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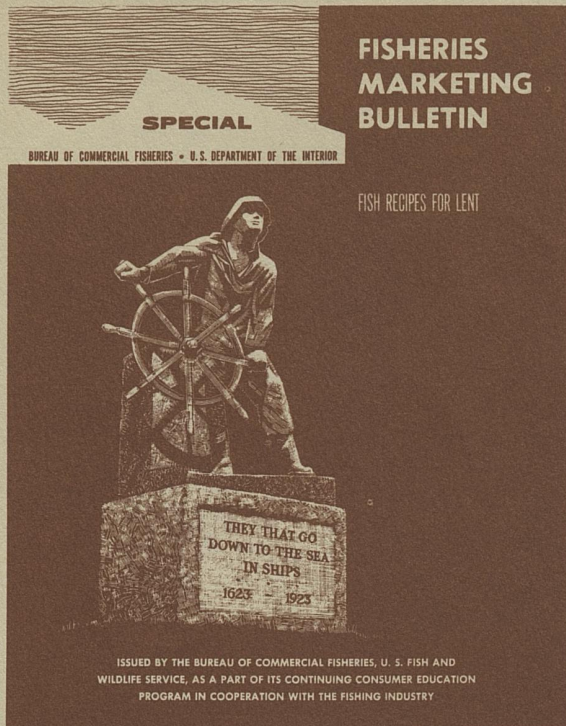
FISHERIES MARKETING BULLETIN

FISH RECIPES FOR LENT



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ISSUED BY THE BUREAU OF COMMERCIAL FISHERIES, U. S. FISH AND
WILDLIFE SERVICE, AS A PART OF ITS CONTINUING CONSUMER EDUCATION
PROGRAM IN COOPERATION WITH THE FISHING INDUSTRY



THE COVER

Standing on a pedestal of Rockport granite placed on the seawall overlooking the mouth of Gloucester, Mass., Harbor is the bronze statue of the Gloucester Fisherman.

Just as at Concord, Mass., the minute man, placed "beside the rude bridge that arched the flood," symbolized the patriot-farmer, so the figure of the fisherman guiding his craft through the stormy seas typifies the indomitable spirit of the hardy citizen of Gloucester, the oldest fishing town on the Atlantic.

This striking memorial was designed and modelled by Leonard Craske who for many years was a summer resident

of Gloucester. The sculptor Craske, inspired by trips he made to the fishing banks, created a design which was approved by a critical committee of Master Mariners. \$10,000.00 for the project was appropriated by the State Legislature and an equal amount was contributed by the City of Gloucester. Sealed in the base of the statue is a copper box which contains many articles of Gloucester interest such as local histories, city reports, directories and various books written about Gloucester and Gloucestermen.

Originally planned as a memorial of the 300th anniversary of the foundation, in 1623, of the Massachusetts Bay Colony, this impressive figure of a fisherman, grasping the wheel of a vessel riding the fury of a North Atlantic gale, has become known the world over as symbolizing America's oldest industry --- commercial fishing.

They that go down to the sea in ships,
that do business in great waters;
These see the works of the Lord, and
his wonders in the deep.

PSALM 107; 23, 24

A FISHY DITTY

A gale was sweeping o'er the sea
The waves were mountain-high,
The surf was breaking on the shore,
Black clouds obscured the sky.

So the fishes all had gathered
Within a deep-sea cave,
To wait until the storm should pass,
Secure from wind and wave.

John Dory with anchovy
Were snuggling side by side,
While perched upon a sea-horse,
A minnow took a ride.

The codfish kept a watchful eye
Upon a herring bright,
The swordfish and a big gray shark
Were itching for a fight.

The dogfish barked, the catfish purred,
The sheephead bleated "baa!"
The haddock and the cunner
Were chatting with the gar.

The drumfish beat the rhythm,
The pipefish played the air
As the ling and bass were dancing,
While the scup could only stare.

The tuna fish was laughing
At a joke the mackerel told,
The eel was tying fancy knots
But couldn't make them hold.

The goosefish crackled hoarsely,
The toadfish hopped about,
The filefish opened up a tin
And let the sardines out.

A batfish flitted back and forth,
The bream played solitaire,
The Weakfish, down with fever,
Was in surgeon-fish's care.

The sting-ray and the halibut
Were admiring the skate
As on a patch of smooth white sand
He cut a figure eight.

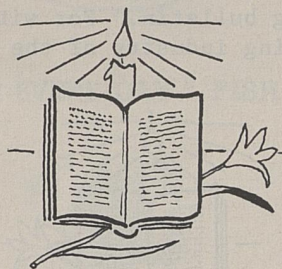
The gurnard and the turbot
Were having tea and rolls,
While the whiting and the blackfish
Were dining with the soles.

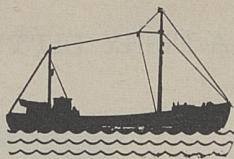
But all alone, the sculpin
Was gulping down his food,
Ignoring all the others,
Which to say the least was rude.

At last the storm blew over;
The sea once more was calm,
And the fish were free to swim about
Quite safe from any harm.

But the sculpin kept on gulpin;
So much he couldn't swim,
Until a hungry angler fish
Soon put an end to him.

From the book --- Strange Fish and Their Stories by A. Hyatt Verrill
Published in Boston, Mass. by L.C. Page and Company, 1938





The first settlers in a new country are usually located on a suitable harbor or embayment of the sea. The reason of course being found both in and on the ocean where trade routes to distant lands are established and from which come the natural resources necessary for the founding of a prosperous fishery.

American history starts with salt-water fishing; it is the oldest industry in the United States. As early as 1623, the first cargo of fish was exported from Gloucester, Massachusetts, a town which today is not only the oldest American fishing port but one of the world's most famed.

In the early days of fishing, hand-lining was superseded by hand tub trawling. This method called for vigorous activities by the fishermen, who were constantly at work from the time the trawler neared the fishing banks until they headed for home.

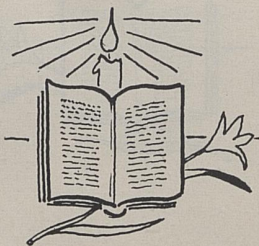
The trawl lines were laid from dories carried aboard the trawlers. The lines were allowed to set for 45 minutes. Then the trawl lines were hauled in with as many as six hundred pounds of fish. The mother ship picked up all dories, after which the fish were dressed and packed in ice. This type of fishing was very hazardous, and many times men who had drifted from the mother ship were forced to row as much as 175 miles to shore. Unfortunately there were many fishermen who never made it.

Today the vessels are mostly steel-hulled with large holds, capable of carrying many tons of fish. These vessels are propelled by diesel engines, and equipped with numerous devices for communicating with the shore and other ships, as well as detecting the presence of fish beneath the water.

