

I 49.49:
R 24/1961

UNIVERSITY OF KENTUCKY
3 0425 5558662 8

FISHERIES MARKETING BULLETIN

SPECIAL

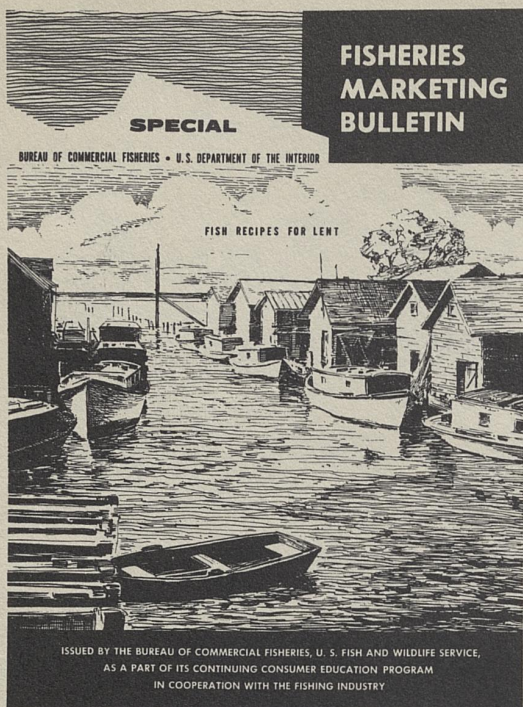
BUREAU OF COMMERCIAL FISHERIES • U.S. DEPARTMENT OF THE INTERIOR

LIBRARY
UNIVERSITY OF KENTUCKY
FISH RECIPES FOR LENT



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



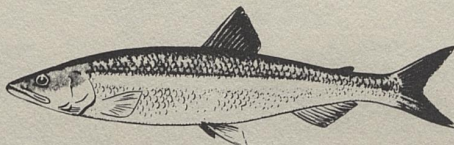
The first French explorers of the Great Lakes and Mississippi River observed early the importance of fish in the economy of the Indian tribes that lived along the shores. The names of Joliet, DeSoto, and Marquette are deeply etched in the annals of American history..... Nor were these intrepid adventurers, fur-traders, and missionary priests slow to realize the significance of this resource to the success of their own enterprises. Lake fish soon became a regular, often the principal, item of diet, and their accounts of travels are replete with comments on the delectable flavor and nutritional worth of the various species they ate.

Here where the rolling prairie meets the inland sea, changes over the past three centuries have been many and massive. Huge cargo vessels from all corners of the world have replaced the bateau of the voyageur, the noise of

vast industries has broken the quiet of forest and water, tremendous cities lie on the former sites of Indian villages. Yet, one thing has not changed--the Great Lakes continue to supply in abundance the choicest fresh-water fish to be had. The epicure who would share the delights of the seventeenth-century traveler need only turn to them.

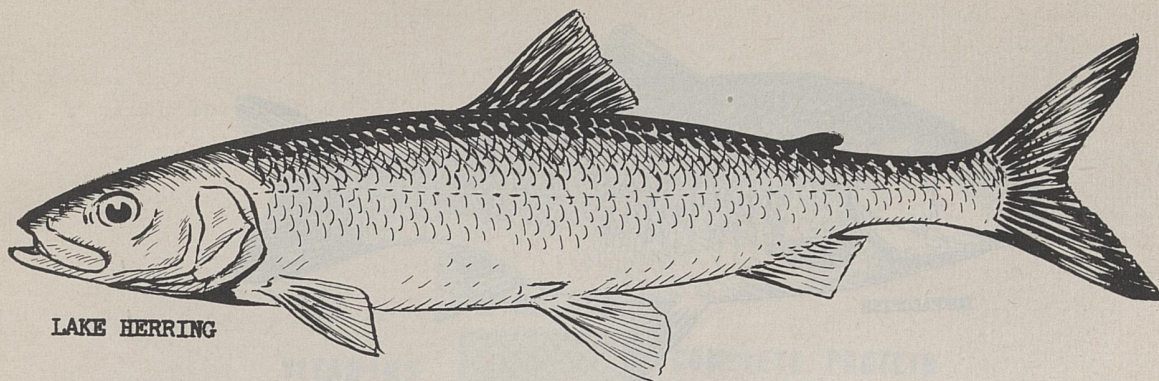
The products of the Great Lakes are unique as is also the fishery that exploits them. The lakes are the nation's principal or only source of supply for those who appreciate such prime delicacies as whitefish, lake trout, walleye, yellow perch, blue pike, smelt, or smoked chubs. Few political rallies or social events along the Mississippi River would be complete without a feast of channel catfish. The total catch runs into many millions of pounds, but producing units are mostly small and family owned. The lakes and rivers do not have large fishing ports characteristic of the ocean fisheries. Rather the take comes from the scores of small ports scattered along thousands of miles of shoreline.

The fishing village--houses clustered about some inlet or "Main Street" that gives shelter to the small craft, is repeated many times about the Great Lakes.



SMELT

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



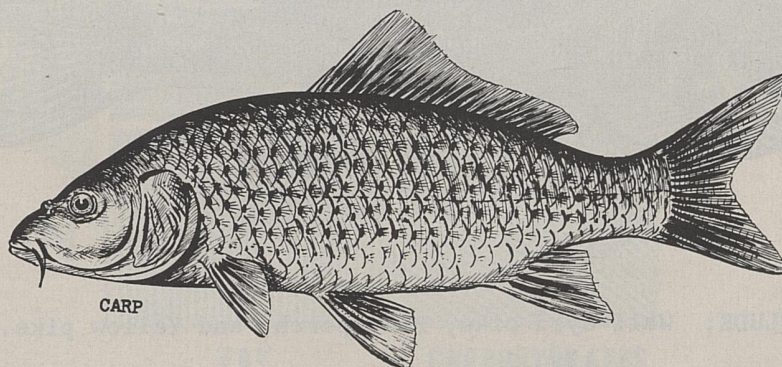
LAKE HERRING

OTHER NAMES INCLUDE: Herring

CHARACTERISTICS: Range from lean to fat, white and tender meat, rich flavor.

MARKET SIZE: About 3 or 4 to the pound.

MARKET FORM: Whole, drawn, filleted; fresh or frozen. Mostly salted and smoked.



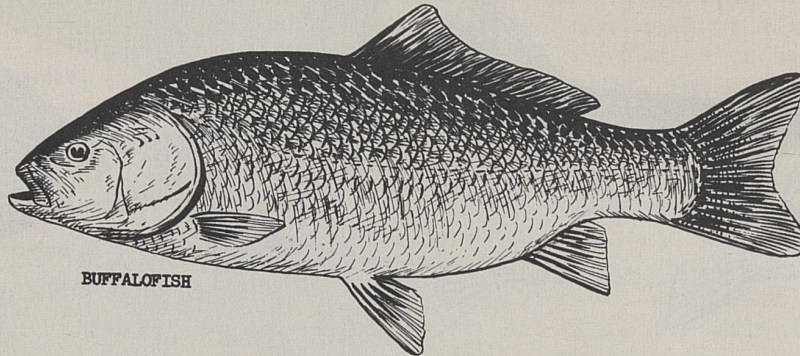
CARP

OTHER NAMES INCLUDE: German carp, Scale carp, Mirrow carp, and Chicken carp.

CHARACTERISTICS: Lean to fat, dark meated. Good flavor.

MARKET SIZE: About 2 to 12 pounds.

MARKET FORM: Whole fresh; some filleted, some alive, smoked, also used in "gefilte" fish.

