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**FISH RECIPES**



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The Value of  
FISH  
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## FISH RECIPES

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ISSUED BY THE DEPARTMENT OF  
FISHERIES - - OTTAWA, CANADA

Honourable J. E. Michaud, M.P., *Minister*

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*Prepared under the direction of the Depart-  
ment's Lecturer-Demonstrators*

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ISSUED BY THE DEPARTMENT OF FISHERIES - OTTAWA CANADA

Prepared under the direction of the Department of Fisheries, Ottawa, Canada

OTTAWA  
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# The Value of **FISH**

## **IN THE DAILY DIET**

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**F**ISH is one of the most valuable forms of food," says Dr. Robert E. Wodehouse, O.B.E., Deputy Minister of Pensions and National Health for Canada, "containing as it does the same constituents as meat but in a more digestible form." Other health authorities and scientists of similar high standing have given like testimony to the value of Fish as food.

These authorities have spoken of Fish in its relation to health and strength. To what they have said may be added the testimony that Canadian Fish, properly cooked, are delicious food, which are especially easy of assimilation by the human body. Canadian Fish—and "Fish" is used as including Shellfish—come from pure cold waters where there are rich feeding grounds. Their tissues are firm but very tender. Each variety of Fish has its own flavour. If it has been marketed in a processed form, such as canned, smoked, pickled or dried, it has been prepared according to modern methods, just as fresh and frozen Fish are handled by the fishing industry according to approved modern methods.

Like any other food, however, Fish may be robbed of much of their natural nutritive value, flavour and tastiness by faulty cooking. This booklet is intended to acquaint housewives with some methods of fish cookery which have been proven satisfactory by experience.

### Nourishing, Healthful

Fish contain relatively high percentages of complete proteins, and proteins, of course, make up the most important single food constituent. That is what makes them nourishing. In protein percentage, indeed, Fish are definitely superior to some other well known foods which are generally regarded as especially nourishing. Like meats, Fish also contain fats, energy foods, but fish fats are quicker sources of energy for the body than many others.

Fish take on particular value as builders of health because of their mineral and vitamin content, especially vitamin D. All humans require vitamins if their bodies are to be sound and strong but children, especially, have need of them. Vitamin A, which promotes growth and enables the body to resist disease, is present in Fish. Vitamin A is present in other foods, as well, but, on the other hand, vitamin D, which is vital to proper bone formation in children and prevents such ills as rickets, has been found much more abundant in Fish than in any other food. Other vitamins, too, are present in different kinds of Fish.

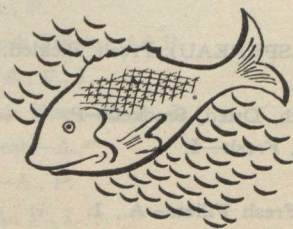
Generally speaking, Fish are rich in mineral salts essential to human health and strength. For example, Fish supply calcium (lime) and phosphorus, which are required for the building of sound bones and teeth. For another example, copper is apparently present in all Fish, especially in Shellfish, and this copper content makes Fish Foods particularly valuable in the diet of persons disposed to anaemia since it makes it possible for the body to utilize iron in blood building. Other examples of mineral content might be cited for Fish spend their lives in an element into which mineral salts of all kinds are seeping all the time from the surrounding land. Suffice it to say further, however, that sea Fish are the richest known food source of iodine, the great preventative of such a disease as goitre.

### Delicious, Economical

Canadian Fish are delicious and healthful but they are also economical food, having regard to their nutritive

and health value. No food is really cheap, of course, no matter what its price, if it does not make for proper bodily growth and sound health. Canadian Fish do that. Moreover, as Fish are marketed to-day there is comparatively little waste, another factor which keeps down net cost. There is this further fact, too, that although Fish may be served with condiments and sauces and garnishes, when taste dictates, it is not necessary to make use of these additions and tasty, simple Fish dishes may always be prepared at low cost.

So many different kinds of Fish are obtainable from Canadian sources, as may be seen from the list of Canadian fisheries products on pages 6-8, and they may be prepared in so many different ways, that it is possible to serve Fish Foods frequently without risk of monotony in the family meals. There is no time of the year, moreover, when a wide variety of choice is not open to the housewife. Some Fish are taken at certain seasons only but others the year 'round and, in any case, with modern methods of operation employed by the Dominion's nation-wide fishing industry there is no season when the Canadian consumer cannot obtain excellent Canadian Fish either fresh or frozen or in some processed form.



## CANADIAN FISH IN WIDE VARIETY

**M**ORE than sixty different kinds of food fish and shellfish are put on the market by Canada's fishermen. Thus, it is easy for the Canadian housewife to serve fish foods frequently without risk of monotony in the family diet. Moreover, there is no time of the year when these fish foods are not available in one market form or another, or in several of those forms. The Dominion's fishing industry employs thoroughly modern methods of handling and processing fish and shellfish and if a particular kind of fresh fish is not available at a particular season it will be obtainable, nevertheless, as a frozen product or canned, smoked, pickled, or dried.

Following is a list of the food fish and shellfish which are taken by Canada's commercial fishermen, and the various forms in which they are marketed. In the list the letter "A" following the name of a fish or shellfish means that the species in question is found in Atlantic waters of the Dominion, "P" that it is taken on the Pacific Coast and "I" that it is from the freshwater or inland fisheries. In naming the forms in which the catches are marketed the term "Fresh" is used as including frozen fish for fish frozen by modern Canadian methods are thoroughly fresh.

ALEWIVES (or GASPEREAU), Fresh, Pickled, Smoked—A., I.

BASS, Fresh—A., I.

BLACK COD, Fresh, Dried, Smoked—P.

BLUE PICKEREL, Fresh—I.

CARP, Fresh—I.

CATFISH, Fresh, Fresh Fillets—A., I.

CISCOES (or LAKE HERRING), Fresh—I.

COD, Fresh, Fresh Fillets, Boneless, Canned, Dried, Smoked Fillets—  
A., P.

EELS, Fresh—A., I.

FLOUNDERS, (including PLAICE, etc.), Fresh, Fresh Fillets—A., P.

HADDOCK, Fresh, Fresh Fillets, Boneless, Canned, Dried, Smoked,  
Smoked Fillets—A.  
GOLDEYES, Fresh, Smoked—I.  
HAKE (and CUSK), Fresh, Fresh Fillets, Boneless, Canned, Dried,  
Smoked Fillets—A., P.—(Cusk, Atlantic only.)  
HALIBUT, Fresh, Canned, Smoked—A., P.  
HERRING, Fresh, Boneless, Canned, Pickled, Smoked—A., P., I.  
LING, Fresh—I.  
LING COD, Fresh, Smoked Fillets—P.  
MACKEREL, Fresh, Canned, Pickled, Smoked, Salted Fillets—A.  
MASKINONGE, Fresh—I.  
MULLETS, Fresh—I.  
OCTOPUS, Fresh—P.  
OULACHONS (or CANDLEFISH), Fresh.—P.  
PERCH, Fresh—A., P., I.  
PICKEREL, (or DORE), Fresh—I.  
PIKE, Fresh—I.  
PILCHARDS, Fresh, Canned—P.  
POLLOCK, Fresh, Boneless, Dried, Fresh Fillets, Smoked—A.  
RED AND ROCK COD, Fresh, Smoked—P.  
SALMON, Fresh, Canned, Dry-salted, Smoked, Pickled, Paste, Roe—  
A., P., I.  
SARDINES, Canned—A.  
SAUGERS, Fresh—I.  
SHAD, Fresh, Pickled—A., P., I.  
SKATE, Fresh—A., P.  
SOLES, Fresh, Fresh Fillets—A., P.  
SMELTS, Fresh—A., P., I.  
STURGEON, Fresh, Roe—A., P., I.  
SWORDFISH, Fresh—A.  
TOMCOD, Fresh—A., P.  
TROUT, Fresh—A., P., I.  
TULLIBEE, Fresh and Smoked—I.  
TUNA, Fresh, Canned—A.  
WHITEFISH, Fresh, Smoked—I.  
WHITING, Fresh—P.



Several other varieties of food fish, such as Bullhead, Grayling, Ouananiche and Sucker, are also taken in the Inland Fisheries, but not in large commercial quantities.

### Shellfish

ABALONE, Canned—P.

CLAMS (and QUAHAUGS), Fresh, Canned, Chowder—A., P.  
Quahaugs, A. only.

COCKLES, Fresh—A.

CRABS, Fresh, Canned—A., P.

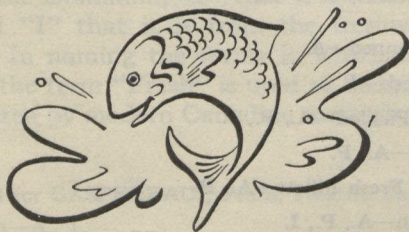
LOBSTERS, Fresh, Canned, Lobster Paste—A.

OYSTERS, Fresh, Canned—A., P.

SCALLOPS, Shelled, Canned—A.

SHRIMPS, Fresh, Canned—P.

WINKLES, Fresh.—A., P.





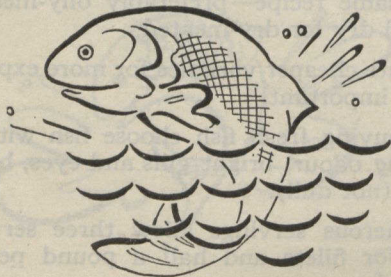
## BUYING FISH

1. Buy fresh fish when it is most plentiful, if price is to be considered. It is cheapest and usually at its best then.
2. Choose thick plump fish in preference to long slender ones of the same variety for quality and economy.
3. When large whole slices are not required for dishes, such as in salads, cuts from near the head or tail will often serve as well, and will cost less.
4. For variety's sake, substitute different kinds of fish in the same recipe—preferably oily-meated fish for oily, and dry for dry-meated.
5. Substitute cheaper varieties for more expensive where price is important.
6. When buying fresh fish choose fish with firm flesh, no *strong* odour, bright gills and eyes, bloom on skin or flesh (not dull).
7. For generous servings allow three servings to the pound for fillets and half a pound per person for whole fish.
8. It is sound economy to buy a pound or so extra when purchasing fish, so that if any is left from the first meal it may not be wasted, but combined with the extra fish and used in another way for a second meal.
9. Keep a supply of processed fish on hand—canned, smoked, dried, or pickled fish.

