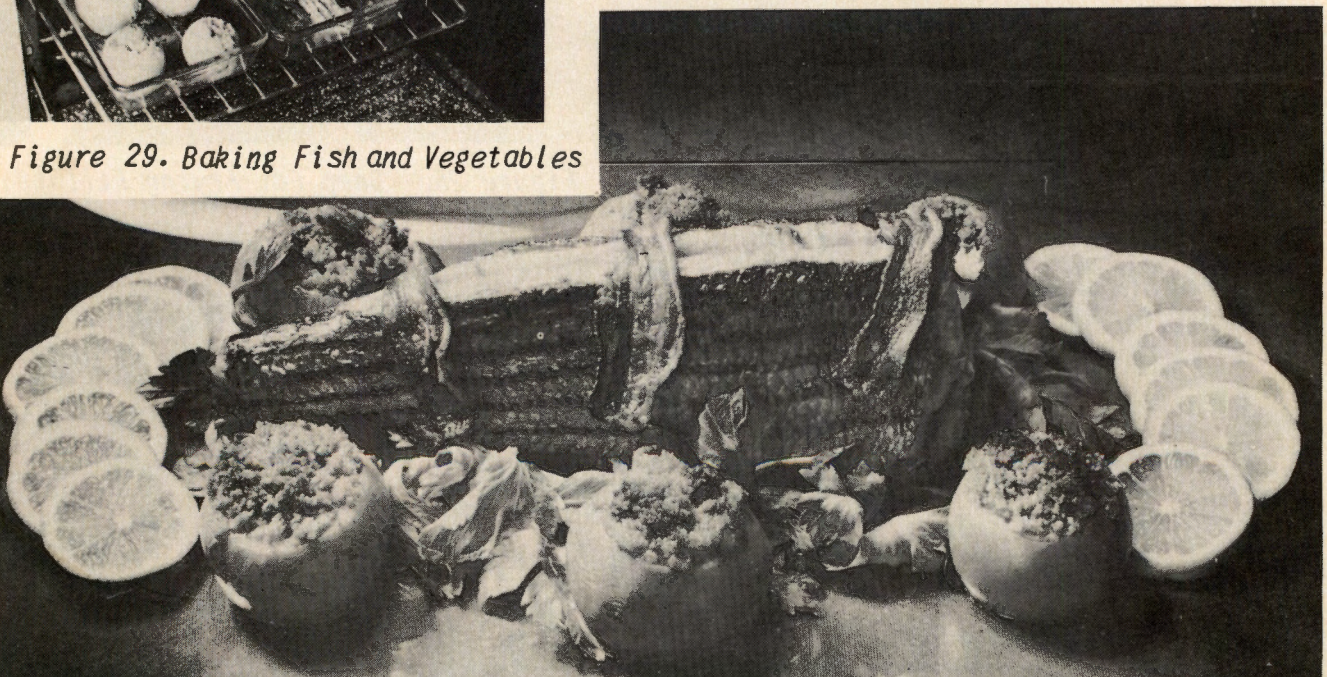
Figure 29. Baking Fish and Vegetables

## BAKED STUFFED FISH

3 or 4 pound fish, dressed  
 1½ teaspoons salt  
 Bread stuffing (page 15)  
 4 tablespoons butter or other fat, melted  
 3 slices of bacon (optional)

Clean, wash and dry the fish. Sprinkle inside and out with salt. Stuff fish loosely, and sew the opening with needle and string, or close with skewers. Place fish in a greased baking pan. Brush with melted fat. Bake in a moderate oven 350°F. for 40 to 60 minutes or until fish flakes easily when tested with a fork. If fish seems dry while baking, baste occasionally with drippings or melted fat. Remove string or skewers and serve immediately on a hot platter plain or with a sauce. Serves 6.