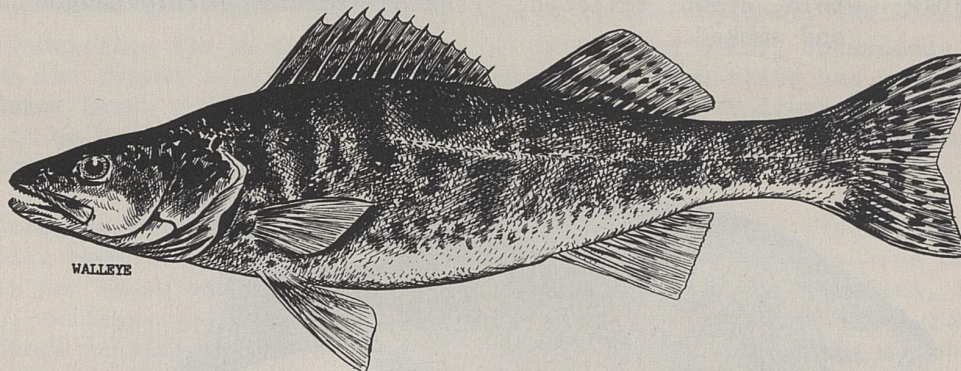


OTHER NAMES INCLUDE: Winter carp

CHARACTERISTICS: Lean, firm and flaky, rich flavor.

MARKET SIZE: About 5 to 15 pounds.

MARKET FORM: Whole, drawn, dressed, steaked, filleted, and smoked.



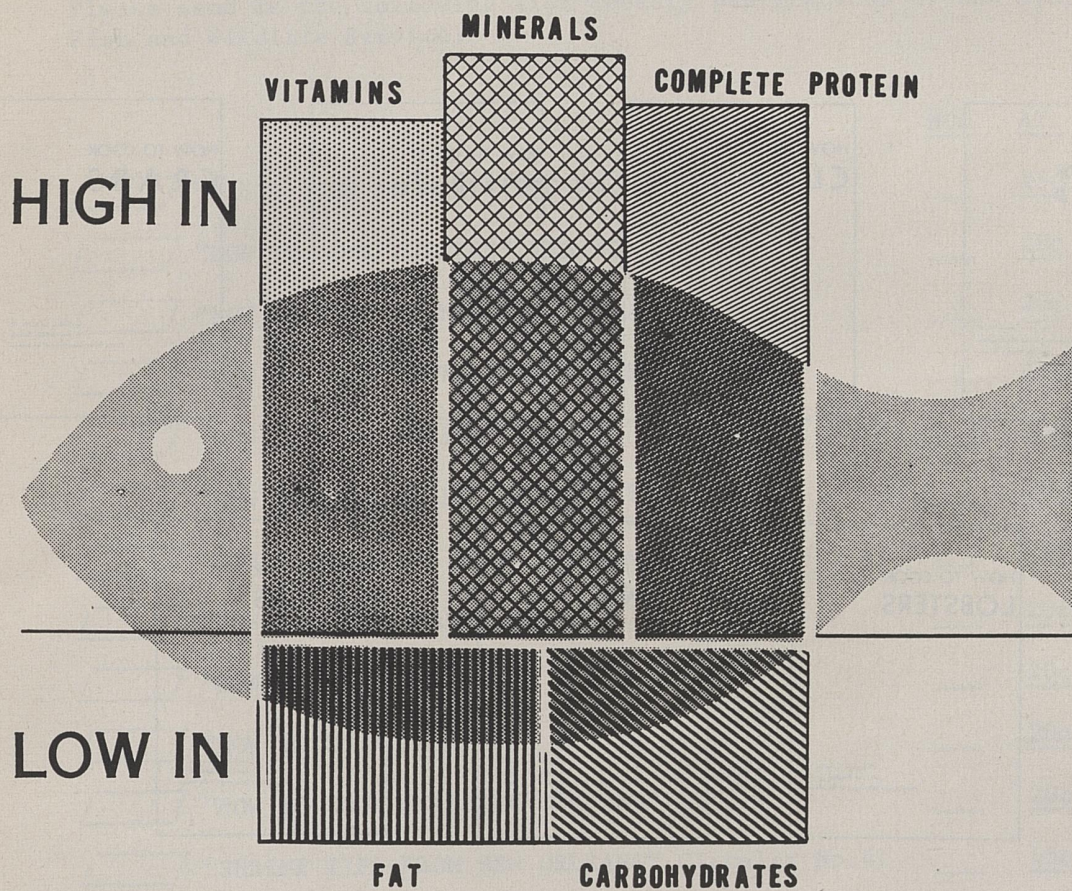
OTHER NAMES INCLUDE: Wall-eyed pike, Pike perch, and Yellow pike.

CHARACTERISTICS: Lean, firm and white meated, fine flavor.

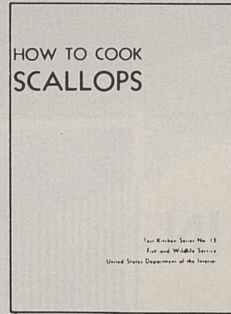
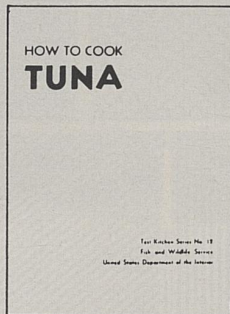
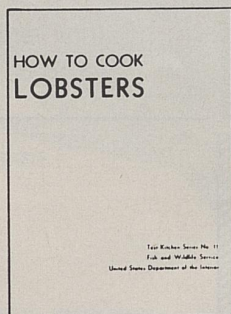
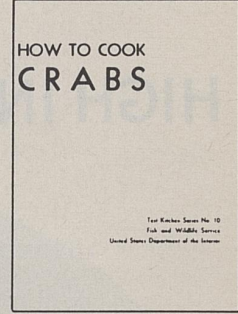
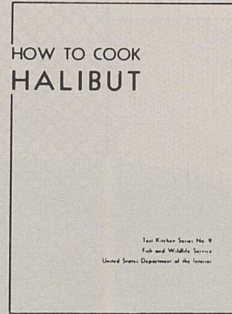
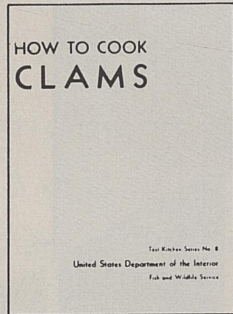
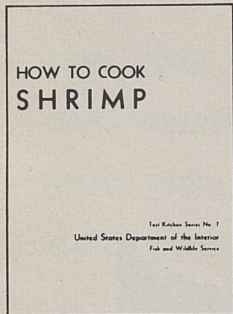
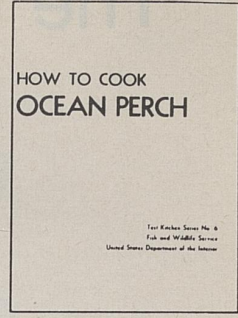
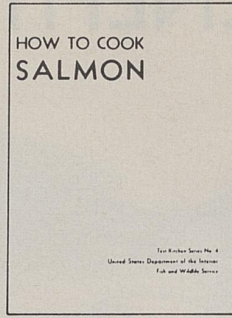
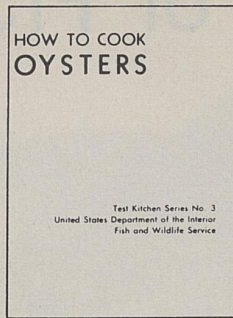
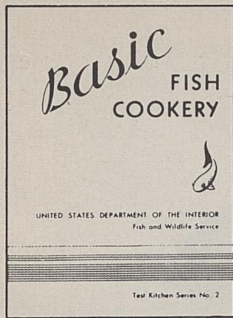
MARKET SIZE: About 1½ to 5 pounds.

MARKET FORM: Whole, dressed, filleted, fresh or frozen.

The BENEFITS of FISH



FISH COOKERY PUBLICATIONS



cut along dotted line

The illustrated Test Kitchen Series Booklets numbers 2,3,4,6,7,8, 9,10,11,12, and 13 contain many pages of easy to follow fish recipes and helpful tips for the housewife. In addition two full color cookbooks circular No. 41 "Shrimp Tips From New Orleans", and Circular No. 60 "Take a Can of Salmon", are available. All may be purchased from the Superintendent of Documents, Washington 25, D.C. A 25-percent Discount is given on orders of 100 or more of any one publication sent to one address. An order blank is reproduced below for your convenience.