10. Make any day a fish day. Buy fish more frequently during the week. This will mean more frequent purchases by the retailer, better service for the housewife and cheaper and better fish.

## KEEPING FRESH OR FROZEN FISH

1. Clean fish and place on ice or in a cold place until cooking time. Fish must be kept cold to prevent spoilage and loss of juices and flavour.
2. Wrap in waxed paper to keep the air from drying off cut surfaces.
3. Cover closely when storing in the refrigerator with other foods, to prevent odours affecting the other foods.
4. Do not thaw, if frozen, unless too stiff to work with; then just partly thaw, slowly, in a cool place and use at once. If quick thawing is necessary place the fish in cold water for a *short* time.





## PREPARING FISH FOR COOKING

1. To Scale a whole fish: Using a dull knife and starting from the tail, work toward the head. Hold the knife at an angle of about  $45^{\circ}$  to prevent the scales from flying too much and the skin from being cut.
2. To Clean: Split the fish from back of the gills to the vent. Cut off the head and tail if they are to be removed (if the head is left on, remove the gills and eyes and trim the inedible part of the tail). Lift out the viscera and wash away any blood. Scrape the backbone clean, and remove the black membrane (when present) by rubbing with salt. Wipe the inside and outside with a damp cloth and dry the fish. Salt lightly and place in a cold retainer until cooking time.
3. To Skin: Remove the dorsal (back) fins by cutting along each side and pulling them out, pulling toward the head. Cut the skin around the gills and cut off a narrow strip down the back. Start pulling the skin off with the fingers, beginning at the bony part of the gills. A knife may be used to follow the skin to prevent the flesh from tearing. A fresh fish is skinned easily. Soft fleshed fish require more care. Do not skin oily-meated fish before cooking in order to save the fat which lies directly under the skin.
4. To Bone: Continue beyond the vent, the cut made when cleaning the fish. Then, beginning at the tail insert a sharp knife between the flesh and the backbone. Keep the knife as close to the bone as possible and work it toward the head, cutting the bone clear from that side of the flesh. Turn and cut the bone from

the other side. Remove with the fingers any bones left. With small fresh fish a fillet of fish may be lifted off the bones by making a slit down the backbone, too, and, starting from the head end, lifting the flesh carefully off the backbone with the fingers.

5. Wipe fish with a cloth wrung out in cold, salted water. never leave fresh fish soaking in water, or place fillets or steaks of fish in water to clean. Otherwise, the soluble juices, which give fish flavour, will be lost in the water.

## COOKING FISH

1. Bake or broil fish *quickly* to keep the flavour, allowing from 8 to 10 minutes per inch thickness of fish, with a temperature of 450° to 500° F. Juices "set" on contact with high temperatures, and long slow cooking is not required, for fish have little connective tissue requiring softening. Lower the temperature after the first 10 minutes, for thick whole fish, and if a dry-meated variety of fish is used, sprinkle with some oil or cooking fat to prevent the outside from becoming too dry.
2. Allow from 8 to 10 minutes per pound of fish for boiling, increasing to 10 or 15 minutes per pound if a very thick piece of fish is boiled. (See Boiled Fish.) Steaming requires longer. Turn very thick pieces for quicker steaming.
3. When using frozen fish it is best to cook it while still frozen; in this way the escape of the juices is avoided. Allow a slightly longer cooking time than when using unfrozen fish.

## OVERCOMING ODOURS

1. Clean hands, after handling raw fish, by rubbing them with salt and then rinsing.
2. Kill cooking odours by burning orange peel, coffee, or sugar in a pan. Cut the burnt sugar from the pan by adding some vinegar and cooking them together.
3. Dishes which have held fish should be washed in water with a generous quantity of dry mustard or washing soda added.

# 100 *tempting* **FISH RECIPES**

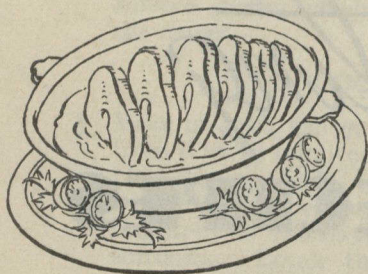
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**I**N preparing this cookery booklet thought has been taken, primarily, of the ordinary requirements of the average Canadian household. The suggestions and instructions and recipes which have been included are those which may be followed readily in the ordinary family kitchen anywhere. The book is intended simply to cover the field in such a way as will satisfactorily serve the average home.

In some of the recipes no particular variety of fish is named for use, but in every recipe of this kind *any variety of Canadian fish may be utilized*—any Sea Fish or any Fresh-water Fish. For example, the recipe for preparing Moulded Salad calls for two cups of “flaked fish”, which means two cups of haddock or whitefish or salmon or cisco or any other variety of Canadian fish. In a number of instances, however, recipes are also given for using particular varieties of fish and shellfish, such as halibut, salmon, sardines, clams, etc.

## Boiled Fish

Wipe the fish clean and cut in servings. Season each piece with salt and a few drops of lemon juice or vinegar, leaving out the vinegar if salmon is used. (The acid keeps the flesh firm and white.) Place the slices together as before cutting and put the fish in dampened parchment (vegetable) paper. The fish will stick together after cooking, but may be easily separated into slices by running a knife between marks of previous slicing. Tie the paper into a bag and plunge into boiling water. Keep the bag from touching the bottom of the kettle by placing a metal jar ring on the bottom. Boil rapidly for five minutes and then more slowly, allowing from 8 to



10 minutes for each pound of fish. Save the juices from the fish which will be inside the paper and make a sauce; a thick white sauce may be made while the fish is boiling and then thinned with the liquor from the fish, hard-cooked, chopped or sliced eggs added to it, and the egg sauce served with the fish. Wash the paper and dry for using again.

## Fish in Court Bouillon

- |                                    |                                    |
|------------------------------------|------------------------------------|
| 1 quart of boiling water           | 1 sliced onion                     |
| $\frac{1}{2}$ cup vinegar          | 1 sliced carrot                    |
| 1 tablespoon salt                  | 1 stalk of celery or celery leaves |
| $\frac{1}{2}$ teaspoon peppercorns | Parsley, 1 bayleaf                 |
| 1 leaf of thyme                    |                                    |

Mix all ingredients and cook 10 minutes in a closed kettle. Plunge fish in boiling bouillon and simmer until well cooked. Fish may be wrapped in cheesecloth first.

## Fish Cooked in Parchment Paper

Cut the fish ready to serve. Soak it in heavily salted cold water for five minutes (2 tablespoons salt to one cup of water).

Rinse paper in cold water. Spread it. Put the fish in the centre of paper. Add salt, pepper, chopped onion

or chopped celery, and a small piece of butter. Arrange paper so as to form a bag. Tie it with a string and put in boiling water. Boil 30 minutes. Open the paper, take out water and mix it with an equal quantity of milk, and prepare a sauce with 2 tablespoons butter, 2 tablespoons flour to each cup of liquid. Season well and serve very hot.

### Fish Cooked in Milk

Cut the fish ready to serve. Soak in heavily salted cold water for five minutes. Then place the pieces of fish in boiling milk. Simmer until well cooked. Prepare a sauce with the milk—2 tablespoons of butter, 2 tablespoons of flour to each cup of liquid. Season well.

### Broiled Fish

Clean the fish, using any of the small whole fish, or cuts of any fish. Sprinkle with salt and a few drops of lemon juice or vinegar (except in the case of salmon) and place between the wires of a toast rack. If the fish is dry-meated, sprinkle with a little cooking oil or fat. Place on pre-heated broiler, cooking the split or cut side first, turning when the fish has "set" and cooking on the other side. Over or under a hot flame or burner a fish, if not too thick, should cook within 10 minutes. The toast rack saves the broiler and makes for easy handling of the fish.

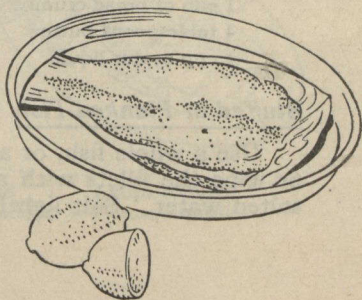
### Spencer Method for Baking Whole Fish

Fish weighing 3 to 6 pounds

Oil or melted fat

Finely sifted bread crumbs

Prepare the fish by cutting off head, tail and fins, and splitting it down at the backbone like a finnan haddie so that it will lie open. Oil a baking pan and place fish in it, skin side down. Sprinkle well with salt, then strew all over with finely sifted bread crumbs. Now sprinkle over it oil or melted fat. Place in a hot oven of 500 degrees. Add no water. Bake quickly until well browned, allowing about 10 minutes per inch thickness of fish. The heat





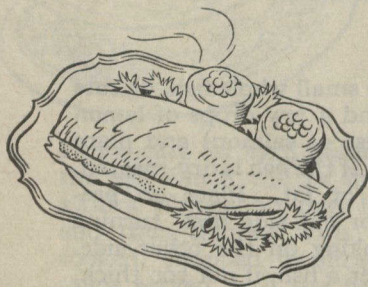
may be reduced for the larger fish towards the end of cooking time.