Figure 30. Stuffed Baked Striped Bass





## BAKED FISH

3 or 4 pound fish, dressed  
 1½ teaspoons salt  
 4 tablespoons butter or other fat, melted  
 3 slices bacon (optional)

Clean, wash, and dry fish. Rub inside and out with salt. Place fish in a greased baking pan. Brush with melted fat and lay slices of bacon over the top. Bake in a moderate oven 350°F. for 40 to 60 minutes or until fish flakes easily when tested with a fork. If fish seems dry while baking, baste occasionally with drippings or melted fat. Serve immediately on a hot platter, plain or with a sauce. Serves 6.

## BREAD STUFFING

3 tablespoons onions, chopped	½ teaspoon pepper
¾ cup celery, chopped	1 teaspoon thyme, sage or savory seasoning
6 tablespoons butter or other fat, melted	
1 teaspoon salt	4 cups day-old bread crumbs

Cook the celery and onions in the melted fat for about 10 minutes, or until tender. Add the cooked vegetables and seasonings to the bread crumbs, and mix thoroughly. If dressing seems very dry, add 2 tablespoons water, milk, or fish stock to moisten.

## OYSTER STUFFING

1 pint oysters  
 ½ cup celery, chopped  
 ½ cup onion, chopped  
 4 tablespoons butter  
 4 cups day-old bread cubes  
 1 tablespoon parsley, chopped  
 1 teaspoon salt  
 ½ teaspoon poultry seasoning  
 ½ teaspoon pepper

Drain oysters, saving liquor, and chop. Cook celery and onion in butter until tender. Combine oysters, cooked vegetables, bread cubes, and seasonings, and mix thoroughly. If stuffing seems dry, moisten with oyster liquor. Makes enough for a 4 pound fish.



## BROILED FISH

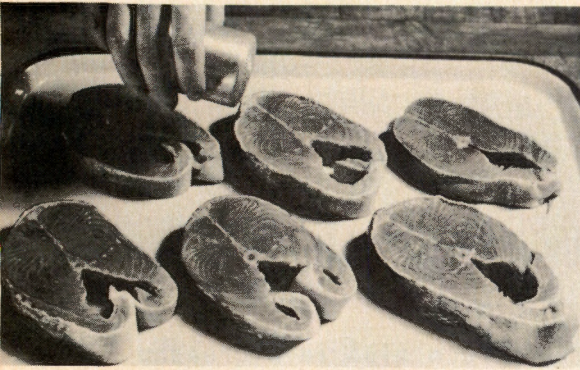


Figure 31. Seasoning Steaks

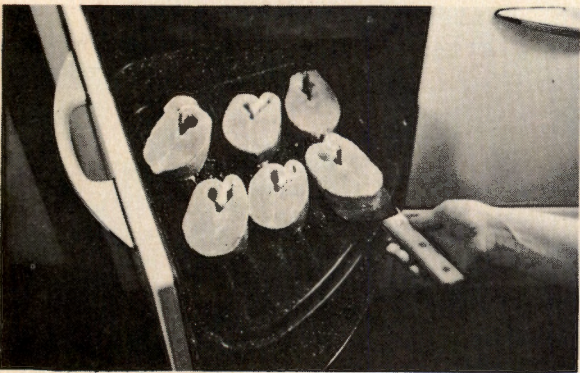


Figure 32. Putting Steaks in Broiler

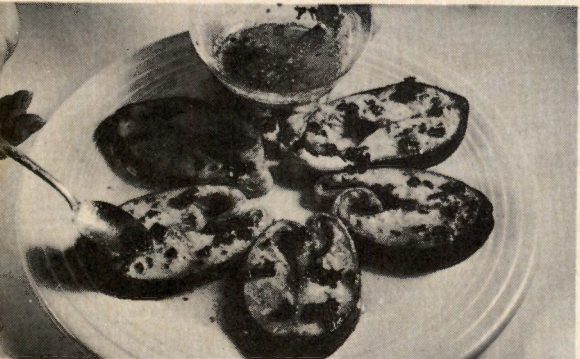


Figure 33. Pouring Lemon Parsley Sauce Over Steaks

2 pounds fillets or steaks  
 1 teaspoon salt  
 $\frac{1}{2}$  teaspoon pepper  
 4 tablespoons butter or other fat, melted