As a result of these methods fishing is no longer the hit-or-miss proposition it was even 25 years ago. Fish are caught more readily, and are taken to the processing plant far more quickly. Improved methods of handling and processing ashore have resulted in a high quality of unsurpassed food.

However, in spite of the most modern equipment the battle with the sea has never ended. Every time a storm lashes the ocean into a fury, fishermen must fight for their lives, and every year, the sea takes its ruthless toll of men and ships.

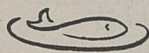
To those dedicated men of the wooden ships and our modern day fishermen who have "gone down to the sea in ships" we respectfully dedicate this "special fisheries marketing bulletin." For without the help of these gallant men, the great fishing industry of the United States could not exist.



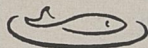
"It's Fish'n Seafood Time!"



FISH HAVE SEASONS OF PLENTIFUL SUPPLY AS DO FRUITS AND VEGETABLES. THE ECONOMY OF SEAFOODS DURING THEIR SEASONS OF ABUNDANCE MAKES THEM OF UNIVERSAL APPEAL TO THRIFTY HOUSEWIVES. ASK YOUR FISH DEALER WHAT VARIETIES ARE MOST PLENTIFUL ; HE IS AN EXPERT.



YOU COULD EAT FISH THREE TIMES A DAY FOR A YEAR, AND NEVER EAT THE SAME MEAL TWICE.



FOR YOUR HEALTHS SAKE MAKE EVERY DAY " FISH 'N' SEAFOOD TIME".





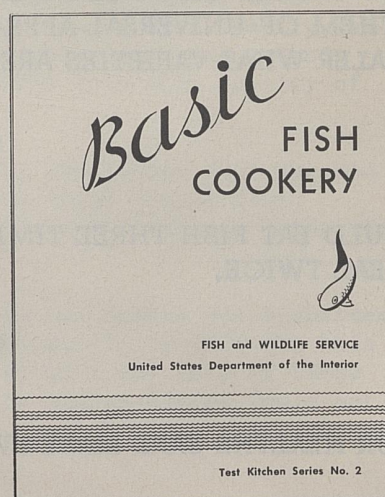
Food has three important functions: (1) to supply energy, (2) to build body substance, and (3) to regulate body process. The efficiency of these functions (nutritive value) by any food depends upon its ability to supply to the body various essential dietary needs. These dietary needs are met by fish which contain proteins, carbohydrates, fats, vitamins, and minerals.

Behind the plow or behind the desk, you need about the same amount of efficient protein and essential vitamins and minerals, so generously supplied by fish. However you need different amounts of calories. Again fish represents your excellent dietary choice of lean, moderate, or fat fish. Practically all forms are marketed and easily available.

Science has shown that certain unsaturated fatty acids found in fish are essential for normal growth and the maintenance of normal healthy skin, liver and kidney functioning.

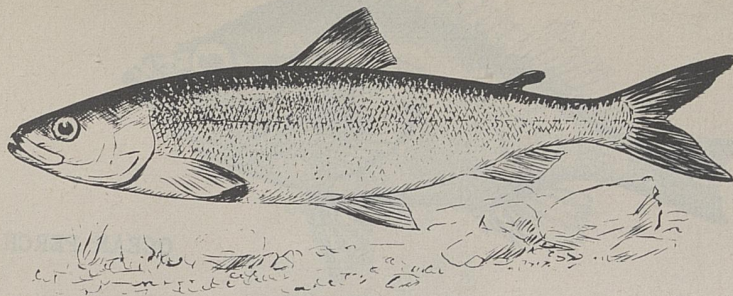
Fats serve other functions beyond being just a concentrated source of energy. Science has shown that certain unsaturated fatty acids found in fish influence the cholesterol level and its dispersion in the blood, so intimately associated with heart disease.

The illustrated test kitchen series booklet no. 2 Basic Fish Cookery contains 25 pages of easy to follow fish recipes and helpful tips for the housewife. This booklet may be purchased from the Superintendent of Documents, Washington 25, D.C. The price of this booklet is 20 cents. However a 25-percent discount is given on orders of 100 or more of this publication sent to one address.



In preparing fish, if frying is your standby, let it be known fish can also be sautéed, escalloped, planked, cocktails, and pasteries; boiled, broiled, and frittered, flaked, caked, poached, and grilled.

HERE ARE A FEW MORE FISH BIOGRAPHIES TO ADD TO YOUR FISH FACT FILE



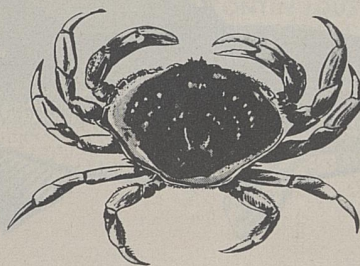
CHUB

OTHER NAMES INCLUDE: Blackfin, Longjaw, and Tullibee.

CHARACTERISTICS: Fat, white and tender-meated, rich flavor.

MARKET SIZE: Usually less than one pound.

MARKET FORM: Mostly smoked. Some fresh or frozen.



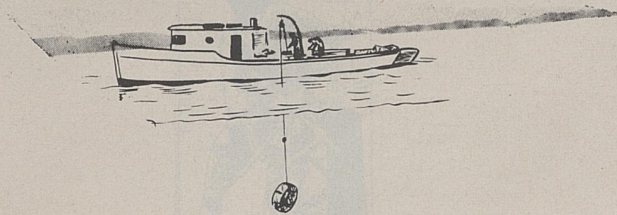
DUNGENESS CRAB

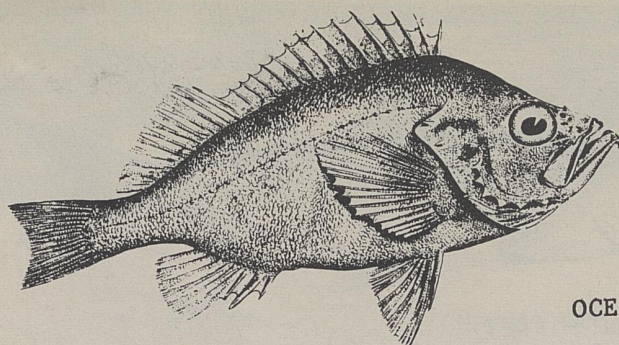
OTHER NAMES INCLUDE: Crab.

CHARACTERISTICS: Lean; sweet and white-meated, and tender.

MARKET SIZE: About 1 to 2 pounds.

MARKET FORM: Live in shell, dressed and frozen in shell, fresh and frozen cooked and picked meat.