Colourlessly fried onions, if liked, may be strewed over the fish before the blanket of bread crumbs.

### Boned Stuffed Fish

The fish to be stuffed should be one of medium size, say about four pounds and very fresh.

How to prepare it: The fish is first scaled (this work is made easier by adding a little salt rubbed on the hands to facilitate scaling, as it will then retain one's grasp on the fish.) Then remove the eyes and gills. Take off about a third of the tail without changing its shape; clip off the fins and then the fish should be split for about two-thirds of its length on the under side. Then, by bending the body the backbone is broken near the head and tail, or cut the bone with scissors; then slip a strong sharp knife along the backbone, making the stroke on each side in turn. Then the



bone may be pulled out quite easily without removing to a great extent the muscles adhering to the skin. Some small bits of the flesh may come with it and they may be added to the stuffing, which is then put in, but not, by the way, before some lemon juice and some salt have been sprinkled over the inside of the fish. Bake in a moderate oven.

#### Stuffing:

1 cup of bread crumbs

4 tablespoons butter

$\frac{1}{2}$  cup oyster liquid

1 cup of oysters

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

Salt, pepper, onion juice

### Stuffed or Planked Fish

Use a whole fish, or any desired fillets. Clean the fish or wipe the fillets with a damp cloth, wrung out in cold, salted water. Salt lightly and stuff.

### Dressing:

- 2 cups of soft bread crumbs
- $\frac{1}{2}$  can of tomato soup or  $\frac{1}{2}$  cup of cooked strained tomatoes
- $1\frac{1}{2}$  tablespoons of melted butter or fat
- $\frac{1}{2}$  teaspoon salt, if soup is used, or 1 teaspoon salt if cooked tomatoes are used
- $\frac{1}{2}$  tablespoon of onion juice
- $\frac{1}{4}$  teaspoon poultry dressing

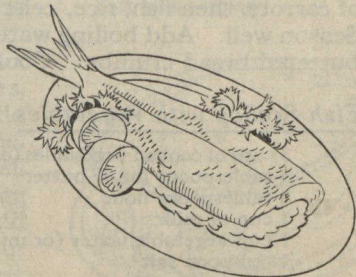
Mix together and stuff whole fish, or place the stuffing between two pieces of fillets. If a plank is used pre-heat it for 5 minutes at 400° F. Grease the plank or pan, place the stuffed fish on it, sprinkle with oil or melted fat, and bake in a 400° F. oven until the fish is cooked. Usually from 8 to 10 minutes per inch thickness of fish is sufficient. Serves 6.

Tomatoes stuffed with oysters, or creamed peas, and stuffed, parboiled onions may be placed around the planked fish and baked with it. Or potato croquettes may be alternated with the stuffed tomatoes or stuffed onions. Buttered bread crumbs and grated cheese may be used to stuff the tomatoes or onions, too.

### Stuffed Fish à la Newburg

- 2 pounds of fillets, or a whole fish
  - 2 cups of soft fine bread crumbs
  - 1 teaspoon of mixed poultry seasoning
  - 1 teaspoon salt
  - 1 tablespoon onion juice
  - 2 tablespoons melted fat or butter
  - Milk enough to mix the dressing,  $\frac{1}{2}$  cup if crumbs are soft
- Pepper

Clean the fish; wipe fillets with a damp cloth. Mix the other ingredients to form a dressing and stuff the whole fish, or place a fillet on a greased pan with the dressing on top of it and another fillet over the dressing. Make the following sauce and pour over the fish:



- 3 tablespoons butter or fat, melted
- 3 tablespoons flour sifted in and blended
- 2 cups of milk
- 1 teaspoon salt

Cook until thick, stirring to keep smooth. Add:

- 6 oysters or  $\frac{1}{2}$  cup flaked lobster (optional)
- 1 egg yolk (hard cooked and sieved)

Bake the fish in this sauce in a 400° F. oven until "set", allowing 10 minutes for each inch thickness of fish. Serves 6 to 7.

### Pickled Fish

Clean and salt 4 pounds of fish. Small whole fish or slices of fish may be used. Place the fish in a baking pan and add  $\frac{1}{4}$  cup of vinegar and 1 cup of hot water with 2 tablespoons of mixed pickling spices. The spices are best placed in a cheesecloth bag for easy removal. Baste frequently if liquid does not cover the fish. Cook for 10 minutes. Use cold or hot with salads or potato scallop. The fish may be stored in the liquor in stone crocks to keep. A slice of onion and 1 teaspoon each of cloves and cinnamon may be used in the liquid. Herring, smelts, sardines, and mackerel, as well as pieces of larger fish, are suggested for pickling.

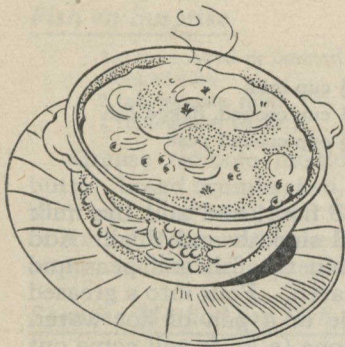
### Fish with Rice and Vegetables

- |                          |   |
|--------------------------|---|
| 4 tablespoons oil or fat | 2 cups potatoes diced or grated           |
| 1 cup chopped onions     | 2 $\frac{1}{2}$ cups diced raw fish       |
| 2 cups grated carrots    | 1 cup chopped celery                      |
| $\frac{1}{2}$ cup rice   | 2 cups boiling water                      |
| 2 cups tomatoes          | Salt and pepper, buttered<br>bread crumbs |

Fry onion in fat, and put in baking dish; add one layer of carrots, then fish, rice, celery and potatoes, all uncooked. Season well. Add boiling water, tomatoes and sprinkle with buttered bread crumbs. Cook in moderate oven 1 $\frac{1}{2}$  hours.

### Fish Scallop with Vegetables

- 3 cups of cooked vegetables (carrots, potatoes, onions, etc.)
- 3 tablespoons fat or butter
- 3 tablespoons flour
- 1 cup of milk
- 1 cup vegetable water (or milk, if none available)
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon pepper
- 1 cup cooked flaked fish (any canned or left-over baked or boiled fish)
- Sifted bread crumbs



Make a white sauce by melting butter, blending in flour, adding milk and vegetable water, and cooking till smooth and thick. Place the cooked, diced vegetables in a greased casserole, add the flaked fish, season, cover with the white sauce, sprinkle with bread crumbs and dot with butter. Bake in a moderate oven until brown and hot. Serves 6.

### Baked Fish and Pineapple

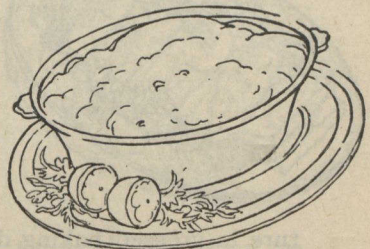
Line a greased casserole with sliced or cubed pineapple (drained). Add 2 cups of cooked, flaked fish—whitefish, haddock, or salmon suggested—mixed with  $\frac{3}{8}$  cup of cream. Season with salt and pepper. Beat together 1 cup of mashed potatoes, 1 beaten egg, 2 tablespoons of milk and a dash of paprika. Place this on top of the fish mixture. Bake in a moderate oven till hot and brown. Top with grated Canadian cheese just before removing from the oven. Fresh fillets may be used and, if so, the cooking time will be a little longer. Serves 6.

### Fish Soufflé

3 tablespoons butter  
4 tablespoons flour  
 $1\frac{1}{2}$  cups cooked or canned fish

3 or 4 eggs  
1 cup milk  
Salt and pepper

Melt butter, add flour, mix well, cook a few minutes, stirring constantly. Then add hot milk a little at a time. Season. When the sauce is well cooked, cool, add beaten egg yolks and fish. When cold, add the beaten egg whites. Pour mixture in a greased baking dish, and cook 30 to 40 minutes in a moderate oven.



### Fish Soufflé with Peas

3 tablespoons butter  
3 tablespoons flour  
 $\frac{1}{2}$  teaspoon salt

$\frac{1}{2}$  cup milk  
1 cup cooked, flaked fish  
 $\frac{1}{2}$  cup cooked peas

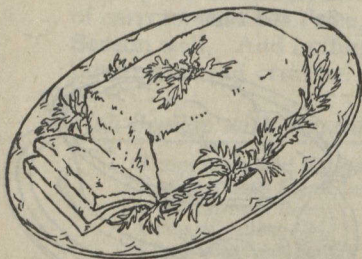
3 eggs

Melt the butter, blend in the flour, and add the milk slowly. Stir, while cooking, until smooth and thick. Add the egg yolks and beat well. Add the fish and peas and fold in the whites of eggs, well beaten. Pour into a greased casserole and place the casserole in a pan of hot water. Bake in a moderate oven until done (a knife will come out clean when the soufflé is done). The oven should be hot enough to brown the soufflé well. Serves five. Canned or left-over fish (boiled, baked, or steamed) may be used.

### Creamed Fish and Potato Chips

Combine one cup of medium thick white sauce with two cups of canned or left-over, cooked fish (boiled, steamed, or baked). Place alternate layers of the creamed fish and potato chips in a greased casserole. Season. Top the casserole with buttered, fine bread crumbs and heat well in a moderate oven until the top is brown. Whitefish, salmon, trout, haddock, halibut, etc., may be used.

### Fish Loaf



Melt 1 tablespoon butter, add 1 tablespoon of flour, mix and cook one minute, then add one cup of hot milk gradually, stirring constantly; season. Add to that sauce 2 cups of cooked or canned fish, 2 beaten eggs, 1 cup of soft bread crumbs, 1 chopped hard boiled egg, 2 chopped pickles, 3 tablespoons of parsley. Pour mixture in greased baking dish or mould. Place in a pan of boiling water, and cook for one hour in a moderate oven. Unmould. Serve hot or cold.