Cut fish into serving-size portions. Sprinkle both sides with salt and pepper. Place fish on a preheated greased broiler pan about 2 inches from the heat, skin side up, if skin has not been removed from fillets. Brush fish with melted fat. Broil for 5 to 8 minutes or until slightly brown, baste with melted fat, and turn carefully. Brush other side with melted fat and cook 5 to 8 minutes or until fish flakes easily when tested with a fork. Remove carefully to a hot platter, garnish, and serve immediately plain or with a sauce. Serves 6.

Figure 34. Broiled Salmon Steaks



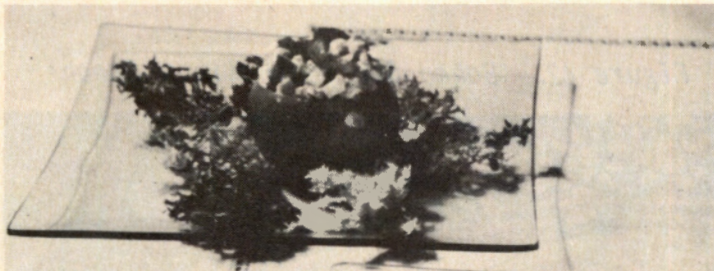


## BAKED FILLETS OR STEAKS

2 pounds fish fillets or steaks  
 1 teaspoon salt  
 $\frac{1}{8}$  teaspoon pepper  
 2 tablespoons lemon juice  
 1 teaspoon onion, grated  
 4 tablespoons butter or other fat, melted  
 Paprika

Cut fish into serving-size portions. Sprinkle both sides with salt and pepper. Add the lemon juice and onion to the melted fat. Dip each piece of fish into this mixture and place in a greased baking pan. Pour the rest of the fat over the fish. Bake in a moderate oven 350°F. for 25 to 30 minutes or until fish flakes easily when tested with a fork. Sprinkle with paprika. Serve immediately on a hot platter. Serves 6.