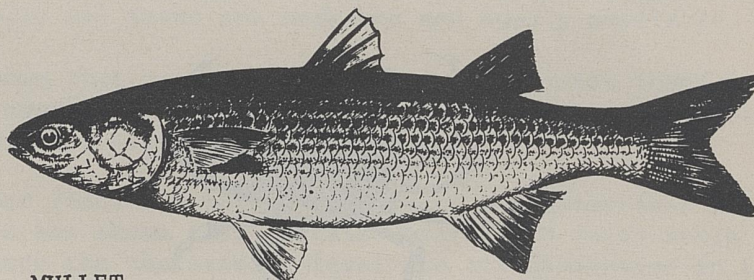
OCEAN PERCH

OTHER NAMES INCLUDE: Red sea perch, rosefish, and red fish.

CHARACTERISTICS: Lean, reddish white and tender meated, delicate flavor.

MARKET SIZE: About $\frac{1}{2}$ to $2\frac{1}{2}$ pounds.

MARKET FORM: Practically all filleted, mostly frozen, and some fresh.



MULLET

OTHER NAMES INCLUDE: Striped mullet, jumping mullet, and silver mullet.

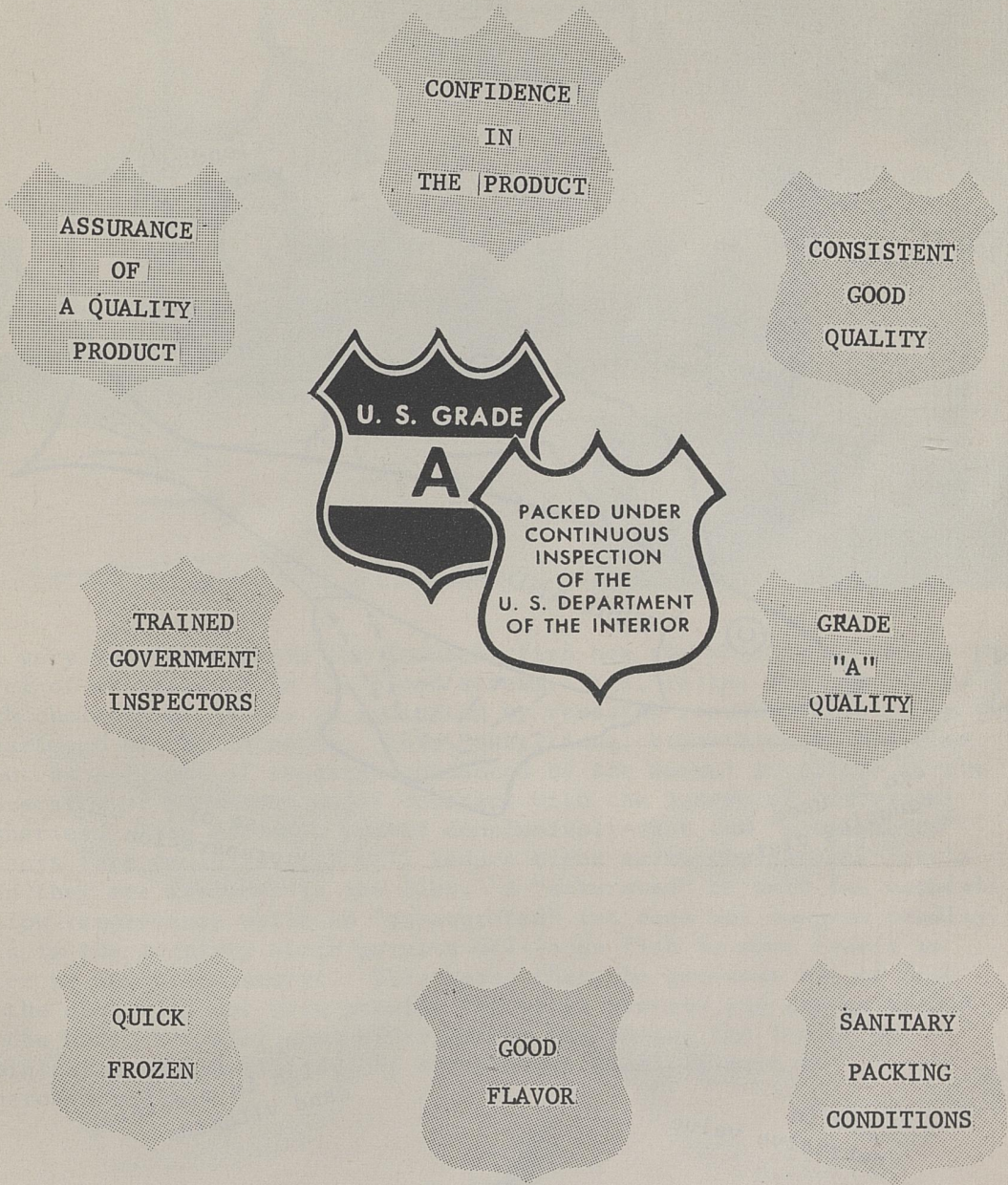
CHARACTERISTICS: Lean to fat depending on the season, tender, dark-meated. Mild nutlike flavor. Distinguished by striping along sides, and silver gray color, but color will vary with species.

MARKET SIZE: About $\frac{1}{2}$ to 3 pounds.

MARKET FORM: Mostly round, some filleted; fresh or frozen. Smoked and salted.



WHAT GOVERNMENT INSPECTION MEANS TO YOU.