Superintendent of Documents
 Government Printing Office
 Washington 25, D.C.

Please send me the following fish cookery publications of the U.S. Fish and Wildlife Service:

	<u>NO.</u>	<u>AT.</u>	<u>TOTAL COST</u>
<input type="checkbox"/> "BASIC FISH COOKERY" TKS NO. 2	—	25¢	—
<input type="checkbox"/> "HOW TO COOK OYSTERS" TKS NO. 3	—	20¢	—
<input type="checkbox"/> "HOW TO COOK SALMON" TKS NO. 4	—	20¢	—
<input type="checkbox"/> "HOW TO COOK OCEAN PERCH" TKS NO. 6	—	10¢	—
<input type="checkbox"/> "HOW TO COOK SHRIMP" TKS NO. 7	—	15¢	—
<input type="checkbox"/> "HOW TO COOK CLAMS" TKS NO. 8	—	20¢	—
<input type="checkbox"/> "HOW TO COOK HALIBUT" TKS NO. 9	—	20¢	—
<input type="checkbox"/> "HOW TO COOK CRABS" TKS NO. 10	—	20¢	—
<input type="checkbox"/> "HOW TO COOK LOBSTERS" TKS NO. 11	—	20¢	—
<input type="checkbox"/> "HOW TO COOK TUNA" TKS NO. 12	—	20¢	—
<input type="checkbox"/> "HOW TO COOK SCALLOPS" TKS NO. 13	—	20¢	—
<input type="checkbox"/> "SHRIMP TIPS FROM NEW ORLEANS" Circular No.41	—	15¢	—
<input type="checkbox"/> "TAKE A CAN OF SALMON" Circular No. 60	—	15¢	—
TOTAL	—	—	—

(Name) _____

(Street) _____

(City and State) _____

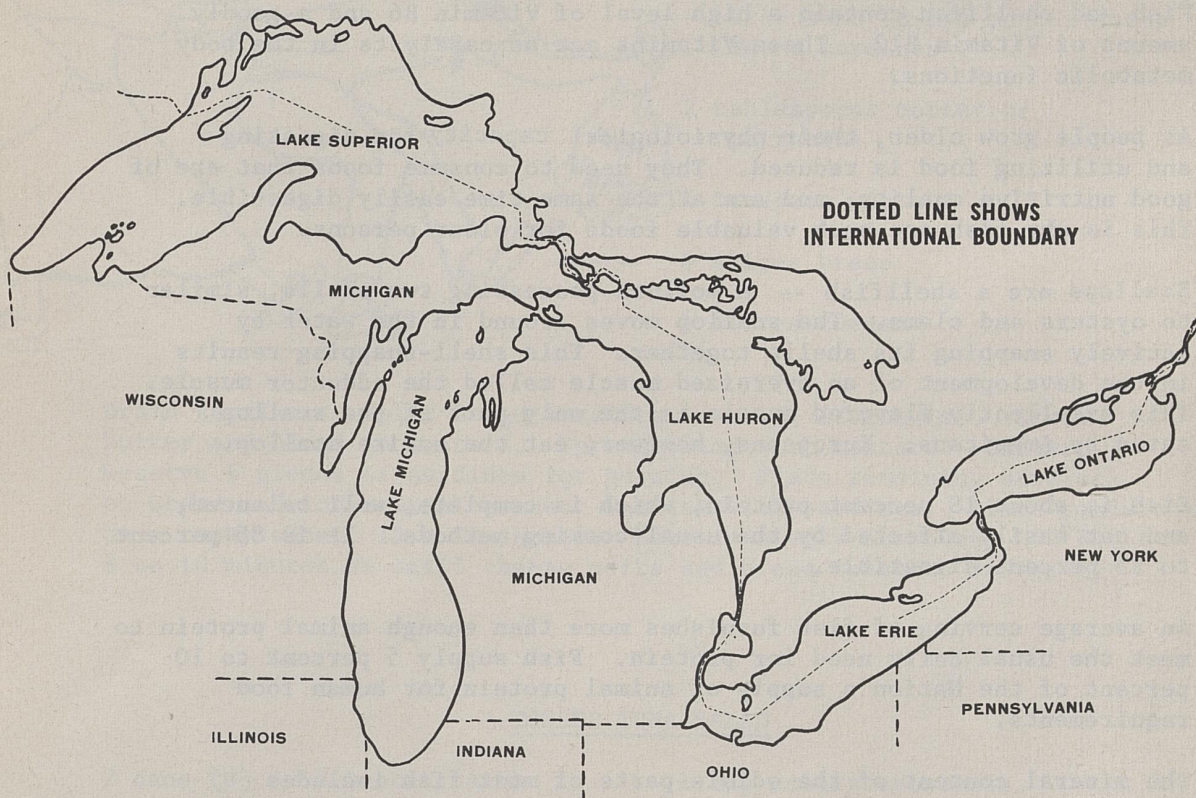
cut along dotted line

Caricatures of some Mississippi river fish.
How many can you identify?



- | | |
|----------------------|------------------------------|
| 1. FRESHWATER DRUM | 13. DOGFISH |
| 2. NORTHERN PIKE | 14. CATFISH |
| 3. SLENDER MADTOM | 15. MOONEYE |
| 4. STONEROLLER | 16. QUILLBACK |
| 5. LARGEMOUTH BASS | 17. NORTHERN HOG SUCKER |
| 6. SMALLMOUTH BASS | 18. REDHORSE |
| 7. BULLHEAD | 19. WALLEYE |
| 8. PIRATE-PERCH | 20. NORTHERN LONGEAR SUNFISH |
| 9. NORTHERN LOGPERCH | 21. SHOVELNOSE STURGEON |
| 10. BUFFALOFISH | 22. SILVER BASS |
| 11. LONGNOSE GAR | 23. STARHEAD TOPMINNOW |
| 12. PADDLEFISH | 24. CHESTNUT LAMPREY |

Fresh Water Fishery Resources **GREAT LAKES**



CONTRARY EPITAPH?

This monument, which was erected in memory of a deceased seaman has puzzled generations of New Englanders:

"Underneath this stone lies poor John Round
lost at sea and never found."



Fish and shellfish contain a high level of Vitamin B6 and a goodly amount of Vitamin B12. These Vitamins act as catalysts in the body metabolic functions.

As people grow older, their physiological capacity for digesting and utilizing food is reduced. They need to consume foods that are of good nutritive quality, and are at the same time easily digestible. This is why fish are such valuable foods for older persons.

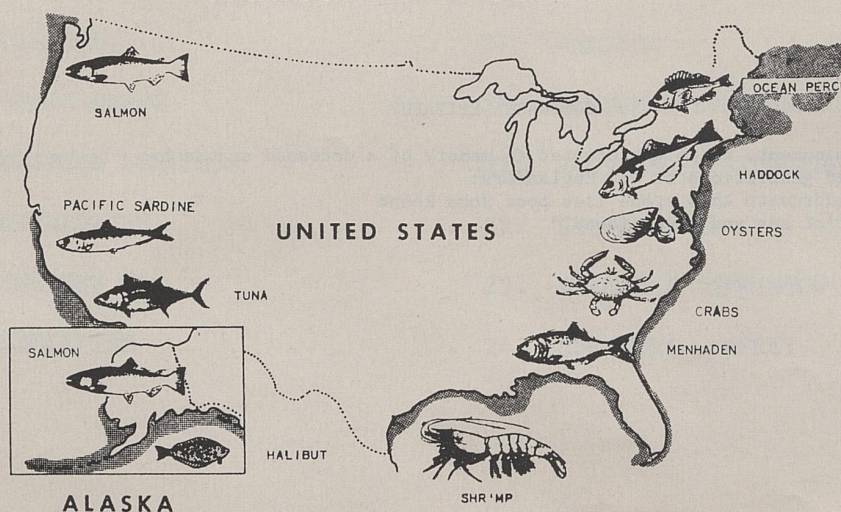
Scallops are a shellfish -- A mollusk possessing two shells, similar to oysters and clams. The scallop moves around in the water by actively snapping its shells together. This shell-snapping results in the development of an oversized muscle called the adductor muscle. This excellently flavored muscle is the only part of the scallop eaten by Americans. Europeans, however, eat the entire scallop.