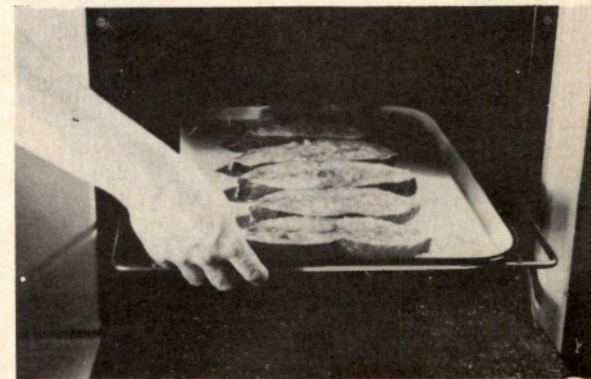
*Figure 38. Baked Halibut Steaks*



*Figure 35. Making the Sauce*



*Figure 36. Dipping Fish in Sauce*



*Figure 37. Baking Steaks*



## BAKED STUFFED FILLETS OR STEAKS

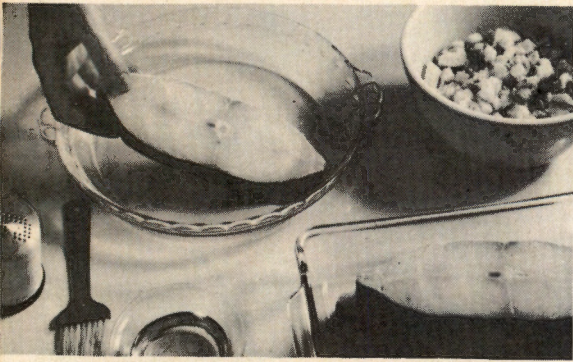


Figure 39. A Halibut Steak



Figure 40. Placing Stuffing on Steak

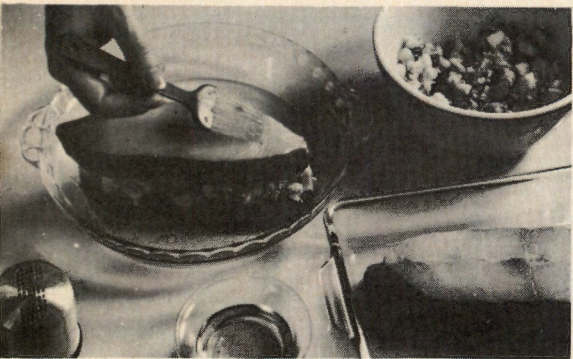
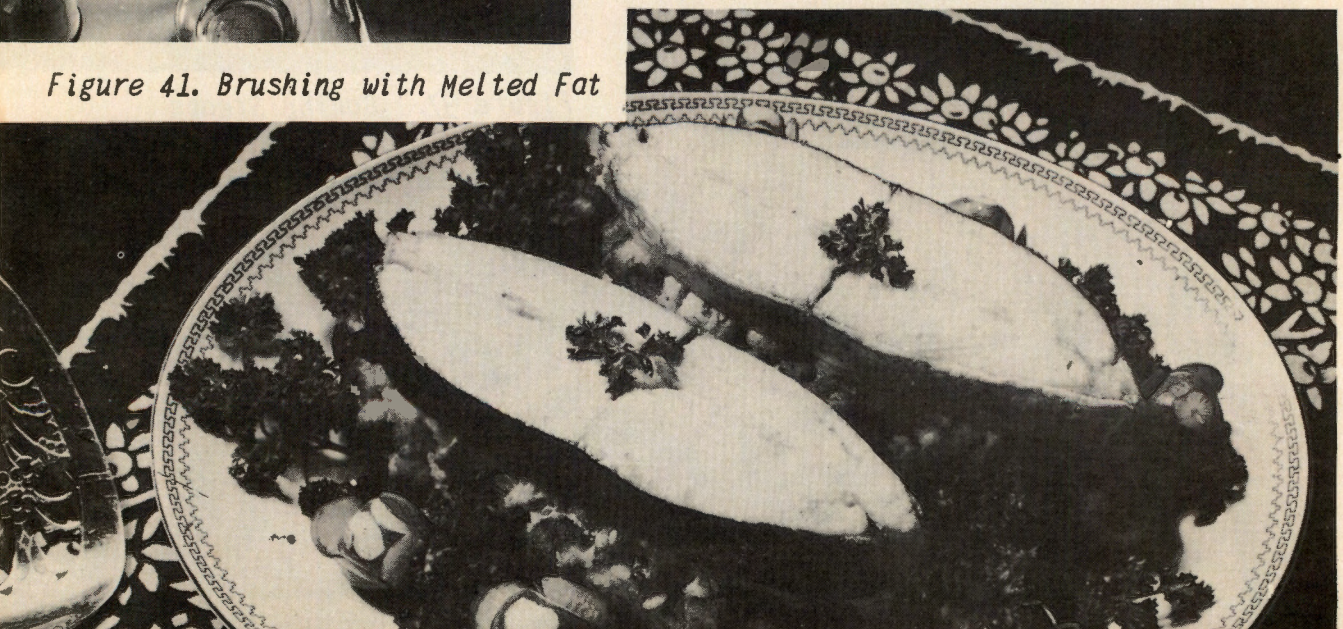


Figure 41. Brushing with Melted Fat

2 fillets or steaks, about 1 pound each  
1 teaspoon salt  
 $\frac{1}{8}$  teaspoon pepper  
Bread stuffing ( $\frac{1}{2}$  recipe, page 15)  
4 tablespoons butter or other fat, melted  
3 slices bacon (optional)

Remove the skins from the fillets, if skins have not been removed. Sprinkle both sides with salt and pepper. Place one fillet or steak in a well greased baking pan. Place stuffing on the fish and cover with the remaining fillet or steak. Fasten together with toothpicks or skewers. Brush top with melted fat and lay slices of bacon on top. Bake in a moderate oven  $350^{\circ}\text{F}$ . for 30 to 40 minutes or until fish flakes easily when tested with a fork. Remove carefully to a hot platter, take out fasteners, garnish and serve hot with a sauce. Serves 6.