THE PLACE OF FISH

U.S. grade
A

240 varieties

friendly to
your budget

for children -
easily digested

good for you
taste good too

FISH AND SHELLFISH

can be used in
reducing diets

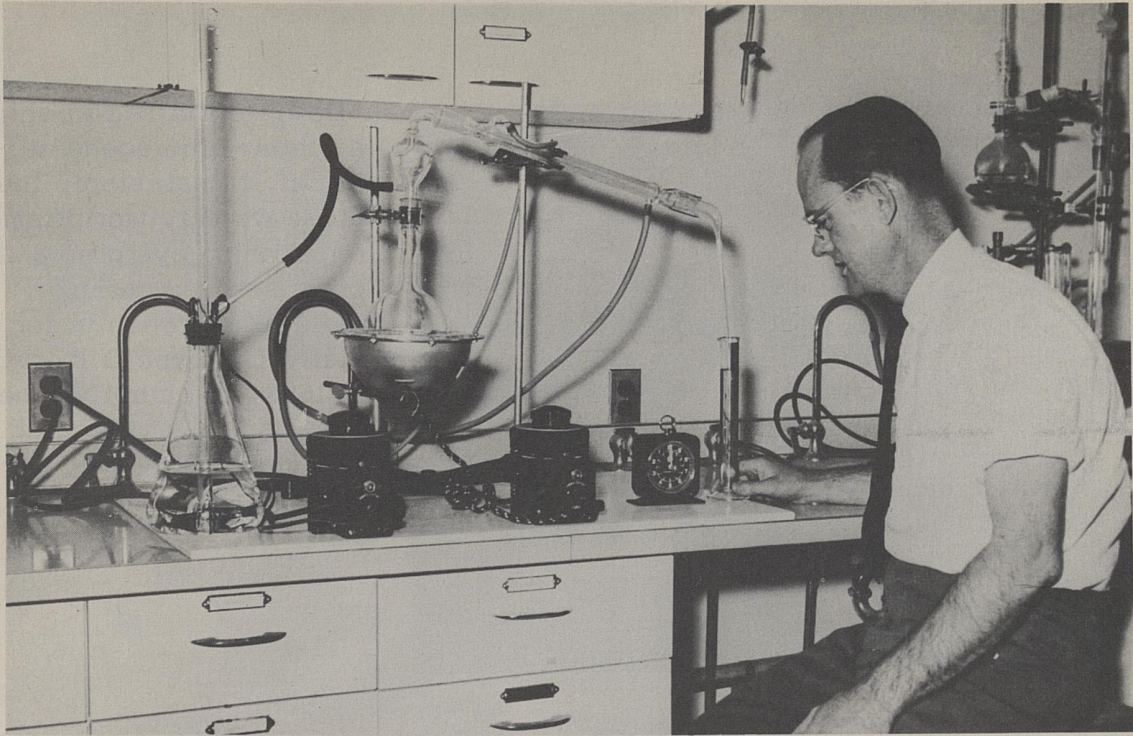
ease of
preparation

rich in
nutritive value

high in minerals
and vitamins

packed under continuous
inspection U.S. Department
of the Interior

NUTRITIONAL BREAKTHROUGH



The very special type of fat found in fish has the ability to reduce the level of cholesterol in the blood stream. Yes, relief for persons with high cholesterol levels is indicated by research results reported by the Department of the Interior. This "nutritional breakthrough" has come about as a result of research conducted by the Hormel Institute of the University of Minnesota under contract with the Bureau of Commercial Fisheries. This research proved conclusively that the "unsaturated" or soft fats found in fish will reduce blood serum cholesterol levels when they are included in the diet. A "saturated" or hard fat congeals at low temperature while an "unsaturated" fat does not congeal readily. This is the property which permits oil-laden fish to move freely in water of low temperatures. This means that the generous use of fish in the diet will not only provide the vital protein and energy needed by the body, but will also offer better health for the family by diminishing the possibility of circulatory diseases such as atherosclerosis.



DOWN TO THE SEA IN SHIPS



"Down to the sea in ships," a picturesque scene at Biloxi, Mississippi. Into these waters, world famous for shrimp, oysters, and other seafood catches, sailed the French under Pierre LeMoyne D'Iberville in 1699, to establish the first capitol of the vast Louisiana province.

The quaint and picturesque shrimp and oyster fisheries of Biloxi on the Gulf Coast, prove a never-ending source of interest to visitors, especially those with cameras.



These scenes were made during the annual Biloxi Shrimp Festival which features the blessing of the fishing fleet.

SOLEMN BLESSING OF THE FISHING BOATS



O LORD JESUS CHRIST, HEAR OUR PRAYERS, AND WITH THY HOLY HAND BLESS THESE BOATS, AND ALL WHO SAIL THEREON, AS THOU DIDST DESIGN TO BLESS NOAH'S ARK IN ITS COURSE DURING THE DELUGE.

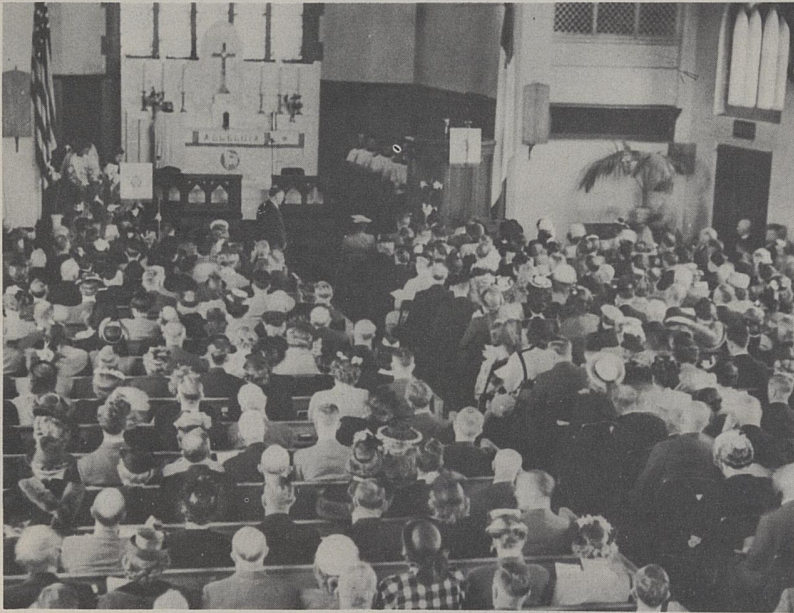
STRETCH FORTH TO THEM, O LORD, THY RIGHT HAND AS THOU DIDST REACH OUT TO PETER WHEN HE WALKED UPON THE SEA. SEND THY HOLY ANGELS FROM HEAVEN TO GUARD THESE BOATS, AND EVER KEEP THEM SAFE FROM EVERY PERIL, TOGETHER WITH ALL THOSE ABOARD.

GRANT, LIKEWISE, WE BESEECH THEE, O LORD, THAT THY SERVANTS BE PROTECTED FROM ALL DANGERS AND MAY THEY GATHER INTO THEIR BOATS A RICH HARVEST FROM THE DEPTHS OF THE SEA, AND COME FINALLY TO THE PORT OF ETERNAL BLESSEDNESS LADEN WITH HEAVENLY MERITS. THROUGH JESUS CHRIST OUR LORD, AMEN.

This prayer is taken from the Roman Ritual of the Blessing. It is the one used by the Rev. Herbert J. Mullin in the ceremony of the blessing of the shrimp fleet at Biloxi, Mississippi.

FISHERMENS FESTIVAL

"Fishermens Festival" the religious ceremony held annually in Seattle, Washington at the Lutheran Church, prior to the sailing of the halibut fleet to the fishing grounds in the North Pacific Ocean. This ceremony has been an annual event since 1929. The vessels, following the ceremonies at the church, parade through the Lake Washington Ship Canal, through the Government Locks into Elliott Bay, all decked out with streamers and flags. Some of the vessels leave for the fishing banks at this time while other vessels wait their departure turn. Halibut trips are staggered and boats must now conform to a lay-over period of eight days before departing for the next trip.



Commercial fishermen accompanied by wives and family attending special service held for fishermen

Dr. O.L. Haavik extending blessing to the halibut fishermen prior to the opening of the halibut season.