Fish is about 18 percent protein, which is complete, well balanced, and not easily affected by the usual cooking methods. It is 85 percent to 95 percent digestible.

An average serving of fish furnishes more than enough animal protein to meet the usual daily need for protein. Fish supply 5 percent to 10 percent of the Nation's supply of animal protein for human food requirements.

The mineral content of the edible parts of most fish includes satisfactory sources of magnesium, phosphorus, iron, copper, and iodine.

PRINCIPAL UNITED STATES FISHERIES



MONEY DOESN'T COME EASY THESE DAYS, SO MAKE THE MOST OF YOUR FAMILY FOOD DOLLARS. SERVE FISH AND SHELLFISH IN GOOD SUPPLY, FITS YOUR BUDGET.



TOASTED SARDINE-CHEESE SANDWICHES

- 1 can (15 ounces) Pacific sardines
or 3 cans (3-3/4 ounces each)
Maine sardines
- 2 tablespoons butter or
margarine
- 1 teaspoon mustard
- 6 slices bread
- 6 slices cheese

Drain sardines. Split large sardines in half, lengthwise. Cream butter and blend in mustard. Spread bread with mustard - butter. Reserve 6 pieces of sardines for garnish. Place remaining sardines on bread and cover with cheese. Garnish with sardines. Place sandwiches on a cooky sheet, 15 x 12 inches. Bake in a very hot oven, 450°F., for 8 to 10 minutes or until cheese melts and bread toasts. Serves 6.

TOSSED TUNA SALAD

- 2 cans (6½ or 7 ounces each)
tuna
- 1 clove garlic
- 1 cup drained bean sprouts
- ½ cup chopped cucumber
- 1 cup celery crescents
- 2 cups chopped raw spinach
- ¼ cup chopped green onion
- ½ cup French dressing
- Tomato wedges

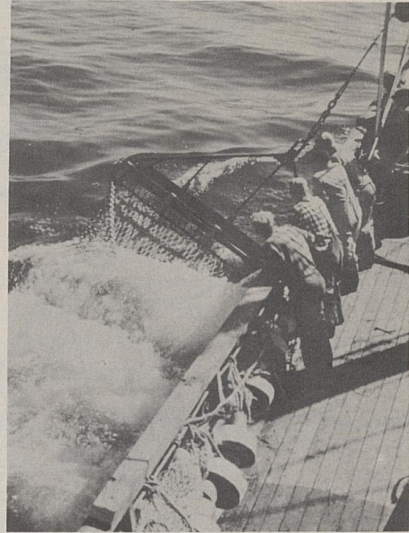
Drain tuna. Break into large pieces. Rub the inside of a salad bowl with the cut surface of a clove of garlic. Combine all ingredients except tomatoes. Garnish with tomato wedges. Serves 6.



COMMERCIAL FISHING



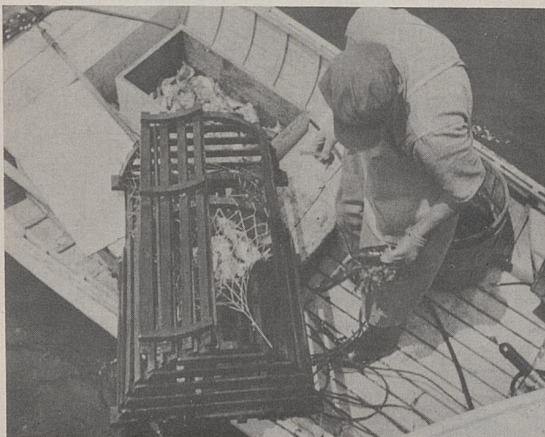
Smelt fishing through the ice, Great lakes



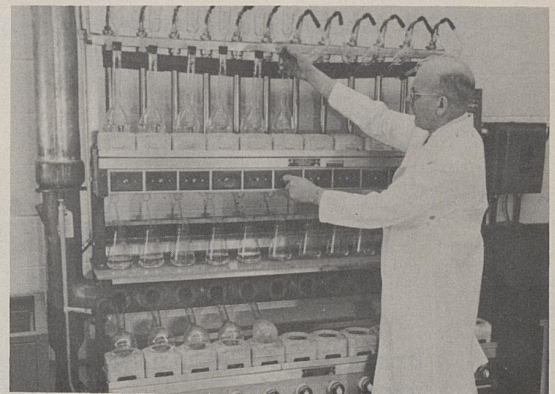
Lifting scallop dredge



Ice covered fishing boat unloading haddock, Boston, Massachusetts

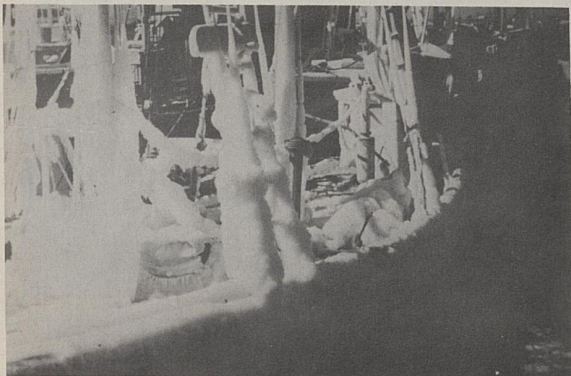


Removing lobsters from lobster trap, Maine



Kjeldahl apparatus for determining the protein content of fish

U.S.A.



Typical winter scene, ice covered fishing boat



Miss Scallop Festival, Annual Scallop Festival,
New Bedford, Massachusetts



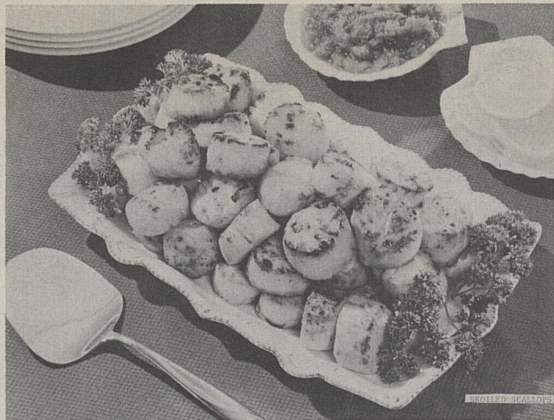
Unloading oysters from tong boat to buy boat



Alter in chapel aboard tuna clipper



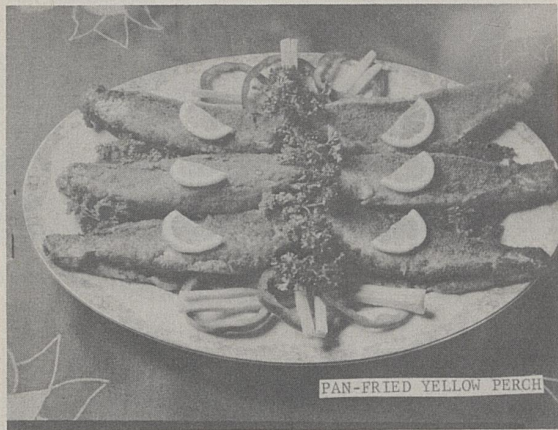
Albacore boats, Terminal Island California