Figure 42. Baked Stuffed Halibut Steaks





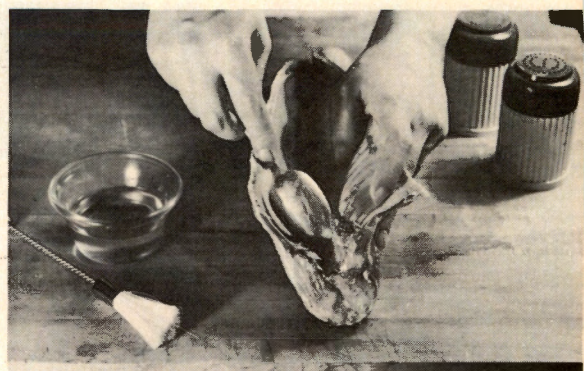
## PLANKED FISH

3 or 4 pound fish, dressed  
 1½ teaspoons salt  
 ⅛ teaspoon pepper  
 4 tablespoons butter or other fat  
 seasoned mashed potatoes  
 seasoned cooked vegetables (peas, carrots,  
 cauliflower, tomatoes, or onions)

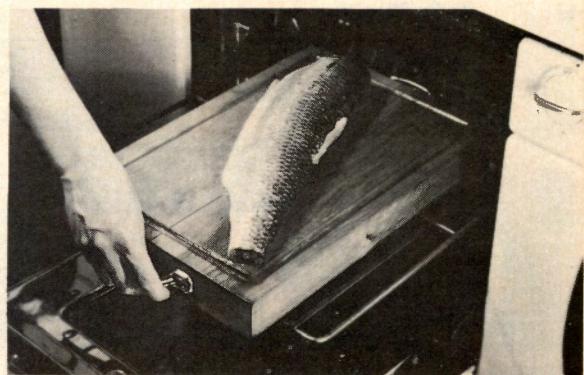
If hardwood plank is used, oil well and place in a cold oven and heat thoroughly as oven preheats.

Clean, wash and dry fish. Sprinkle inside and out with salt and pepper. Brush with melted fat. Place fish on the hot oiled plank or on a greased oven glass or metal platter. Bake in a moderate oven 400°F. for 35 to 45 minutes or until fish flakes easily when tested with a fork. Remove from oven and quickly arrange a border of hot mashed potatoes around fish. Place in a preheated broiler until potatoes are slightly browned, about 5 minutes. Remove and arrange two or more hot vegetables around fish. Garnish with parsley and lemon or tomato wedges. Serve immediately on the plank. Serves 6.

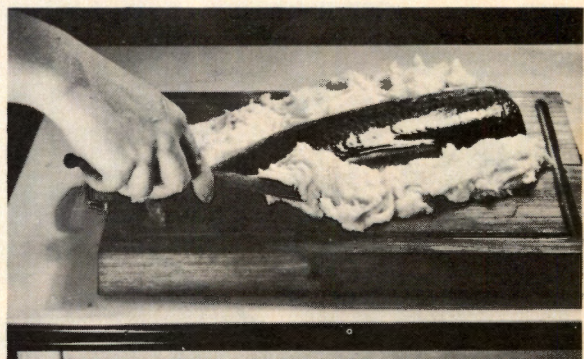
*Figure 46. Planked Shad Ready to Serve*



*Figure 43. Cleaning Fish*



*Figure 44. Baking Planked Fish*



*Figure 45. Placing Vegetables Around Fish*



## OVEN FRIED FILLETS

2 pounds fillets  
 1 tablespoon salt  
 1 cup milk  
 1 cup bread crumbs  
 4 tablespoons butter or other fat, melted