COMMERCIAL FISHERMEN SUPERSTITIONS

Commercial fishermen as a group are deeply religious, they are also very superstitious. Some of the most common superstitions that may be of interest follow:

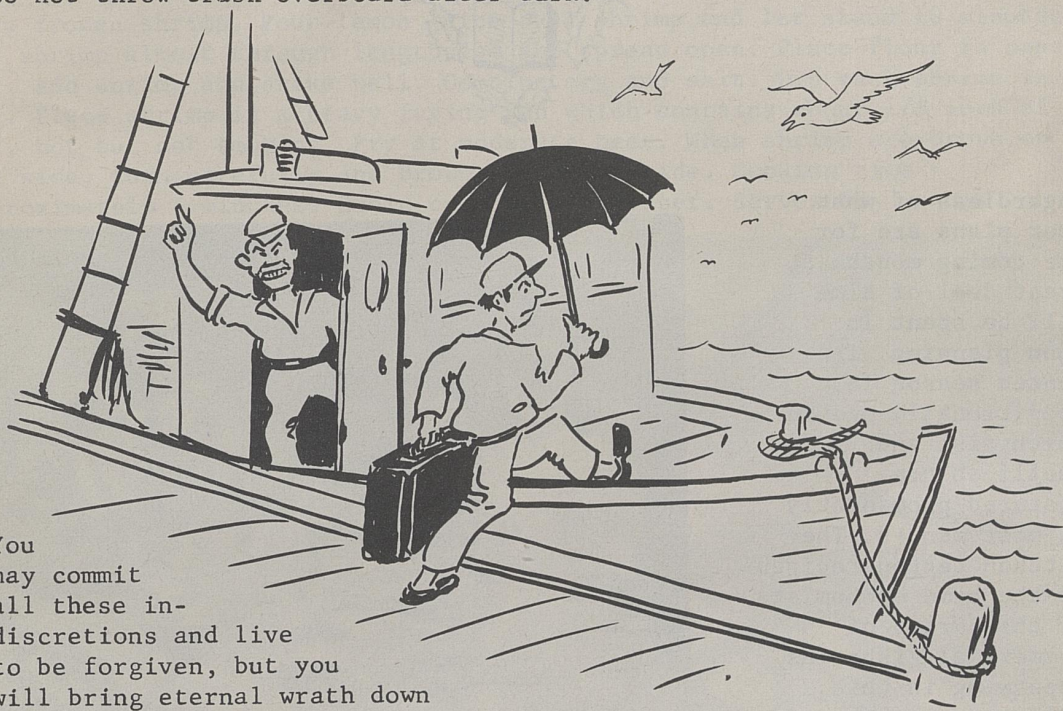
The presence of dolphins or porpoise is an omen of good fortune and any attempt to kill or destroy them will bring bad luck.

If a hatch cover is intentionally or accidently turned over bad luck will prevail.

You don't whistle on board a fishing boat, particularly when at the wheel. Remember the old saying, "whistle up a storm."

It will also save you black looks or keep you from being used as a sea anchor if you don't mention the words "horse" or "pigs". That also means bad weather and bad luck all around. Anything can happen. If you feel a craving coming on to talk about animals, use the code words. A horse is a "drag beast" (Norwegian *trekk --dyr ---* often used). A pig is a "grunter."

Do not throw trash overboard after dark.



You may commit all these indiscretions and live to be forgiven, but you will bring eternal wrath down on your head if you ever bring an umbrella or black suitcase on the vessel. Brother man---that's the worst hoodo of them all.



The Lenten season carries many connotations to many people. To the young couple it means making last minute plans for that spring wedding. To the sportsmen it ends the hunting season and is the beginning of the fishing and boating season. The children of course are looking forward to spring vacation, and most important it heralds the approach of Easter.



Regardless of what your plans are for the coming months a great deal of time will be spent in menu planning. The Lenten season is traditionally one in which fish and shellfish are featured prominently in most menu's. The kitchen tested recipes by the home economists of the Bureau of Commercial Fisheries appearing in this bulletin were created to help the home-maker solve her menu problems.





SHRIMP---heavenly for cocktails

3/4 pound cooked shrimp
Lettuce
Cocktail sauce
Lemon wedges

Arrange lettuce leaves in cocktail glasses. Place shrimp on lettuce; cover with cocktail sauce. Garnish with lemon wedges. Serves 6.

DELICIOUS AS THE MAIN COURSE

SHRIMP ORIENTAL

1 pound raw,peeled,deveined shrimp, fresh or frozen	1 cup flour
1/4 cup lemon juice	3 eggs,beaten
	1½ teaspoons salt

Thaw frozen shrimp. Pour lemon juice over shrimp and let stand 10 minutes. Cut shrimp almost through lengthwise and spread open. Place flour in paper bag. Add shrimp and shake well. Combine egg and salt. Dip each shrimp in egg. Place shrimp in a heavy frying pan which contains about 1/8 inch of fat, hot but not smoking. Fry at moderate heat. When shrimp are brown on one side, turn carefully and brown the other side. Cooking time approximately 4 minutes. Drain on absorbent paper. Serves 6.



SHRIMP AMANDINE

1 pound cooked, peeled, deveined shrimp, fresh or frozen	1/2 teaspoon salt
1 cup blanched, slivered almonds	Dash pepper
1/2 cup butter or margarine, melted	2 tablespoons chopped parsley
	Toast points

Thaw frozen shrimp. Fry almonds in butter until lightly browned. Remove almonds. Add shrimp and fry until lightly browned. Add seasonings, parsley, and almonds. Serve on toast points. Serves 6.



THE PERFECT HOSTESS SAYS,
"fish is the easy way to
superb meals."

MAINE SARDINE CASSEROLE

- 3 cans (3 3/4 ounces each) Maine sardines
- 1/2 cup sliced onions
- 1/2 cup sliced green pepper
- 2 tablespoons butter or other fat, melted
- 1/4 cup chopped pimiento
- 1 can (10 1/2 ounces) cream of celery soup
- 1 can (5 1/2 ounces) chow mein noodles



Drain sardines. Reserve 5 sardines for garnish. Flake remaining sardines. Cook onion and green pepper in butter until tender. Combine pimiento, soup, onion, green pepper, and flaked sardines. Arrange half of the noodles, sardine mixture, and remaining noodles in layers in a well-greased 1 1/2 quart casserole. Arrange sardines on top of noodles. Bake in a moderate oven, 375° F., for 30 minutes. Serves 6.

SHRIMP GUMBO

3 cans (4½ or 5 ounces each) deveined shrimp	3 cloves garlic, finely chopped
2 cups sliced fresh okra or 1 package (10 ounces) frozen okra, sliced	½ teaspoon pepper
1/3 cup butter or other fat, melted	2 cups hot water
2/3 cup chopped green onions and tops	1 cup canned tomatoes
	2 whole bay leaves
	6 drops tabasco
	½ cups cooked rice

Drain shrimp. Rinse in cold water. Drain. Cook okra in butter about 10 minutes or until okra appears dry, stirring constantly. Add onion, garlic, and pepper. Cook about 5 minutes. Add water, tomatoes, and bay leaves. Cover and simmer for 20 minutes. Remove bay leaves. Add tabasco and shrimp. Heat. Place 1/4 cup rice in the bottom of 6 soup bowls; fill with gumbo. Serves 6.