## Fish en Surprise

2 cups cooked or canned fish	1 egg
Cooked rice	2 tablespoons butter
2 tablespoons milk	$\frac{1}{2}$ cup bread crumbs
1 tablespoon parsley	Grated onion, salt, pepper

Grease timbale moulds, line with rice. Mix melted butter, bread crumbs, fish, beaten egg, milk and seasonings, then put into moulds. Cover with rice and set in a pan of boiling water and bake in oven for 30 minutes. Unmould on hot plates and serve with tomato sauce.

## Spencer Method for Fish Fillets

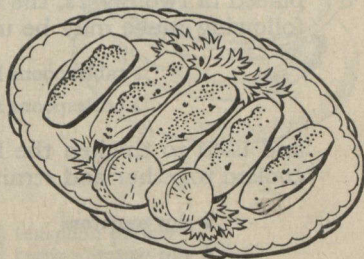
2 to 3 pounds fish fillets	Cup of milk
1 tablespoon salt	Finely sifted bread crumbs
Oil or melted fat	

Cut the fillets into portions, three to the pound. Soak the pieces in the salted milk 3 minutes, then cover with the sifted bread crumbs, using one hand for the wet work and the other for the dry, to keep the crumbs dry. Place in a pan and sprinkle with cooking oil or fat. Bake in a hot oven—450° to 500° F.—until fish is cooked. This will not take over 10 minutes for a piece one inch thick. Bread crumbs are used for they brown evenly. Grated cheese may be sprinkled over the top just before removing from the oven.

## Dressed Fillets of Haddock

1 cup of milk	2 cups of grated old Canadian cheese
$\frac{1}{2}$ cup of flour	2 tablespoons of butter
1 tablespoon mustard	Fresh chopped parsley

Prepare a white sauce with the butter, the flour and the mustard, and the milk; add the grated cheese, season. Wipe the fillets with a damp cloth, cut in individual pieces, cover each piece with the cheese mixture, sprinkle with chopped parsley, place on well buttered oven dish, and cook 20 minutes in moderate oven.



Fillets of any other kind of Canadian fish may be used instead of haddock fillets.

## Stuffed Fillets of Flounder

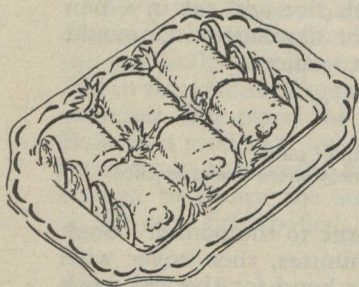
Fillets of flounder

Bread crumbs

Oysters, asparagus, lobster or sardines

Lemon juice

Salt and pepper



Wipe fillets with damp cloth, season with salt, pepper and lemon juice. Place a stalk of asparagus, a raw oyster, a sardine, or a piece of lobster on end of fillet, roll and fasten with short skewer. Sprinkle with bread crumbs, place a very small piece of butter on each rolled fillet, and cook 20 minutes in moderate oven. Serve with Hollandaise sauce.

Other fillets may be used.

## Sunset Scallop

Slice 2 medium-sized onions (or 1 large) and cook in as little water as possible, or sauté. Place them in the bottom of a greased baking-dish. Wipe 2 pounds of fillets or slices of any white-fleshed fish, using a damp cloth. (Cod, haddock, halibut, or whitefish are suggested.) Cut the fish in servings and place them on the onions. Pour over this one can of tomato soup and bake 10 minutes, or until the fish is cooked, in a 500° F. oven. If the fish has been placed in two layers, the cooking time will be longer. The following sauce may be used in place of the soup:

2 tablespoons butter or fat, melted

2 tablespoons flour added and blended

and used to thicken the following mixture which has been cooked together and strained:

1 cup tomatoes

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

4 whole cloves

1 tablespoon sugar

1 teaspoon salt

Cook until thick. Serves 6.

## Fish Crispies

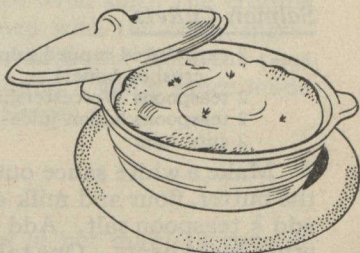
- 1 tablespoon onion juice
- 2 pounds fish—fillets of haddock, cod, whitefish
- 1½ cups fine, soft bread crumbs
- 1 tablespoon melted butter or fat
- 1 teaspoon poultry seasoning
- Salt and pepper to season
- ¾ cup milk to mix dressing—more if crumbs are drier

Wipe the fish with a cold, damp cloth and cut in servings. Salt lightly. Place on a greased baking pan. Mix the other ingredients to form a dressing and place a mound on each piece of fish. Sprinkle the fish and dressing with finely chopped bacon and bake in a hot oven (450° F. to 500° F.) until fish is done. This should not take over 10 minutes, if the fish is not over one and a half inches thick. The dressing and bacon will brown nicely in the same time. Serve with a Tartare sauce, if wished. Serves 5.

## Salmon Puff

- 3 cups mashed potatoes
- 1 pound can salmon (2 cups) or 1½ cups of any desired fish, cooked
- 1 finely minced onion or onion juice
- 1 tablespoon finely chopped parsley or celery
- 2 eggs

Mix the flaked fish and potatoes. Add the onion and parsley, then the beaten egg yolks, and fold in the beaten egg whites last. Place in a buttered casserole, dot with butter and bake in a moderate oven until brown. Serves 6.



## Salmon Loaf

- |  |   |
|--|---|
| 1 pound (2 cups) canned salmon         | ½ teaspoon pepper                               |
| 2 cups soft bread crumbs (rather fine) | ½ teaspoon salt—some fish require more          |
| 2 eggs, beaten                         | 1 tablespoon finely minced onion or onion juice |
| ¾ cup milk                             | 1 teaspoon lemon juice                          |



Remove the skin from the fish, crush the soft bones and use with the oil and flaked salmon. (Any kind of fish desired may be used instead of salmon.) Mix all the ingredients and place in a greased loaf tin, dot with butter, and bake in a moderate oven (350° F.) for  $\frac{3}{4}$  of an hour, or until the loaf is firm and browned. Serves 8.

### Salmon Loaf with Cottage Cheese

- |                                  |                      |
|----------------------------------|----------------------|
| $\frac{1}{2}$ cup milk           | 1 egg                |
| $1\frac{1}{2}$ soft bread crumbs | 2 cups canned salmon |
| 1 cup of cottage cheese          | 3 hard-cooked eggs   |
| 3 tablespoons parsley            |                      |



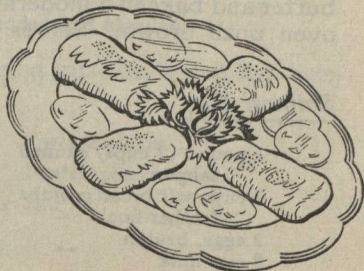
Pour the hot milk on the soft bread crumbs, mix well and let stand a few minutes, add the slightly beaten egg, the cheese, the salmon and the parsley; season. Place one-third of the mixture in a buttered baking dish (rectangular or oval). Place the hard-cooked eggs in the center, end to end, and add the rest

of the preparation. Cook in moderate oven 50 minutes. Unmould, serve hot or cold.

### Salmon Cutlets

- |  |                                 |
|--|---------------------------------|
| 2 cups flaked canned salmon (remove skin, but use oil and crushed bones) |                                 |
| 2 teaspoons Worcestershire sauce   |                                 |
| 2 teaspoons lemon juice  | $\frac{1}{4}$ cup butter or oil |
| 2 cups milk  | $\frac{1}{2}$ cup flour         |

Make a white sauce out of the butter, flour and milk and add  $\frac{1}{2}$  teaspoon salt. Add the other ingredients. One tablespoon of onion juice and dash of celery salt may be added, to suit the taste. Chill well and roll in finely sifted dry bread crumbs, after forming into cutlets. Bake on a greased sheet in a moderately hot oven. Serves 6 to 8.



### Pea and Salmon Pie

- |  |                                     |
|--|-------------------------------------|
| 1 pound can salmon (2 cups)<br>or left-over fish | 1 hard-cooked egg, sliced<br>thinly |
| 1 can peas (2 cups) or fresh<br>peas             | 1 tablespoon lemon juice            |
| 2 cups medium white sauce                        | Pepper and salt, if needed          |

Place in layers in a greased casserole—first a layer of sauce, then fish, lemon juice, peas and seasonings, ending with a top pie crust or fine, buttered bread crumbs. Bake in hot oven for 20 minutes, or until the crust is done and the filling is hot. Serves 6.

### Spring Casserole

- |   |                     |
|---|---------------------|
| 2 cups cooked peas  |                     |
| 2 cups flaked canned salmon—use oil and crushed soft<br>bones |                     |
| $\frac{1}{2}$ cup cream or whole milk                         | 1 tablespoon butter |
| Fine dry bread crumbs   | 1 teaspoon salt     |

Place the peas and salmon in alternate layers in a greased baking dish, with seasoning. Pour over them the milk or cream, sprinkle with the bread crumbs, and dot with butter. Bake in a moderate oven until the crumbs are brown and the cream combined with the other ingredients. If canned peas are used the liquid from the peas may be combined with the cream and a white sauce made to pour over the fish and peas. Serves 6.

### Salmon in Noodle Ring

Beat three eggs, add two cups of hot milk,  $1\frac{1}{2}$  cups of old Canadian cheese (grated), 1 cup of soft bread crumbs, 2 cups of cooked noodles; season and pour into a buttered ring mould. Place the mould in a pan of boiling water, cook in slow oven ( $325^{\circ}$ ). The preparation is cooked when a knife comes out clean after cutting through it. Unmould on hot platter, place the heated canned salmon in the cavity. Cover or not with sauce, Hollandaise or other.