Figure 47. *Dipping the Fish in Milk*

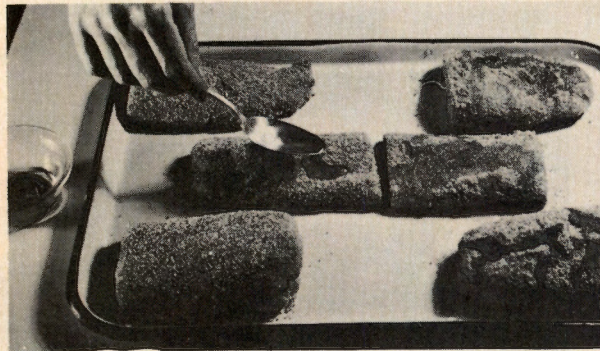


Figure 48. *Pouring Melted Fat Over Fillets*

Cut fillets into serving-size portions. Add the salt to the milk and mix. Dip the fish in the milk and roll in crumbs; place in well greased baking pan. Pour melted fat over fish. Place pan on shelf near the top of a very hot oven 500°F, and bake 10 to 12 minutes or until fish flakes easily when tested with a fork. Serve immediately on a hot platter, plain or with a sauce. Serves 6.

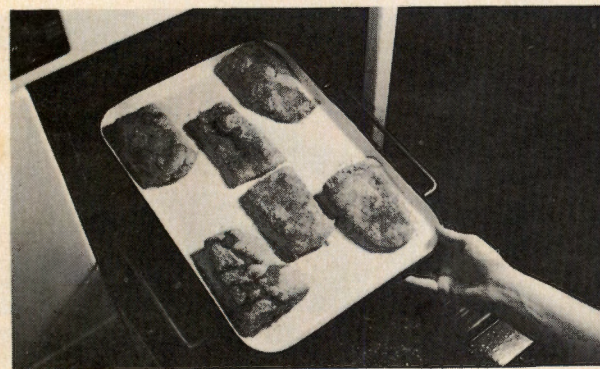


Figure 49. *Baking Fillets*

Figure 50. *Oven-Fried Haddock Fillets*





## BOILED FISH

2 pounds fillets  
2 quarts water  
3 tablespoons salt

Cut fillets into serving-size portions. Place fish in a wire basket or on a plate. The plate if used should be tied in a piece of cheesecloth. Lower the fish into the salted, boiling water and simmer, (never boil), about 10 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. Serves 6.