GREAT LAKES TREATS

From the Great Lakes, winter's blasts form a thick, solid ice crust extending for miles. The commercial fisherman catching fish through the ice works as hard, or harder than commercial fishermen in any section of the country. While Great Lake fish are difficult to catch, ease of preparation and exceptionally fine flavor, make them appealing to the consumer.



DEEP-FAT FRIED YELLOW PERCH FILLETS

2 pounds yellow perch fillets,
fresh or frozen
1 egg, beaten
1 tablespoon milk or water

1 teaspoon salt
Dash pepper
1 cup dry bread crumbs, cracker
crumbs, cornmeal, or flour

Thaw frozen fillets. Combine egg, milk, and seasonings. Dip fish in egg mixture and roll in crumbs. Fry in a basket in deep fat, 375° F., for 3 to 5 minutes or until brown. Drain on absorbent paper. Serves 6.



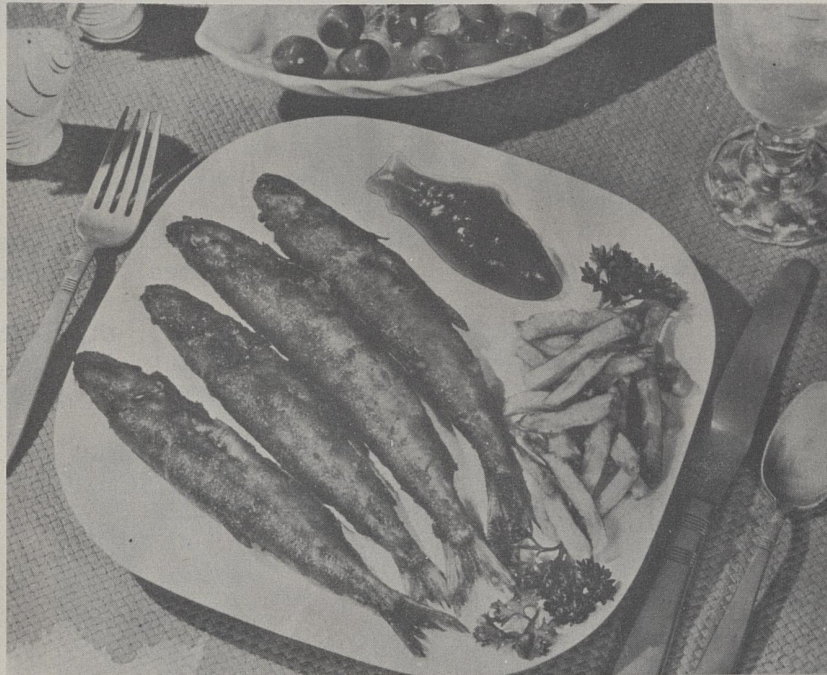
Great Lakes continued.

PAN-FRIED SMELT

2 pounds whole smelt, fresh or
frozen
1 egg, beaten
1 tablespoon milk or water

1 teaspoon salt
Dash pepper
1 cup dry bread crumbs, cracker
crumbs, cornmeal, or flour

Thaw frozen fish. Dress fish by removing entrails. Wash. Combine egg, milk, and seasonings. Dip fish in egg mixture and roll in crumbs. Place fish in a heavy frying pan which contains about 1/8 inch of fat, hot but not smoking. Fry at moderate heat. When fish is brown on one side, turn carefully and brown the other side. Cooking time approximately 10 minutes, depending on thickness of fish. Drain on absorbent paper. Serves 6.



BUFFALOFISH CHOWDER

1 pound buffalofish fillets, fresh or frozen
1/4 cup chopped bacon or salt pork
1/2 cup chopped onion
1/2 cup chopped green pepper
1 cup chopped celery

2 cups boiling water
1 cup diced potatoes
1/4 teaspoon thyme
1 teaspoon salt
Dash cayenne pepper
2 cups tomato juice

Thaw frozen fillets. Skin fillets and cut into 1/2-inch pieces. Fry bacon until lightly browned. Add onion, green pepper, and celery; cook until tender. Add water, potatoes, seasonings, and fish. Cook about 15 minutes or until potatoes are tender. Add tomato juice; heat. Serves 6.



BROILED HALIBUT STEAKS

2 pounds halibut steaks or other
fish steaks, fresh or frozen
1 teaspoon salt

Dash pepper

$\frac{1}{2}$ cup butter or other fat, melted

Thaw frozen steaks. Cut into serving-size portions and sprinkle with salt and pepper. Place on a greased broiler pan about 3 inches from source of heat. Brush with butter and broil 4 to 8 minutes or until slightly brown. Baste with butter and turn carefully. Brush other side with butter, and broil 4 to 8 minutes longer or until fish flakes easily when tested with a fork. Serves 6.



TUNA A LA KING

2 cans (6½ or 7 ounces each) tuna	1 teaspoon salt
¼ cup chopped green pepper	Dash pepper
¼ cup butter or other fat, melted	2 cups milk
¼ cup flour	¼ cup chopped pimiento