BROILED SCALLOPS



TOASTED SARDINE CAKES WITH SANDWICHES



PAN-FRIED YELLOW PERCH

Put Taste Treats



on Your Table



TOSSED TUNA SALAD



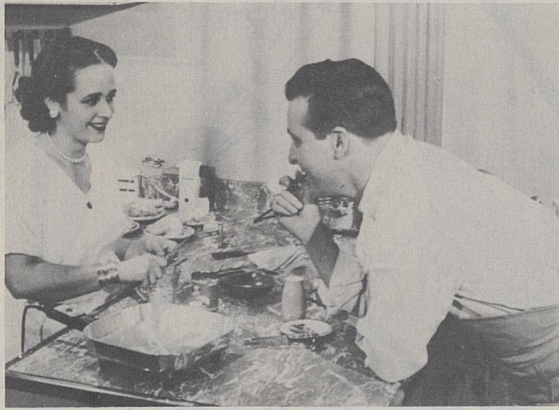
SALMON CURRY



THE PERFECT HOSTESS SAYS,



YOU CAN SPEND MORE TIME OUT OF THE KITCHEN BECAUSE FISH AND SHELLFISH DISHES ARE SO EASY TO PREPARE



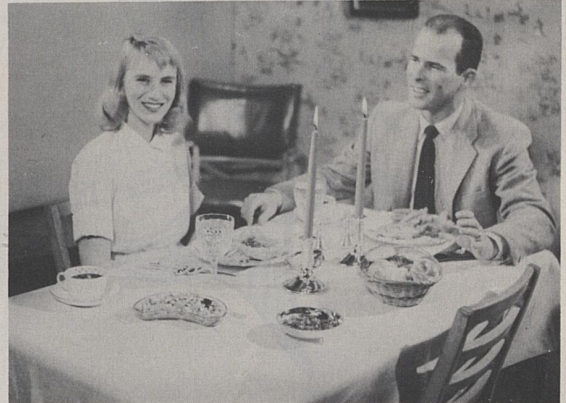
YOUR HUSBAND WILL LOVE THE WONDERFUL FLAVOR OF FISH



240 VARIETIES OF FISH AND SHELLFISH GUARANTEE MANY TASTE TREATS. MEALS ARE NEVER BORING

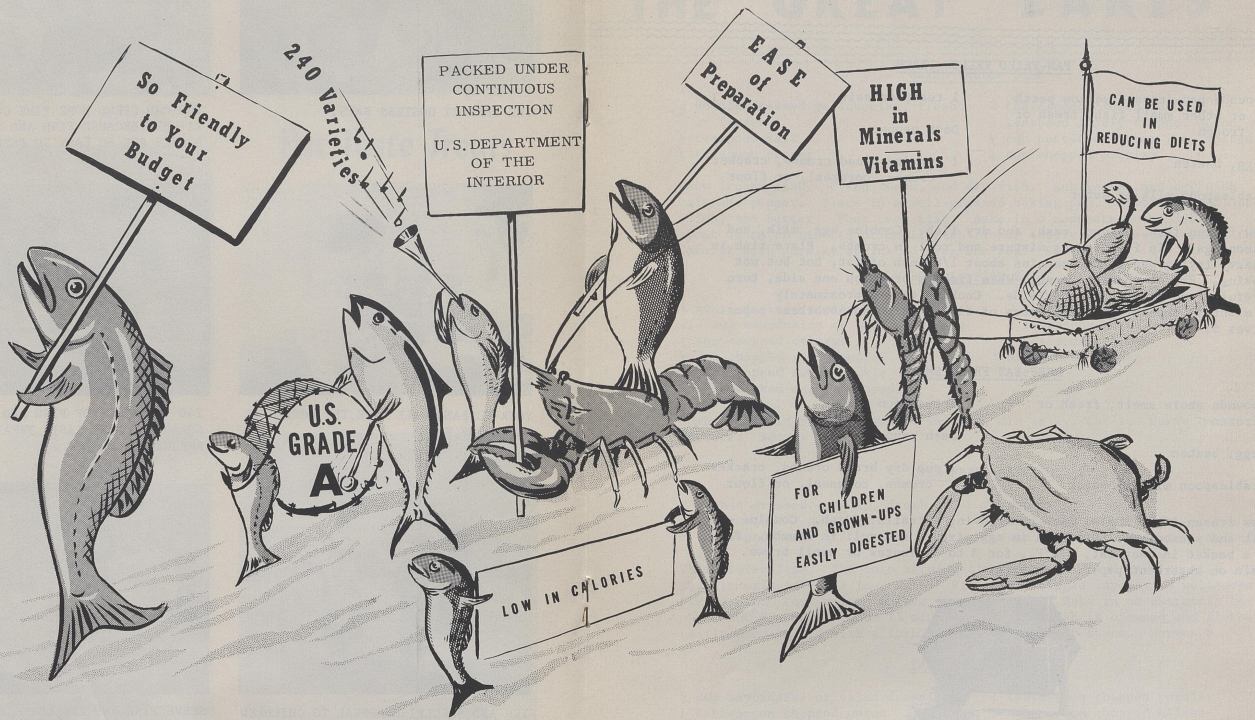


FISH AND SHELLFISH APPEAL TO CHILDREN FOR AFTER SCHOOL SNACKS



SERVE FISH AND SHELLFISH FOR HEALTHIER, TASTIER MEALS

FISH and SHELLFISH PARADE of VALUES



T.N.T.

TASTY FROM

NUTRITIONAL TREATS THE GREAT LAKES

PAN-FRIED YELLOW PERCH

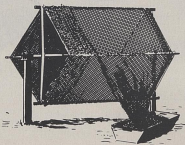
- | | |
|--|--|
| 2 pounds pan-dressed yellow perch or other small fish, fresh or frozen | 1 teaspoon salt |
| 1 egg, beaten | Dash pepper |
| 1 tablespoon milk or water | 1 cup dry bread crumbs, cracker crumbs, cornmeal, or flour |

Thaw frozen fish. Clean, wash, and dry fish. 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.

DEEP-FAT FRIED SMELT

- | | |
|---------------------------------------|--|
| 2 pounds whole smelt, fresh or frozen | 1 teaspoon salt |
| 1 egg, beaten | Dash pepper |
| 1 tablespoon milk or water | 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. Fry in a basket in deep fat, 375°F., for 3 to 5 minutes or until brown. Drain on absorbent paper. Serves 6.



DRYING GILL NETS

BAKED YELLOW PIKE

- | | |
|---|-------------------------------------|
| 3 pounds dressed yellow pike, fresh or frozen | 2 tablespoons lemon juice |
| 1/2 teaspoon salt | 1 teaspoon finely chopped onion |
| 1/2 teaspoon pepper | 1/2 cup butter or other fat, melted |
| | 1/2 cup chopped parsley |

Thaw frozen fish. Clean, wash, and dry fish. Rub inside and out with salt and pepper. Place in a well-greased baking pan. Combine lemon juice, onion, and butter. Pour over fish. Bake in a moderate oven, 350°F., about 40 to 60 minutes or until fish flakes easily when tested with a fork. Garnish with parsley sprinkled over the top. Serves 6.

BUFFALO FISH SALAD

- | | |
|--------------------------------------|---------------------------|
| 1 quart flaked, cooked buffalo fish | 2 tablespoons lemon juice |
| 2/3 cup mayonnaise or salad dressing | 2 teaspoons horse-radish |
| 1/4 cup chopped celery | 1 teaspoon salt |
| 1/4 cup chopped green pepper | Dash white pepper |
| 1/4 cup chopped sweet pickle | Lettuce |
| 2 hard-cooked eggs, chopped | |

Combine all ingredients except lettuce; mix well. Chill. Serve on lettuce. Serves 6.

OVEN-FRIED CATFISH

- | | |
|---|-------------------------------------|
| 2 pounds dressed catfish, fresh or frozen | 1 cup milk |
| 1 tablespoon salt | 1 cup dry bread crumbs |
| | 1/2 cup butter or other fat, melted |

Thaw frozen fish. Cut into serving-size portions. Add salt to milk. Dip fish in milk and roll in crumbs. Place in a single layer in a well-greased baking pan. Pour melted butter over the fish. Bake in an extremely hot oven, 500°F., about 10 to 15 minutes or until fish is browned and flakes easily when tested with a fork. Serve with tartar sauce. Serves 6.