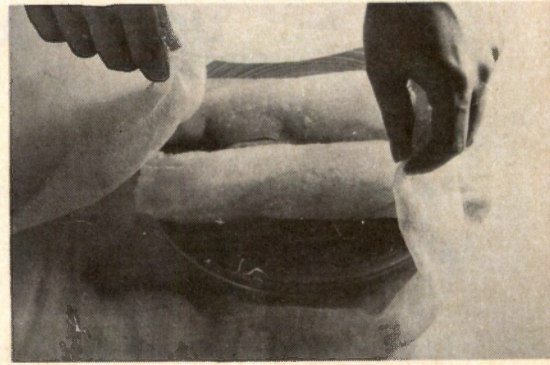


Figure 51. Tying Plate in Cheesecloth

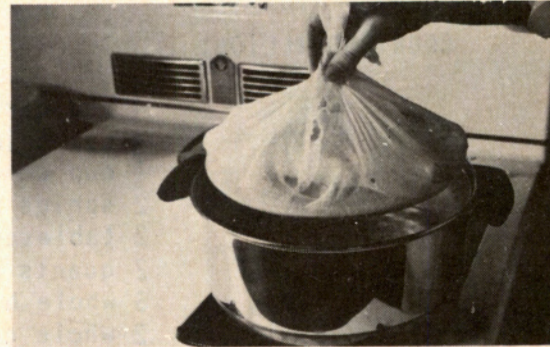


Figure 52. Lowering Plate in Boiling Water

Figure 54. Boiled Cod

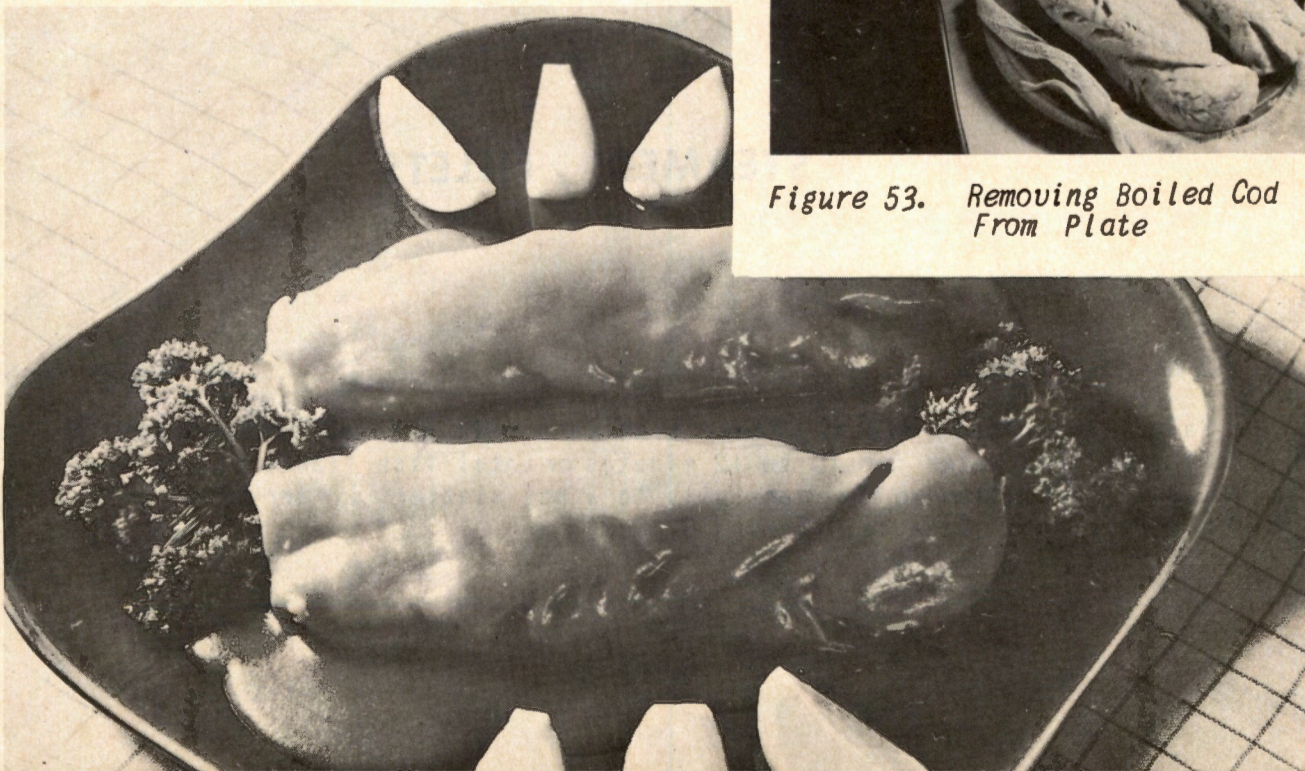


Figure 53. Removing Boiled Cod From Plate



## LIQUIDS USED FOR BOILING FISH

Boiled fish may be improved in flavor by cooking in one of the following liquids:

**ACID WATER:** To each quart of water add  $1\frac{1}{2}$  tablespoons of salt and 3 tablespoons of lemon juice or vinegar.

**FISH STOCK:** To each quart of cold water add 1 pound of fish trimmings (head, bones, skin and tail ) and  $1\frac{1}{2}$  tablespoons of salt, bring to a boil and simmer for 30 minutes. Strain.