Corn bread, biscuits, or toast

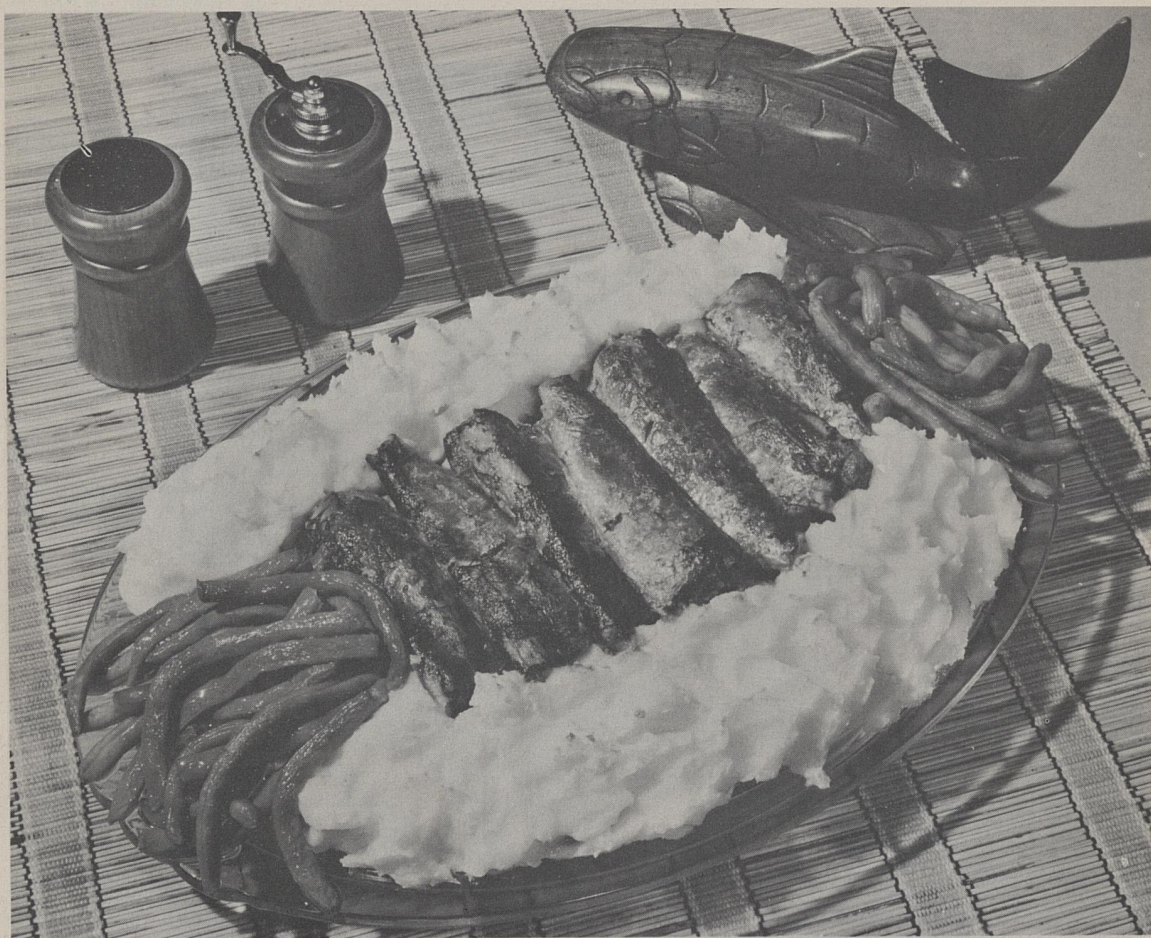
Drain tuna. Break into large pieces. Cook green pepper in butter until tender. Blend in flour, salt, and pepper. Add milk gradually and cook until thick, stirring constantly. Add pimiento and tuna; heat. Serve on corn bread, biscuits, or toast. Serves 6.



PLANKED PACIFIC SARDINE SUPPER

1 can (15 ounces) Pacific Sardines in Tomato Sauce 1 can (16 ounces) whole green beans, drained
3 cups seasoned mashed potatoes

Drain sardines, reserving sauce. Place sardines in the center of a well-greased plank or oven glass platter. Arrange a border of mashed potatoes and green beans around fish. Cover fish with sauce. Heat in a moderate oven, 350° F., for 15 to 20 minutes or until potatoes have browned. Serves 6.



IMPERIAL CRAB

- | | |
|--|-----------------------------------|
| 1 pound crab meat | 2 tablespoons flour |
| 2 tablespoons chopped onion | 1/2 cup milk |
| 2 tablespoons chopped green pepper | 1/2 teaspoon salt |
| 3 tablespoons butter or other fat,
melted | Dash pepper |
| | 1/4 teaspoon Worcestershire sauce |
| 2 hard-cooked eggs, chopped | |

Remove any shell or cartilage from crab meat, being careful not to break the meat into small pieces. Cook onion and green pepper in butter until tender. Blend in flour. Add milk gradually and cook until thick, stirring constantly. Add seasonings, egg, and crab meat. Place in 6 well-greased, individual shells or 5-ounce custard cups. Bake in a moderate oven, 350° F., for 20 to 25 minutes or until brown. Serves 6.



SCALLOPED OYSTERS

1 pint oysters
3/4 cup dry bread crumbs
3/4 cup cracker crumbs
1/2 teaspoon salt

Dash pepper
1/2 cup butter or margarine, melted
1/4 teaspoon Worcestershire sauce
1 cup milk

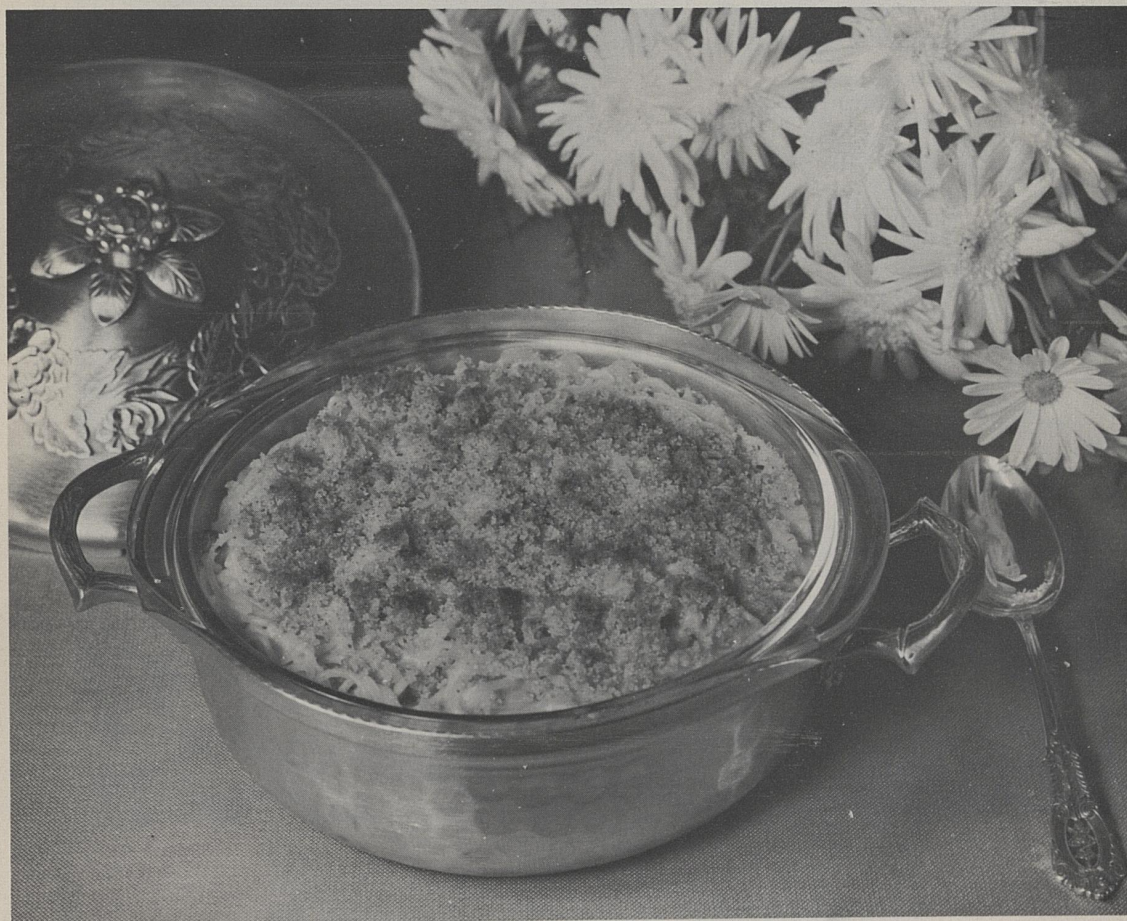
Drain oysters. Combine crumbs, salt, pepper, and butter. Sprinkle 1/3 of the buttered, seasoned crumbs in a well-greased, round baking dish, 8 x 2 inches. Cover with a layer of oysters. Repeat layers. Add Worcestershire sauce to milk; pour over oysters. Sprinkle remaining crumbs over the top. Bake in a hot oven, 400° F., for 20 to 25 minutes or until brown. Serves 6.