TARTAR SAUCE

- | | |
|--------------------------------------|------------------------------|
| 1/2 cup mayonnaise or salad dressing | 1 tablespoon chopped parsley |
| 1 tablespoon chopped onion | 1 tablespoon chopped olives |
| 1 tablespoon chopped pickle | |

Mix thoroughly and chill.

BAKED STUFFED STRIPED BASS

3 or 4 pounds dressed striped bass
or other dressed fish, fresh
or frozen

1½ teaspoons salt

¼ cup chopped onion

¾ cup chopped celery

1/3 cup butter or other fat,
melted

1 teaspoon salt

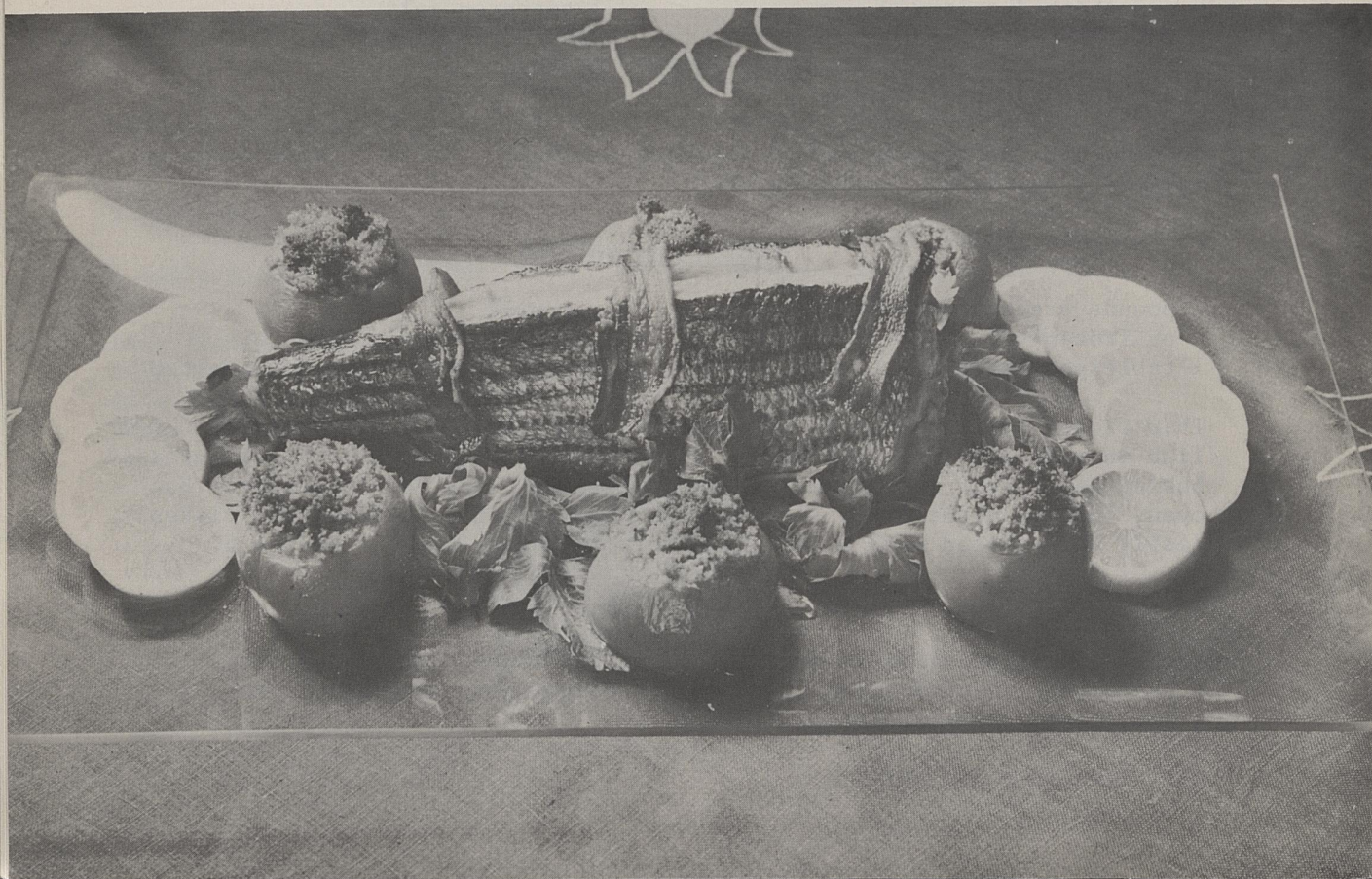
Dash pepper

1 teaspoon thyme, sage, or
savory seasoning

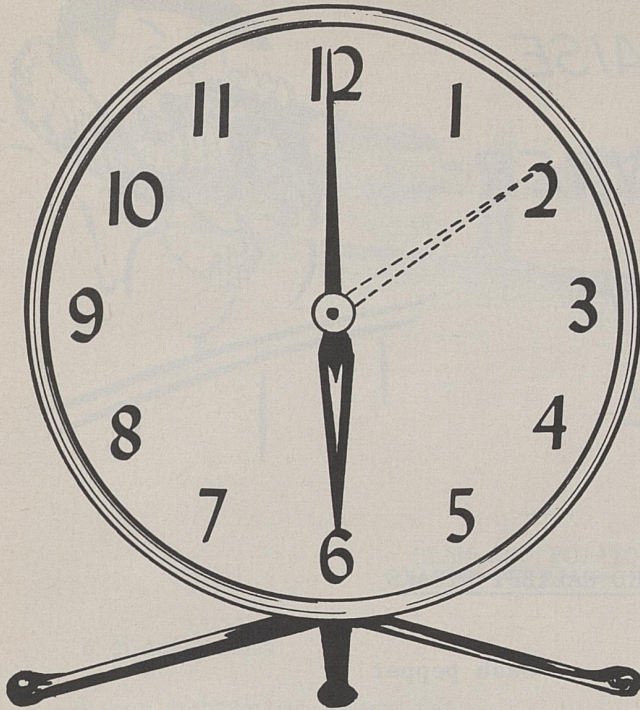
1 quart day-old bread cubes

2 tablespoons butter or other
fat, melted or 3 slices
bacon

Thaw frozen fish. Clean, wash, and dry fish. Sprinkle inside and out with salt. Cook onion and celery in butter until tender. Add cooked vegetables and seasonings to bread cubes; mix thoroughly. If stuffing seems very dry, moisten with 2 tablespoons water or milk. Stuff fish loosely, and sew opening with needle and string, or close with skewers. Place fish in a well-greased baking pan. Pour butter over fish or 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. Remove string or skewers. Serves 6.



UNEXPECTED COMPANY COMING? NO PROBLEM, DINNER IS READY
WITHIN MINUTES WHEN YOU SERVE



BROILED SCALLOPS

1½ pounds scallops, fresh or
frozen

1/3 cup butter or margarine,
melted

½ teaspoon salt

Dash white pepper

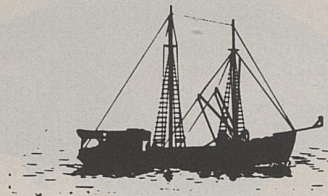
Dash paprika

2 tablespoons chopped
parsley

¾ cup butter or margarine,
melted

3 tablespoons lemon juice

Thaw frozen scallops. Remove any shell particles and wash. Cut large scallops in half. Place on a greased broiler pan. Combine butter, salt, pepper, and paprika. Brush scallops with seasoned butter. Broil about 3 inches from source of heat for 3 to 4 minutes. Turn carefully. Brush other side with seasoned butter and broil 3 to 4 minutes longer. Sprinkle with parsley. Combine butter and lemon juice; serve with scallops. Serves 6.