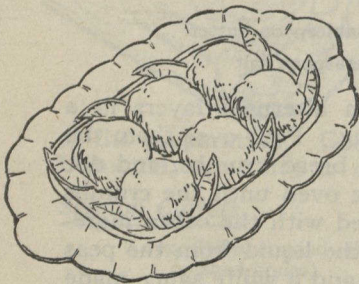
## Salmon Mousse

2 cups of cooked or canned salmon	1 cup whipping cream
1 cup fish broth	$\frac{1}{2}$ cup cold water
1 tablespoon gelatin	$\frac{1}{2}$ tablespoon salt
	Pepper

Soak gelatin in cold water for five minutes, add salt, pepper and hot broth. Cool. Add fish finely shredded. When partly set, add whipped cream. Place in mould previously rinsed in cold water.

## Fish Balls

1 cup fish—codfish, salmon, chicken haddie, etc.  
 $1\frac{1}{2}$  cups mashed potatoes  
1 egg, beaten  
1 tablespoon butter, melted  
Pepper and salt to season (according to kind of fish)  
 $\frac{1}{2}$  teaspoon onion juice



Any cooked, flaked fish may be used. Mix the ingredients well and beat until fluffy. Form in balls or cakes and roll in finely, sifted, dry bread crumbs. The fish balls may be chilled until time to cook. Sauté or deep fat fry (an inch cube of stale bread should brown in the fat in

40 seconds.) Drain and serve hot, with or without a sauce. Serves 4 or 5.

If salt codfish is used, tear it in shreds and freshen by covering with water. Change the water several times; then cover with cold water and just bring to the boil, or simmer. This will cook and further freshen the fish.

## Cod and Cheese Au Gratin

3 cups cooked cod	2 cups hot milk
$\frac{1}{2}$ cup grated Canadian cheese	3 tablespoons butter
$\frac{1}{2}$ cup buttered bread crumbs	3 tablespoons flour
	Seasonings

Prepare a white sauce with butter, flour, milk and cheese. Season. Place half the cod—or any other kind of white-fleshed fish may be used instead—in a buttered oven dish, cover with half of the cheese sauce, then a second layer of fish, and the rest of the sauce. Cover with the bread crumbs, brown in oven.

### How to Freshen Dried Salt Fish

1st Method: Wash the fish to take off the salt left on the surface, then soak in cold water twelve to eighteen hours, with the skin on top.

2nd Method: Shred the fish, wash it several times to take off salt left on the surface, then put it into cold water and heat to the boiling point; pour off the water, and repeat the operation a second and even a third time, if necessary. Do not cut dried salt fish with a steel knife; if a knife is used the fish will take on a “steely” taste.

### Salt Cod Hash

Heat oil or butter in frying pan, sauté chopped onion in it, then add freshened cod, shredded; diced cooked potatoes, season. Brown lightly. At the last moment add chopped parsley. Serve with vegetables in Béchamelle sauce.

### Scrambled Codfish

In a pan put 1 cup of shredded, freshened codfish with a large piece of butter (2 tablespoons). When it begins to brown, add 1 cup of milk. Cook a few minutes. Then add 3 well beaten eggs. Season. Stir until done like scrambled eggs. Serves 4 or 5.

### Mock Scallops

1 cup freshened salt cod

1 cup mashed potatoes

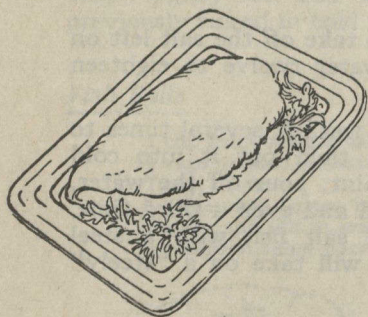
1 egg

Bread crumbs

Shred fish very fine, add potatoes and beaten egg, season. Shape in pieces the size of scallops. Dip in bread crumbs and fry in deep fat, (350°) one minute.

### Codfish Puff

Shred and freshen in several waters one-half cup salt codfish. Cover with cold water and just bring to the boiling point. Drain and flake. Add 1 cup of mashed potatoes, 1 tablespoon of butter,  $\frac{1}{8}$  teaspoon of pepper and salt, if needed. Beat vigorously. Put 2 tablespoons of fat in a hot iron frying pan and put in the mixture to  $\frac{1}{2}$  inch in thickness. Spread evenly and cook very slowly till a brown crust forms underneath. Turn and fold on a hot platter. Garnish with parsley. Serves 4 to 6.

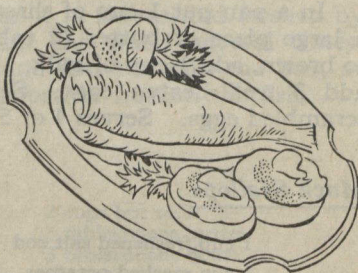


### Hugger-in-Butt

Shred and freshen  $\frac{3}{4}$  pound of salt codfish. Change the water several times. Add  $2\frac{1}{2}$  cups of diced potatoes and cook together. Cut  $\frac{1}{2}$  pound of salt, fat pork in small cubes and fry with 1 large onion, sliced. Drain potatoes and fish and serve with the pork scraps and onion. Butter may be used in place of the pork scraps. Serves 6.

### Baked Whitefish or Herring

Bone the fish and place in a baking pan. Cover them with a thick tomato soup and bake in a hot oven. The herring may be split and boned, then rolled and held in place with a toothpick. Serve hot with baked potatoes. Other fish beside herring and white fish may be used.



## Lake Trout with Dressing on Top, Spencer Method

- 2 lbs. fillets
- 1 quart of stale bread crumbs as for stuffing
- 1 teaspoon mixed poultry spices, thyme, marjoram, summer savory, etc.
- ½ cup of colourlessly fried onions
- Oil or butter to mix dressing
- Salt and pepper

Oil a glass or enamel baking dish suitable for table service. Place fillets in the dish, sprinkle with salt and pepper. Mix the materials for dressing together, then strew them over the top of the fillets one to two inches deep.

Place in hot oven, 500 degrees, 15 minutes. For the first 10 minutes invert another pan over the fish to prevent the dressing browning too rapidly, removing the cover the last 5 minutes. Dressing should be a fine shade of golden brown. Serve, if possible, from the same dish in which it is baked, or cut into square serving pieces and remove to a hot platter with the aid of pancake turner. Serve with Sauce Tartare.

## Mackerel Croquettes

- |                      |                               |
|----------------------|-------------------------------|
| 2 tablespoons butter | 2 cups mackerel               |
| 5 tablespoons flour  | 3 cups riced potatoes         |
| 1 cup milk           | 2 tablespoons chopped parsley |
| 1 egg                | Salt and pepper               |

Prepare a white sauce with the butter, flour and milk, season. Add to the potatoes and fish well mixed with two forks, add the egg slightly beaten, then the parsley. Place spoonfuls of the mixture on a buttered baking sheet, cook in hot oven (400°) 20 minutes.

## Pilchard Timbales

- |                            |                    |
|----------------------------|--------------------|
| 2 cups canned pilchard     | 1 cup tomato juice |
| 2 cups bread crumbs (soft) | 1 egg              |
| Salt, pepper, parsley      | Cooked macaroni    |

Season the fish. Mix together bread crumbs and tomato juice, add the fish, and the beaten eggs. Cook the sticks of macaroni at their full length in salted boiling water, when done rinse in cold water. Grease timbale moulds,

line each mould with macaroni, winding it around from bottom to top. Add fish mixture, cover with waxed paper, set in a pan of boiling water and bake 20 minutes. Unmould on hot plates and serve with tomato sauce.

Herring or mackerel can be used in this recipe instead of pilchards.

### Fried Smelts

Clean smelts, removing heads and tails. Do not remove the roe or milt. Wipe dry and roll in salted flour or corn-



meal. Heat 2 tablespoons of fat in a frying pan and fry fish brown. Cook the cut side first, turn and cook the other side. Serve with parsley butter. Start with fresh oil for each panful to prevent black crumbs from the previous lot sticking to the next lot of fish.

### Smelts in Olive Oil

Clean and wipe the fish, roll in salted flour, then in the beaten egg, sprinkle with fine bread crumbs. Put in frying pan, olive or other vegetable oil; when hot, place the smelts, cook two or three minutes, then turn. Serve with Tartare or Hollandaise sauce.

Other small fishes can be prepared similarly.

### Smelts in Deep Fat

Clean and wipe the fishes. String on wooden or metal skewer, running it through the eyes. Soak in milk, then roll in flour. Put in deep fat, cook three to four minutes.

Place on brown paper. Season. Serve on hot platter with slices of lemon and parsley.

Other small fishes can be prepared similarly.

### Halibut Buying

Halibut should be bought like beef steak: Too thin a piece of halibut becomes dry in cooking; 1 to 1½ inches is a good thickness for grilled or fried halibut. Frozen halibut should not be thawed before cooking.

### Halibut Steak

Brush the steak of halibut with oil or melted butter. Season with salt and pepper. Cook on grill under slow fire.

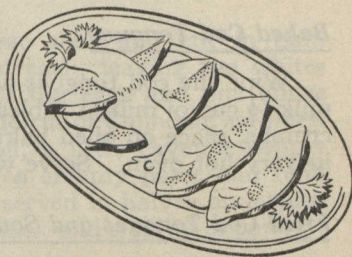
Serve with Hollandaise, Tartare, or other sauce.

### Baked Halibut with Tomato Sauce

2 pounds halibut  
Salt and pepper

2 cups of tomato sauce or  
Canned tomato soup

Wipe the slices of halibut with damp cloth or paper, place in buttered baking dish, pour the sauce or soup around the fish, and cook in moderate oven 35 minutes.