**COURT BOUILLION:**

$\frac{1}{3}$  cup carrots, diced  
 $\frac{1}{3}$  cup onion, chopped  
 $\frac{1}{3}$  cup celery, chopped  
 2 sprigs parsley  
 2 tablespoons butter or other fat, melted  
 2 quarts water  
 6 whole black peppers  
 2 whole cloves  
 1 bay leaf  
 2 tablespoons salt  
 2 tablespoons vinegar

Cook the vegetables in fat about 5 minutes to brown slightly. Add water, spices (tied in a bag) and vinegar, simmer 30 minutes. Strain.

## STEAMED FILLETS

2 pounds fillets

$1\frac{1}{2}$  teaspoons salt

Salt fish on both sides. Place fish in a well greased steamer pan, and cook over boiling water for 10 to 12 minutes or until fish flakes easily when tested with a fork. Remove fish carefully to a hot platter, and serve hot with a rich, brightly colored sauce. Serves 6.



## NEW ENGLAND FISH CHOWDER

1 pound fillets  
 2 tablespoons bacon, chopped  
 $\frac{1}{2}$  cup onions, chopped  
 2 cups hot water  
 1 cup potatoes, diced  
 2 cups rich milk  
 $\frac{1}{8}$  teaspoon salt  
 Dash pepper

Cut fillets in about 1 inch cubes. Fry bacon until crisp and browned. Add onions and brown slightly. Add water and potatoes and cook 10 minutes or until potatoes are partially tender. Add fish, and cook until it can be flaked easily when tested with a fork. Add milk, seasonings and heat. Serve immediately with chopped parsley sprinkled over the top. Serves 6.



Figure 55. Cutting Fillets



Figure 56. Frying Onions

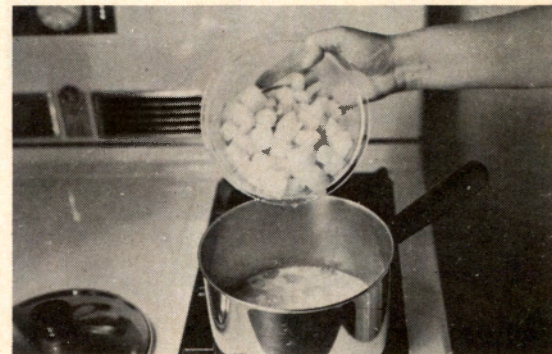


Figure 57. Adding Fish

Figure 58. Cod Chowder





## FISH SALAD

2 cups flaked fish  
 ½ cup mayonnaise or salad dressing  
 ½ cup celery, diced  
 ½ cup peas  
 2 tablespoons sweet pickle, chopped  
 2 tablespoons onion, chopped  
 3 hard-cooked eggs, diced  
 Lettuce

Combine all ingredients except the lettuce, being careful not to break the fish into too small pieces. Serve on lettuce cups, and garnish with sliced eggs. Serves 6.



Figure 59. Removing Fish Skin

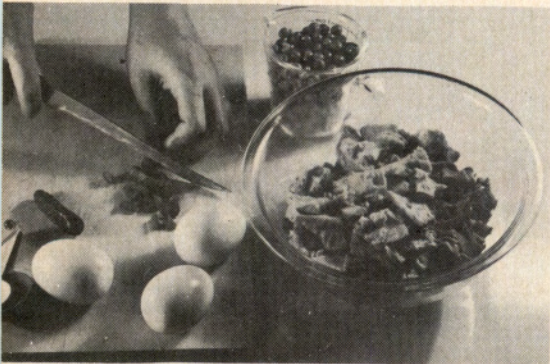


Figure 60. Chopping Pickles



Figure 61. Adding Salad Dressing

Figure 62. Salmon Salad





# GARNISHES FOR FISH

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.

Garnishes	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, deviled, or grated yolks
Lemons	Slices or wedges
Lettuce	Leaves or shredded
Paprika	Sprinkled sparingly
Parsley	Sprigs and chopped
Pickles	Whole, sliced, or chopped
Radishes	Whole, sliced, or roses
Red Peppers	Strips or rings
Water Cress	Sprigs or chopped





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