H A L I B U T

A SURE
PRAISE
WINNER
WITH
ALL



CHICKEN-FRIED HALIBUT STEAKS

2 pounds halibut steaks or other
fish steaks, fresh or frozen

½ cup flour

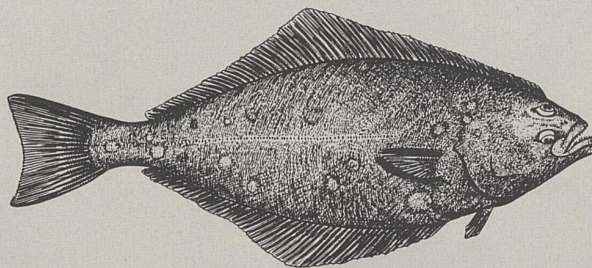
1 teaspoon salt

Dash pepper

1 tablespoon water

2 tablespoons chopped parsley

Thaw frozen steaks. Cut into serving-size portions and roll in flour seasoned with salt and pepper. 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. Add water; cover and simmer for 5 minutes. Remove fish to a hot platter. Pour pan gravy over fish and sprinkle with parsley. Serves 6.

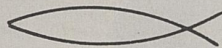




CLAM AND POTATO CASSEROLE

- | | |
|---------------------------|--------------------------------------|
| 1 quart clams | 1½ cups clam liquor and milk |
| ¼ cup butter or other fat | 1½ quarts sliced cooked potatoes |
| ¼ cup flour | ¾ cup chopped onion |
| 1½ teaspoons salt | 2 tablespoons grated Parmesan cheese |
| Dash pepper | Paprika |
| ½ teaspoon curry powder | |

Drain clams and save liquor. Chop. Melt butter; blend in flour and seasonings. Add clam liquor gradually and cook until thick and smooth, stirring constantly. Add clams. Place one-half the potatoes in a well-greased 2-quart casserole, sprinkle one-half the onion over potatoes, and cover with one-half the sauce. Repeat. Sprinkle with cheese and paprika. Bake in a moderate oven, 350°F., for 45 to 50 minutes or until brown. Serves 6.



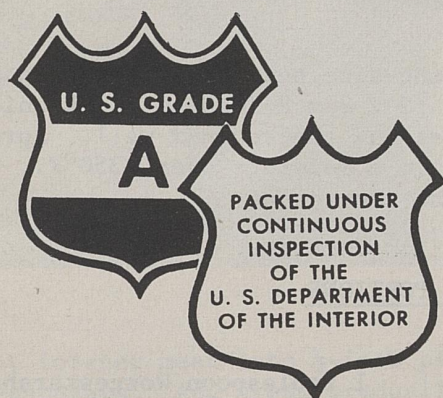
CRAB GUMBO

- | | |
|-----------------------------------|---|
| ½ pound crab meat | ¼ teaspoon sugar |
| ½ cup chopped onion | 1 whole bay leaf |
| ½ cup chopped celery | Dash pepper |
| 1 clove garlic, finely chopped | 1 package (10 ounces) frozen okra, sliced |
| ½ cup butter or other fat, melted | 2 cans (1 pound 4 ounces each) tomatoes |
| 2 teaspoons salt | 1½ cups cooked rice |
| ¼ teaspoon crushed whole thyme | |

Remove any shell or cartilage from crab meat. Cook onion, celery, and garlic in butter until tender. Add seasonings, okra, and tomatoes. Cover and simmer for 45 minutes. Remove bay leaf. Add crab meat; heat. Serve over rice. Serves 6.



A
SIGN
OF
GOOD
QUALITY



FISH STICKS CAPRI

2 packages (8 ounces each)
frozen fried fish sticks

$\frac{1}{2}$ cup chopped celery

2 tablespoons salad oil

2 tablespoons flour

$\frac{1}{2}$ teaspoon oregano

$\frac{1}{2}$ teaspoon garlic salt

$\frac{1}{2}$ teaspoon sugar

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

$\frac{1}{2}$ teaspoon basil

Dash cayenne pepper

1 can (16 ounces) tomatoes

Cook celery in oil until tender. Blend in flour and seasonings. Add tomatoes and simmer for 30 minutes or until slightly thickened. Place fish sticks in a single layer on a well-greased cooky sheet, 15 x 12 inches. Bake in a hot oven, 400°F., for 15 to 20 minutes or until heated through and crisp. Serve sauce over fish sticks. Serves 6.



FLOUNDER FILLETS AU FROMAGE



2 pounds flounder fillets
or other fish fillets,
fresh or frozen

1 teaspoon salt

Dash pepper

2 tablespoons chopped
onion

$\frac{1}{4}$ cup butter or other fat,
melted

2 cups soft bread cubes

$\frac{1}{2}$ cup grated cheese

$\frac{1}{2}$ cup milk

Thaw frozen fillets. Cut into serving-size portions. Place in a single layer in a well-greased baking pan, 12 x 8 x 2 inches. Cook onion in butter until tender. Add bread cubes and cheese; mix well. Spread over fish. Pour milk around fish. Bake in a moderate oven, 350°F., for 30 to 35 minutes or until fish is brown. Serves 6.

GOURMET PORTIONS

2 pounds frozen, unbreaded fish
portions

$\frac{1}{2}$ cup dry bread crumbs

$\frac{1}{4}$ cup butter or other fat,
melted

1 tablespoon lemon juice

1 tablespoon Worcestershire
sauce

1 teaspoon prepared
mustard

1 teaspoon salt

Dash pepper

Dash paprika

Place frozen portions in a single layer in a well-greased baking pan, 12 x 8 x 2 inches. Combine remaining ingredients. Place on top of fish. Bake in a moderate oven, 350°F., for 30 to 40 minutes. Place under broiler about 3 inches from source of heat. Broil for 4 minutes or until crumbs are browned and fish flakes easily when tested with a fork. Serves 6.

EVEN YOUR MOST DISTINGUISHED GUEST WILL TIP HIS HAT WHEN YOU SERVE THIS VERY POPULAR SHELLFISH.



LOBSTER NEWBURG

3/4 pound cooked lobster
meat

1/2 cup butter or margarine

2 tablespoons flour

1 teaspoon salt

1/2 teaspoon paprika

Dash cayenne Pepper

1 pint coffee cream

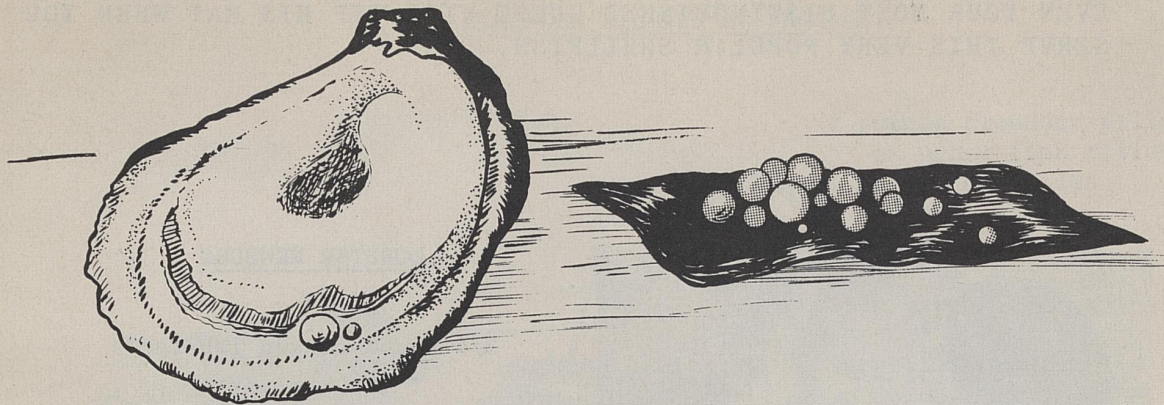
2 egg yolks, beaten

2 tablespoons sherry

Toast points

Cut lobster meat into 1/2-inch pieces. Melt butter; blend in flour and seasonings. Add cream gradually and cook until thick and smooth, stirring constantly. Stir a little of the hot sauce into egg yolk; add to remaining sauce, stirring constantly. Add lobster meat; heat. Remove from heat and slowly stir in sherry. Serve immediately on toast points. Serves 6.