### Eels—How to Skin

Cut the skin around the neck and on the whole length on the underside; pull the skin from the neck, using pliers first, then the right hand, while the left hand holds the head. A piece of rough paper prevents the hand from slipping. Hooking the head of the eel on a nail also facilitates the work.

Eels can be baked (Spencer method) or cooked in Court Bouillon or in milk.



### Broiled Eels

Skin and clean the eel, take out the back bone; cut in individual pieces; cover with coarse salt for a few minutes; wipe carefully, brush with oil and cook from 15 to 20 minutes on oiled broiler. Lower the temperature after 8 or 10 minutes. Season with salt, pepper. Sprinkle with chopped parsley, serve with Tartare or Maître d'hôtel sauce, or lemon juice.

### Eel Matelote

Skin and clean the eel, take out backbone; cut the fish in narrow strips, and place in very cold salted water for five minutes.

Sauté a chopped large onion in two tablespoons of fat, oil, or butter, add the strips of eel, two to two and a half cups, then 2 cups of thinly sliced raw potatoes, one cup of thinly sliced carrots,  $\frac{1}{2}$  cup of raw rice. One-half cup of chopped celery can also be added if desired. Season with salt and pepper, cover with boiling water, cook on top of stove or in oven. When cooked, sprinkle with bread crumbs and brown a few minutes in oven.

### Baked Cod Tongues

Wipe the cod tongues with damp cloth, place in salted milk ( $\frac{1}{2}$  cup of milk, 1 tablespoon of salt) roll each in bread crumbs, place on oiled baking sheet, and cook 10 minutes in very hot oven. Serve with Tartare sauce.

### Fried Cod Tongues and Sounds

Freshen cod tongues, if salted, and dip in milk or egg (slightly beaten), roll in seasoned flour and fry in hot butter or fat. Sounds (air-bladders) may be cooked with the tongues in the same way. Serve with a sauce if wished, or boil the tongues and serve with a cream sauce.

### Cod Roe and Green Peas

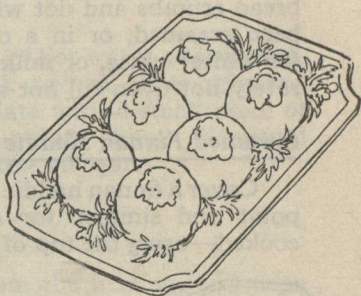
Cook cod roe in Court Bouillon or salted, acidulated boiling water for 20 minutes; cool. Prepare a cream sauce,

add green peas, and the sliced or cubed roe. Place in buttered scallop shells, sprinkle with bread crumbs, and place in oven until delicately browned. Mashed potatoes may be added, using a pastry bag.

### Tomatoes Stuffed with Sardine

Cut core out of firm ripe tomatoes, and replace with the following dressing: The contents of one tin of Canadian sardines for (every four tomatoes) mashed with one ounce of warmed butter. Add grated crackers and mix with a teaspoonful of Worcester sauce and cayenne pepper to taste. A little finely cut onion may be used if desired.

When this is mixed to a firm paste pack into the tomatoes to give them body and bake in the oven, each with a small piece of butter on top.



### Eggs Stuffed with Sardines

Boil eggs until hard, remove shell and cut in half. Scoop out carefully the yolk of each, leaving the whites cup-shaped. With the yolks of the eggs and one ounce of butter mix the contents of one tin of Canadian sardines. Add a tablespoonful of olive oil, a little cayenne pepper and vinegar to taste. Beat to a creamy paste and refill whites of eggs. These may be served in halves on lettuce or secured together with a toothpick and a spray of parsley.

### Finnan Haddie in Milk

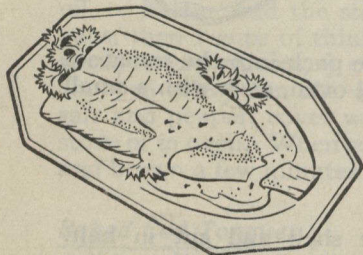
Cover the fish with water and simmer for a few minutes. Drain and add 1 cup of warm milk and two tablespoons of butter. Place in the oven to keep warm, but do not leave long enough for the milk to curdle. (The fish is simmered in water because the smoke in the fish would curdle the milk if it were cooked in milk first.) Serve with a garnish of parsley. Two pounds of fish will serve 6.

### Finnan Haddie and Potato Scallop

Place a layer of cooked, sliced potatoes in a greased casserole; season and dot with butter. Add half a tablespoon of onion juice and pieces of left-over, cooked finnan haddie. Repeat until the casserole is full, cover with fine bread crumbs and dot with butter. If the haddie has not been creamed, or in a cream sauce, add layers of cream (or white) sauce, or milk to the scallop. Bake in a moderately hot oven till hot and brown.

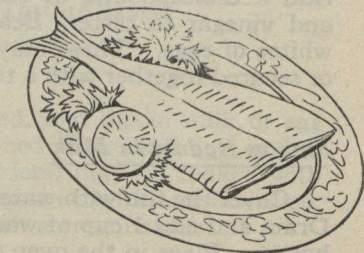
### Creamed Finnan Haddie

Cover a finnan haddie with water, let come to the boiling point and simmer for a few minutes until the fish is cooked—using the top of the stove or the oven. Drain the fish, lay on a hot platter and place small pieces of butter on top. Return to the oven to heat and just before serving add  $\frac{1}{2}$  cup of cream or whole milk heated. Do not let the fish remain too long or the cream may curdle from the smoked fish. Garnish with parsley.



### Goldeyes with Lemon Juice

Place the fish in a pan with a little water and heat in the oven. Remove the skin and sprinkle with a little lemon juice, dot with butter, season to suit taste, and return to the oven for a few minutes. Serve hot, with a sauce if wished.



### Grilled Goldeyes

Wash the goldeyes, dry them, place on oiled grill, brush with melted butter and cook in moderate oven 12 minutes.

Second Method: Place the fish washed and dried in a dampened parchment paper. Cook 20 minutes over boiling water. At the time of serving sprinkle with melted butter. Serve with lemon.

### Kippered Herring

Place kippers in a shallow pan of hot water and simmer, or bring slowly to a boil. Cook two or three minutes. Drain well and place on a hot plate with a small piece of butter on each fish. Serve with potato chips. Kippered herring may also be baked in spiced vinegar.

### Grilled Kippered Herring

Remove the head and tail from the herring, and wipe with a damp cloth. Grease the grill and place the herring on it. Toast on the skin side for a minute, turn and place a small piece of butter on the fleshy side and grill for 2 or 3 minutes. Serve on hot buttered toast, with lemon juice if wished.

### Baked Kippered Herring

4 kippered herring	$\frac{1}{2}$ green pepper, chopped
$1\frac{1}{2}$ cups tomato juice	3 slices of onion
Paprika or Pepper	

Prepare the fish, removing the head, tail, etc., if not already prepared. Place in a greased baking dish. Sauté the green pepper and onion in a little butter, and add to the fish. Pour the tomato juice over the fish and sprinkle with pepper. Bake in a moderate oven, for a few minutes, until the fish is cooked through.

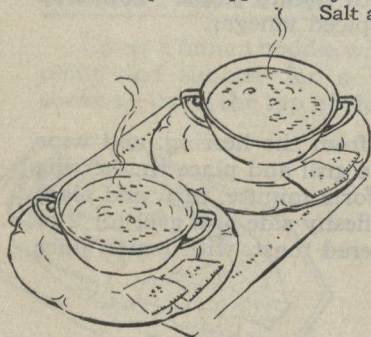
### Kippered Herring Poached in Cream

- 4 tablespoons chopped green peppers
- 4 tablespoons chopped onion
- 2 tablespoons butter
- $\frac{1}{2}$  cup cream (or whole milk)
- 1 large tin kippered herring (plain or in tomato sauce)

Cook the onion and green pepper in the butter for a few minutes, using 3 tablespoons of butter instead of two if whole milk is used in place of cream. Add the kippered herring, whole, and cook a few minutes on each side. Add the cream and heat well. Season with pepper and serve on slices of toast. Serves 6.

### Chowder

- |                         |                                |
|-------------------------|--------------------------------|
| 2 cups raw diced fish   | 2 cups raw diced or grated     |
| 4 cups water            | potatoes                       |
| 3 tablespoons butter    | 4 cups milk                    |
| 1 cup of chopped celery | $\frac{2}{3}$ cup minced onion |
|                         | Salt and pepper                |



Fry onion in melted butter, add fish, potatoes and celery, cook a few minutes, season well, add cold water and cook until tender. Then add cold milk and heat to the boiling point. Serve very hot.

Any kind of white-fleshed fish may be used.

### Seashore Chowder

- 1  $\frac{1}{2}$  pounds of fish, fillets or whole fish sliced; cod or haddock are perhaps best for use in this chowder
- 3 cups 1 inch diced raw potatoes
- 1 large or 2 medium-sized onions, finely sliced
- Boiling water or fish stock to cover vegetables
- 2 cups milk
- 2 tablespoons butter
- Salt and pepper to season
- Slice of salt, fat pork or bacon (optional)
- Soda biscuit

If a whole fish is used, remove the eyes and gills, clean, and cover the head, skin, and trimmings with cold water for making stock. Bring to a boil, or simmer, and strain. Cook the potatoes and onion in this stock or in the boiling water, until almost done. Add the fish, cut in pieces, and finish cooking until the fish is done. Add the milk and butter, flaking the fish through the vegetables. Do not allow to boil after the milk has been added. Serve with

the soda biscuit broken in large pieces on top. More milk is sometimes necessary to prevent too watery an appearance. One slice of fat pork, diced and tried out in the bottom of the kettle and the onion cooked in it for 5 minutes improves the flavour of the chowder. Serves 6.