CLAM AND SPAGHETTI CASSEROLE

1 pint clams	1 can (10½ ounces) condensed mushroom soup
2 tablespoons butter or other fat, melted	1/4 cup milk
2 tablespoons flour	1 package (8 ounces) spaghetti
1/2 teaspoon salt	2 tablespoons butter or other fat, melted
Dash pepper	
	1/2 cup dry bread crumbs

Drain and chop clams. Cook clams in butter for 5 minutes, stirring constantly. Blend in flour, salt, and pepper. Add soup and milk gradually and cook until thick, stirring constantly. Cook spaghetti as directed on package; drain. Add spaghetti to sauce. Place in a well-greased 1½-quart casserole. Combine butter and crumbs; sprinkle over casserole. Bake in a hot oven, 400° F., for 10 minutes or until brown. Serves 6.



QUICK SCALLOP VICHYSOISSE

1 pound scallops, fresh or frozen	2 cans (10½ ounces each) frozen
1 quart boiling water	condensed cream of potato soup
2 tablespoons salt	1 pint milk
Cut chives or shopped parsley	1 pint coffee cream

Thaw frozen scallops. Remove any shell particles and wash. Place in boiling salted water. Cover and return to the boiling point. Simmer for 3 to 4 minutes, depending on size. Drain. Cut large scallops in half. Combine soup, milk, and cream; heat until soup is thawed. Mash or put through a sieve. Add scallops; heat. Garnish with chives sprinkled over the top. Serves 6.



SALMON CABBAGE VINAIGRETTE

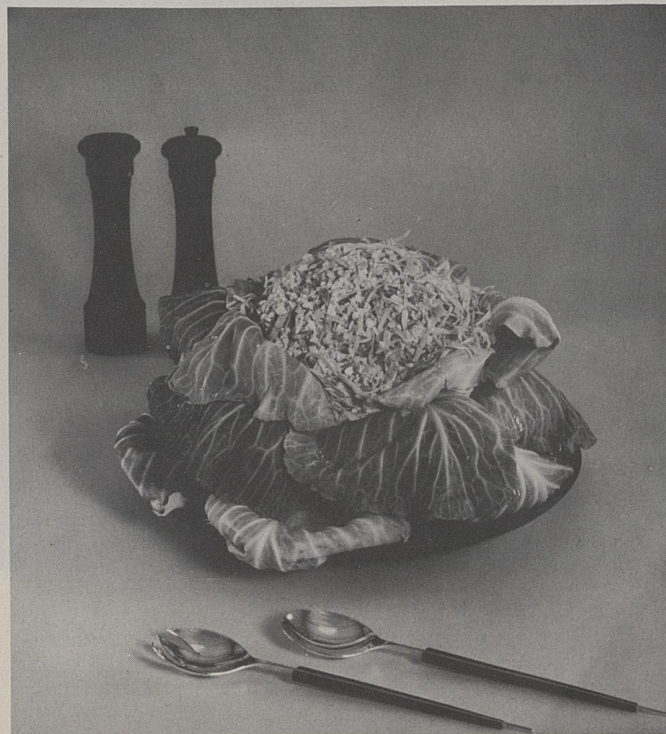
1 pound can salmon
1 quart shredded cabbage
1/4 cup chopped onion
1/4 cup chopped parsley
2 hard-cooked eggs, chopped
Vinaigrette dressing
18 large cabbage leaves

Drain and flake salmon. Combine cabbage, onion, parsley, eggs, and salmon. Add vinaigrette dressing and mix thoroughly. Serve in the center of a cabbage rosette. Serves 6.

VINAIGRETTE DRESSING

1 teaspoon salt
Dash pepper
Dash cayenne pepper
1/4 teaspoon paprika
3 tablespoons vinegar
1/2 cup olive or salad oil
1 tablespoon chopped pimiento
1 tablespoon chopped sweet pickle
1 tablespoon chopped green pepper

Combine salt, pepper, cayenne pepper, and paprika. Add vinegar and oil slowly, beating thoroughly. Add pimiento, sweet pickle, and green pepper. Serves 6.



BAKED FISH PORTIONS WITH PUFFY CHEESE SAUCE

2 pounds frozen unbreaded fish portions	1 tablespoon chopped sweet pickle or pickle relish
1/4 cup mayonnaise or salad dressing	2 egg yolks, beaten
1/4 cup grated cheese	1/2 teaspoon salt
2 egg whites, beaten	

Place frozen unbreaded fish portions in a single layer in a well-greased baking pan, 13 x 8 x 2 inches. Combine mayonnaise, sweet pickle, cheese, egg yolk, and salt. Fold in egg white. Cover fish with the sauce. Bake in a moderate oven, 350° F., for 30 to 40 minutes or until fish flakes easily when tested with a fork and the sauce is brown. Serves 6.



BAKED HADDOCK FILLETS

2 pounds haddock fillets or other fish fillets, fresh or frozen
1 teaspoon salt
Dash pepper
 $\frac{1}{2}$ cup butter or other fat, melted
2 tablespoons lemon juice
1 teaspoon grated onion
Dash paprika

Thaw frozen fillets. Sprinkle with salt and pepper. Place in a single layer in a well-greased baking pan. Combine butter, lemon juice, onion, and paprika. Cover fish with the sauce. Bake in a moderate oven, 350° F., for 20 to 25 minutes or until fish flakes easily when tested with a fork. Serves 6.



FISH STICK BURGERS

18 frozen fried fish sticks
 $\frac{1}{2}$ cup mayonnaise or salad dressing

2 tablespoons sweet pickle relish
6 buttered toasted rolls

Place fish sticks in a single layer in a greased baking pan. Bake in a hot oven, 400° F., for 15 to 20 minutes or until heated through and crisp. Combine mayonnaise and relish. Chill. Place three fish sticks on a toasted buttered roll and serve with relish sauce. Serves 6.