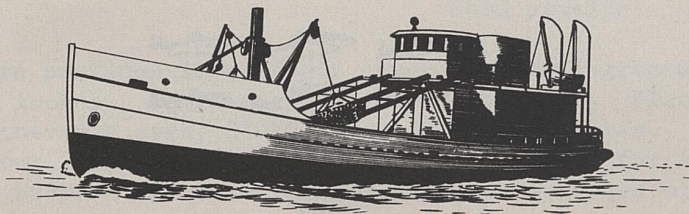
Oysters are a treasure, with or without the pearl.
A nutritive treasure, that is.

OYSTER FRITTERS

1 pint oysters	2 eggs, beaten
2 cups sifted flour	1 cup milk
1 tablespoon baking powder	1 tablespoon butter or other fat, melted
1½ teaspoons salt	

Drain oysters, and chop. Sift dry ingredients together. Combine eggs, milk, and butter. Pour into dry ingredients and stir until smooth. Add oysters and mix well. Drop batter by teaspoonfuls into deep fat, 350°F. Fry about 3 minutes or until golden brown. Drain on absorbent paper. Serves 6.

OYSTER DREDGE Atlantic Coast



SALMON CURRY

1 pound can salmon	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup chopped onion	$\frac{1}{2}$ teaspoon ginger
3 tablespoons butter or other fat, melted	Dash pepper
3 tablespoons flour	2 cups salmon liquid and milk
$1\frac{1}{2}$ teaspoons curry powder	3 cups cooked rice

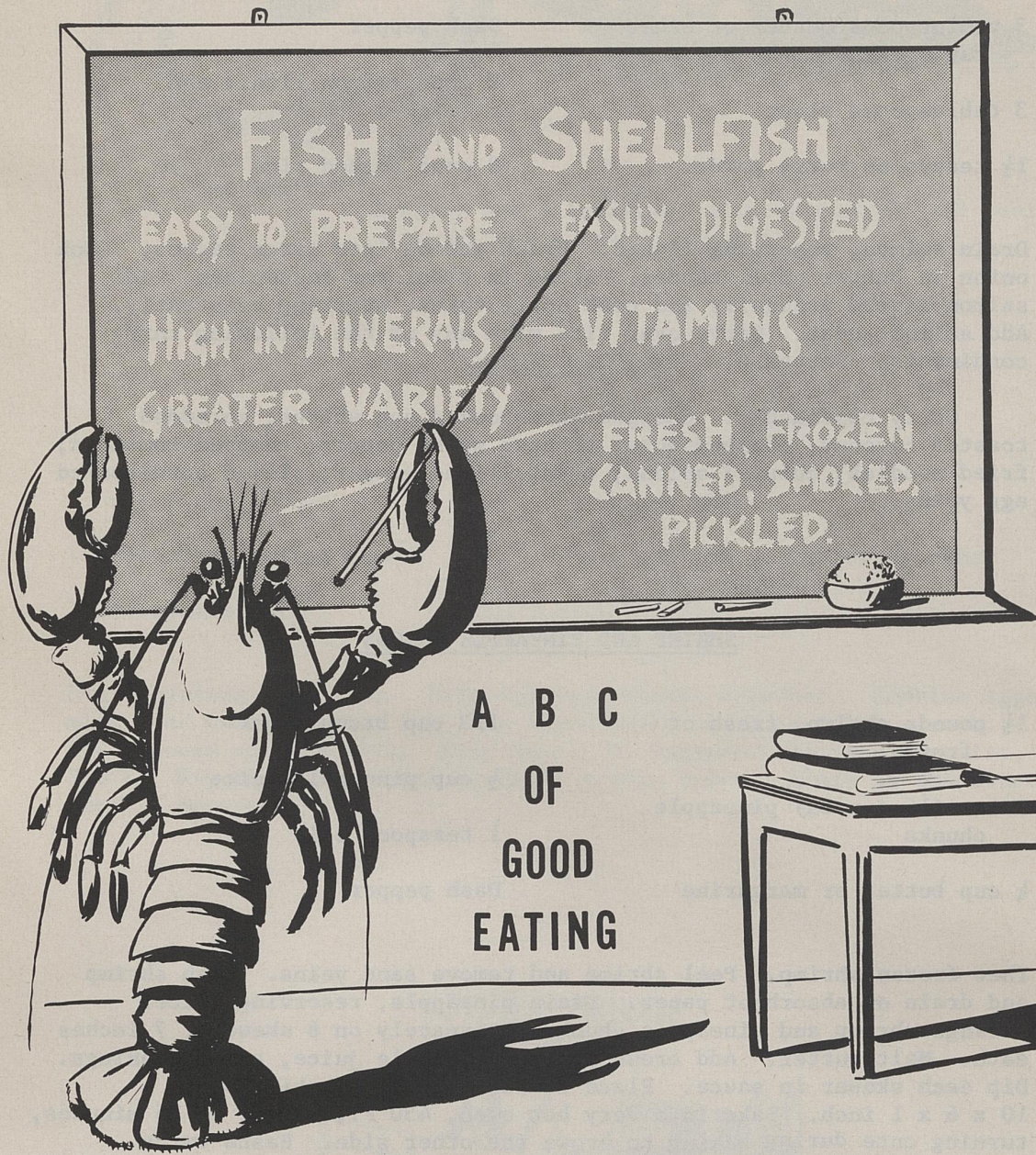
Drain salmon, reserving liquid. Break salmon into large pieces. Cook onion in butter until tender. Blend in flour and seasonings. Add salmon liquid gradually and cook until thick, stirring constantly. Add salmon; heat. Serve over rice with any of the following curry condiments. Serves 6.

Curry condiments: chopped hard-cooked egg whites; shredded toasted coconut; chopped nuts; chopped green pepper; chopped tomatoes; fried noodles; chopped onions; crystallized ginger; sieved hard-cooked egg yolks.

SHRIMP AND PINEAPPLE KABOBS

$1\frac{1}{2}$ pounds shrimp, fresh or frozen	$\frac{1}{3}$ cup brown sugar
1 can (16 ounces) pineapple chunks	$\frac{1}{2}$ cup pineapple juice
$\frac{1}{2}$ cup butter or margarine	1 teaspoon salt
	Dash pepper

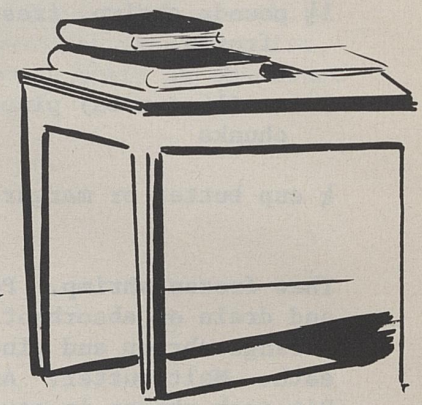
Thaw frozen shrimp. Peel shrimp and remove sand veins. Wash shrimp and drain on absorbent paper. Drain pineapple, reserving juice. Arrange shrimp and pineapple chunks alternately on 6 skewers, 7 inches each. Melt butter. Add brown sugar, pineapple juice, and seasonings. Dip each skewer in sauce. Place skewers across a baking pan, 10 x 6 x 1 inch. Bake in a very hot oven, 450°F., for 20 to 25 minutes, turning once during baking to brown the other side. Baste twice during baking. Serves 6.



FISH AND SHELLFISH
 EASY TO PREPARE — EASILY DIGESTED
 HIGH IN MINERALS — VITAMINS
 GREATER VARIETY

FRESH, FROZEN
 CANNED, SMOKED,
 PICKLED.

A B C
 OF
 GOOD
 EATING



FYKE NET FISHING GREAT LAKES





BRIGHTEN YOUR MENU!

SERVE MORE FISH
& SHELLFISH!

FMB 24 15 60