### Fish Succotash

Pick over  $1\frac{1}{2}$  cups of dry beans, wash thoroughly and soak until they have swelled. Drain and cover with water and parboil, with 1 onion finely sliced. When almost soft add 1 can of corn (golden bantam) and  $1\frac{1}{2}$  pounds of any white-fleshed, dry-meated fish desired, and 1 teaspoon of salt. Cook until the fish is done. Flake the fish through the vegetables. Add 2 cups of milk, or more if desired for a thinner soup, and 2 or 3 tablespoons of butter. The richer the milk and the more butter used the better the succotash. More salt will be required before serving to suit individual tastes. Do not boil after the milk has been added. Serve in soup plates with soda biscuits broken over the top. Fresh shelled beans and fresh corn make this a particularly fine dish. In using fresh corn, boil the cobs after cutting off the kernels and use this water in cooking the corn and beans together. Cod, haddock or halibut are suggested for this dish. Serves 8.

### Baked Scallops with Mushroom Soup

Cook 1 medium-sized onion in as little water as possible, so that little, if any, water will be left. Line a greased baking dish or casserole with the onions and place 1 pound of scallops on top of them. Salt lightly. Cover this with a tin of condensed mushroom soup (or make a thick mushroom soup) and bake in a hot oven ( $450^{\circ}$  F.) for 15 minutes, or until the scallops are milky white. Serves 5 well. A small casserole requires less soup to cover the scallops.

### Baked Scallops

Place one pound of uncooked scallops in a greased baking dish and pour over them the following sauce:

- 3 tablespoons melted butter
- 3 tablespoons flour blended in with the butter;  
add  $\frac{1}{2}$  teaspoon of salt
- 2 cups of warm milk added and all cooked till smooth and thick, stirring constantly

Sprinkle dry, sifted bread crumbs over the top of the mixture and dot with butter. Bake in a hot oven (450° F.) for 10 minutes, or until the scallops are a milky white. Serves 6.

### Scallops in Shells

1 pound of scallops  
1½ cups milk  
½ cup water

1 cup of grated Canadian  
cheese  
½ cup of flour

6 tablespoons butter

Heat water and milk together, add scallops and cook 5 minutes. Prepare a béchamelle with butter, flour and milk mixture used for the cooking, add the cheese, then the scallops. Place in buttered scallop shells, sprinkle with breadcrumbs and put in oven a few minutes until golden brown. The cheese can be omitted and mushrooms or green peas added instead.

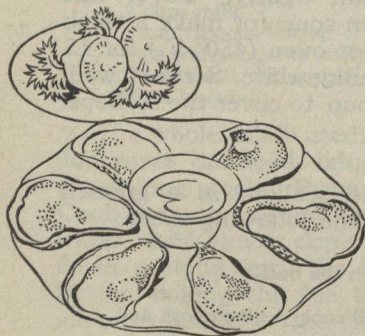
### French Fried Scallops

Method No. 1. Wipe the scallops with a damp cloth or paper, put in a batter, then in hot deep fat. Cook until golden brown, season well. Serve hot with Tartare sauce.

Method No. 2. Wipe the scallops with damp cloth or paper, roll in flour, then in beaten egg and in fine breadcrumbs. Plunge in hot deep fat.

### Oysters

Oysters should not be placed in water before opening. When serving oysters on the half shell, to clean the shells sprinkle them with water and brush them; in this way the oyster does not open to absorb the water.



To open oysters: Put a thin knife under the back end of the right valve, or shell (the shallower shell is the right) and push forward until the muscle, which holds the shells together, is cut. The right valve can then be raised from the left.

## Favourite Oyster Soup

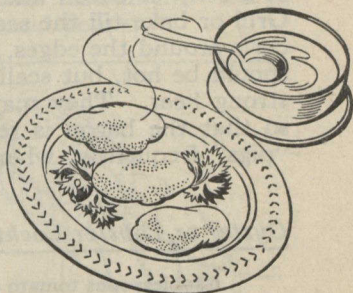
Open the oysters so as not to lose any of the juice. Empty each oyster in a fine strainer placed over a bowl. When all the oysters are opened let drain a while longer. A few tablespoons of cold water can be sprinkled on the oysters. Strain the liquid through a cotton to remove the particles of sand. Sprinkle the oysters left in the strainer to wash them thoroughly. Heat the liquid, add the oysters, cook until the edges curl. Add to the heated milk, add a piece of butter or thick cream, salt, pepper. Serve very hot. Paprika can be sprinkled on top of each plate if desired. If the oysters are too big, cut them after they have cooked in their own juice.

## Fried Oysters

Place the oysters in cold salted milk for a few minutes, then roll them in very fine bread-crumbs. Fry in butter or olive oil. Season. The liquid from the oysters can be used as a base for the accompanying sauce.

Other Method: Roll each oyster in flour, then in beaten egg and in fine bread crumbs.

Oysters can be fried in the frying pan or in deep fat.



## Oyster Patties

1 quart of oysters  
3 cups of milk  
1 cup of cream

6 to 8 tablespoons butter  
8 tablespoons flour  
Salt, pepper, lemon juice  
if desired

Heat the milk without boiling. Cook the oysters in their own juice until the edges curl.

Melt the butter, add the dry flour, cook one minute, add the milk and the oyster liquid. Beat vigorously to obtain a velvety sauce, add the cream and the oysters, season. Serve on patty shells or buttered toast.



### Clam, Oyster or Scallop Soup

Scald 1 pint of whole milk to which has been added  $\frac{1}{2}$  pound of scallops. When the scallops are milky white, add 1 tablespoon of butter, salt and pepper to season. Serve with soda biscuits broken into the soup. When using oysters, scald and skim the oyster liquor and cook oysters in it until their edges curl. Add the hot milk, butter, and season to suit taste. When clams are used chop the hard part of the clams, strain the liquor and cook the clams in it. Add the hot milk and butter, and season to taste.

### Pigs-in-Blankets (Oysters or Scallops)

Salt the fish very lightly. Roll each oyster or scallop in a strip of bacon and skewer in place with a toothpick. Grill or bake till the scallop is snowy white, or the oyster curls around the edges, and the bacon is crisp. The oven should be hot, but scallops should not be too close to the strong heat. They may be sautéed instead, turning each so that the bacon is resting on the hot pan. Baste the "pigs" frequently, when broiling, with fat from bacon.

### Oyster or Lobster Cocktail I

6 tablespoons tomato catsup	4 tablespoons lemon juice
2 tablespoons horseradish	Celery salt
Tabasco Sauce to taste	

Shake in a wide-mouth bottle until well blended, allowing about two tablespoons of mixture to each six oysters or six tablespoons of shredded lobster.

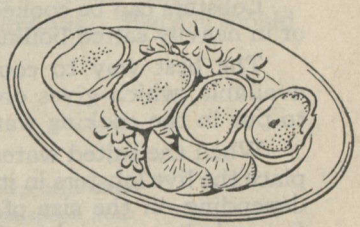
### Oyster or Lobster Cocktail II

2 teaspoons lemon juice	2 tablespoons tomato catsup
1 teaspoon Worcestershire sauce	Dash of tabasco sauce
	Salt and pepper

Use with raw oysters or flaked lobster.

### Steamed Clams (Little-neck or Hard-shell)

Scrub the shells with a brush and wash free of sand in several waters. Place in a steamer with a tight lid and steam until opened. Remove one shell from each clam and serve the clam, very hot, in remaining shell on a hot plate with melted butter, salt and pepper.

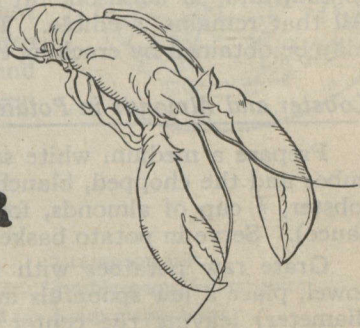


### Steamed Periwinkles

Wash the periwinkles thoroughly and place in a steamer or sieve over boiling water. Cover and steam ten minutes. Place in a hot dish to serve. The meat can be removed easily with a nut pick or any similar instrument. Serve with a dish of melted butter, salt, and pepper.

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# LOBSTER



### Lobster Buying

Lobsters can be bought alive or boiled or canned. When buying live lobster be sure they are vigorous and in good condition.

The cooked lobster must be red, the tail firm, elastic, not limp.

Try the weight of the lobster when buying and choose the one heavier for the bulk; it is likely to contain more and better meat.

## Lobster Cooking

Lobsters can be cooked in Court Bouillon heavily salted or in heavily salted boiling water.

The best way to cook lobster is to use sea water, if available, which gives one an idea of the quantity of salt to put in the cooking water when fresh water is used.

When the salted water or the Court Bouillon is boiling, place the live lobsters in it, cover and cook 10 to 15 minutes, depending on the size of the lobsters. Remove from the fire and allow to cool in the Court Bouillon, if so desired.

## Lobster—How to Open

In order to get the meat out of a cooked lobster split the lobster open by placing it, feelers down, on a board and then, with a sturdy knife, cut through top and bottom shell, separating the lobster into two halves. Then, with a small paring knife, remove the long dark line which can be seen running down through the white meat from head to tail, and, in addition, lift out the filling in the head. All that remains is edible. The meat in the large claws may be obtained by cracking each claw.

## Lobster and Almonds in Potato Baskets

Prepare a medium white sauce, add the lobster cut in cubes and the chopped, blanched almonds. (Two cups of lobster,  $\frac{1}{2}$  cup of almonds, for two cups of well seasoned sauce). Serve in potato baskets made as follows:

Grate raw potatoes with medium grater, roll in dry towel, place a few spoonfuls in a small sifter ( $3\frac{1}{2}$  inches in diameter) leaving the center free, place a smaller sifter inside the first one, and cook in deep fat. The baskets thus prepared can be reheated in the oven a few minutes before serving.

## Lobster in Aspic

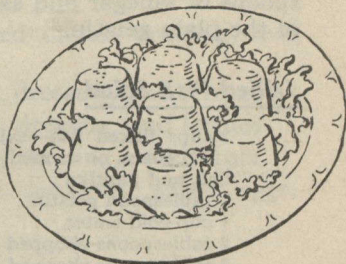
2 cups lobster, cooked or canned	1 cup blanched almonds
2 cups boiling water	1 cup lobster liquid
$\frac{1}{2}$ cup cold water	$2\frac{1}{2}$ tablespoons gelatin
4 tablespoons sugar	4 tablespoons lemon juice
1 $\frac{1}{2}$ teaspoons salt	

Soak gelatin in cold water for five minutes, add sugar, salt, lemon juice and boiling water. Cool. Add lobster liquid, diced lobster and chopped almonds. Place in mould previously rinsed in cold water.

### Moulded Salad

- |  |                              |
|--|------------------------------|
| 1 tablespoon gelatin                     | $\frac{1}{2}$ cup cold water |
| 1 egg                                    | 1 teaspoon flour             |
| 2 cups milk                              | 1 teaspoon mustard           |
| $\frac{1}{2}$ cup vinegar                | 1 teaspoon salt              |
| 2 cups flaked fish (cooked<br>or canned) | 1 teaspoon sugar             |

Mayonnaise: Mix flour, mustard, sugar and salt, and add to beaten egg, then add milk and vinegar. Cook 10 minutes. Soak gelatine in cold water for 5 minutes, and add hot mayonnaise. When lukewarm add the cooked, flaked fish, and pour in moulds which have been rinsed in cold water.



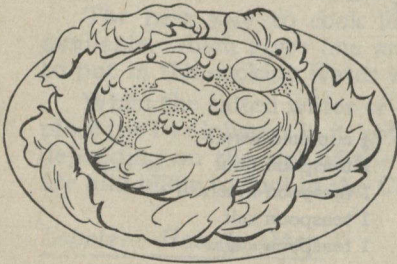
### Moulded Lobster Salad

- |  |  |
|--|--|
| 1 tablespoon gelatin                       | 1 teaspoon salt                                    |
| 1 cup chopped celery                       | $1\frac{1}{2}$ tablespoons lemon juice             |
| 2 cups flaked lobster, cooked<br>or canned | $\frac{3}{4}$ cup mayonnaise                       |
| 3 tablespoons cold water                   | $\frac{1}{4}$ cup Chili sauce or similar<br>relish |
| 1 tablespoon horseradish                   |  |

Soak the gelatin in the cold water for 5 minutes and dissolve over boiling water. Add the mayonnaise and fold in the other ingredients. (Any other desired kind of Canadian fish may be used instead of lobster.) Mould in utensils which have been dipped in cold water. Chill in refrigerator and unmould on lettuce. Serves 6.

### Jellied Salmon

To 2 cups of flaked salmon (or other cooked or canned fish) add the juice of 1 lemon,  $\frac{1}{2}$  teaspoon of salt, dash of red pepper, 1 or 2 sliced hard cooked eggs and 2 tablespoons of green peas. Dissolve 1 tablespoon of gelatin to make 1 pint of liquid (use water— $\frac{1}{4}$  cup of cold to soak it in and the remainder hot.) Pour over first mixture in small or large moulds. Chill and serve on lettuce. Serves 6.



A gelatine mixture, flavoured with lemon, plus 2 tablespoons of vinegar and salt to season, may be used instead of the plain gelatin.

### Jellied Fish Salad

- 2 cups flaked fish—salmon, lobster, crab, shrimp, etc.,  
cooked or canned
- Salt and paprika
- 1 tablespoon gelatin
- $\frac{1}{4}$  cup cold water
- 2 tablespoons chopped parsley or celery tops (green)
- 2 tablespoons chopped, stuffed olives or pickles or pimento
- 1 cup salad dressing
- $\frac{1}{2}$  cup chopped celery

Soak the gelatin in the cold water for 5 minutes and then dissolve over boiling water. Add the salad dressing and fold in the fish and chopped relishes, omitting any which you cannot obtain. Left-over fish, or half fish and half meat make a good combination. Turn into moulds—or one large mould—which have been dipped into cold water. Chill and unmould on lettuce. Garnish with radishes or olives. Diced chicken and lobster make a good combination. Serves 8.

### Moulded Salad

- 1 tablespoon gelatin
- 1 egg
- 2 cups milk
- $\frac{1}{2}$  cup vinegar
- 2 cups flaked fish (cooked or canned)
- $\frac{1}{2}$  cup cold water
- 1 teaspoon flour
- 1 teaspoon mustard
- 1 teaspoon salt
- 1 teaspoon sugar

Mayonnaise: Mix flour, mustard, sugar and salt, and add to beaten egg, then add milk and vinegar. Cook 10 minutes. Soak gelatine in cold water for five minutes, and add hot mayonnaise. When lukewarm add the cooked flaked fish, and pour in moulds which have been rinsed in cold water.

### Salad Combinations

1. Diced pineapple, apple, celery, flaked lobster, mayonnaise, and lettuce.
2. Any fish (flaked), celery, dressing, lettuce.
3. Flaked fish, peas, cucumber and tomato sliced, dressing, lettuce.
4. Flaked fish, sliced or chopped egg, diced celery, dressing, and lettuce.
5. Flaked fish, stuffed chopped olives, dressing, and lettuce.
6. Flaked fish, chopped celery, dressing, and lettuce.
7. Flaked fish, sliced tomatoes, dressing, and lettuce.
8. Flaked fish, diced pineapple, dressing, and lettuce.
9. Sardines, diced beets and potatoes, sliced eggs, dressing, and lettuce.

### Mystery Sandwiches

3 hard-cooked eggs

$\frac{1}{2}$  pound Canadian cheese

1 small onion

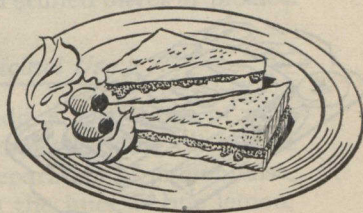
1 pimento

$\frac{1}{4}$  teaspoon salt

$\frac{1}{8}$  teaspoon paprika

Contents of 1 tin of Canadian sardines

Put all the ingredients through the meat grinder, using the finest cutter. Mix thoroughly, adding the seasonings. If not moist enough, add oil until of a creamy consistency, just right to spread. Let the mixture stand several hours before using, to blend the flavours more perfectly.



## Sardine Sandwiches

Place a small sardine on thin, buttered bread, roll. Coat with grated Canadian cheese, and toast in oven or on toaster.

## Mosaic Sandwich

Cut three slices of whole wheat bread and three slices of white bread, one-half to three-quarters of an inch thick. Spread and arrange as follows, using lobster paste or cod liver paste:

No. 1—One slice of white bread  
Paste and mayonnaise  
One slice of brown bread  
Paste and mayonnaise  
One slice of white bread

No. 2—One slice of brown bread  
Paste and mayonnaise  
One slice of white bread  
Paste and mayonnaise  
One slice of brown bread

Cut slices off No. 1 and No. 2 the same thickness as the six slices of bread first cut, then spread and arrange as follows: One slice of No. 1, One slice of No. 2, One slice of No. 1.

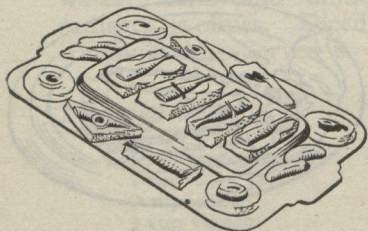
Then for another design: One slice of No. 2, One slice of No. 1, One slice of No. 2.

Wrap in wax paper, then in a wet towel, and keep in a cool place. When ready to serve, cut slices one-quarter of an inch thick.

## Sardine Canapé

Spread fingers of buttered bread with cream cheese.

Place a sardine on each finger and toast till the cheese is melted. Serve with a slice of stuffed olive, a piece of dill pickle, or a strip of pimento placed on top of each sardine.



### Royal Sandwich Spread

2 tablespoons butter  
¼ pound mild Canadian cheese, grated  
½ can thick tomato soup

Heat until all are blended, stirring. Remove from the heat and add 1 egg and beat until well blended. Return to the stove and cook until thick and smooth, stirring. Remove and add 1 cup of flaked canned salmon, removing the skin, but using the oil, and 3 tablespoons of chopped stuffed olives. This makes about 1½ cups of the spread. As the tomato gives colour, any variety of canned salmon may be used in making the spread, not necessarily red salmon.

### Sardine Sandwich Spread

1 tin Canadian sardines  
½ cup thick salad dressing or mayonnaise  
4 tablespoons chopped stuffed olives  
2 capers and a dash of cayenne pepper

Mix the sardines and dressing together as a paste and add the chopped olives and capers.

### Roe Sandwich Spread

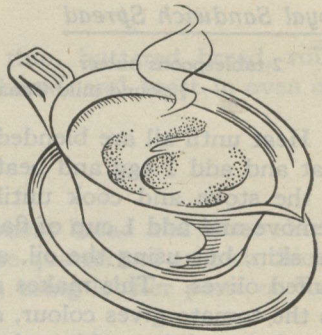
Boil roe for 10 or 15 minutes in salted water to which a teaspoon of vinegar or lemon juice has been added—or place the roe in dampened parchment paper, sprinkle with salt and lemon and boil. Cool and remove the skin and mash. To 1 cup of roe add 2 or 3 tablespoons of mayonnaise and 2 tablespoons of chopped stuffed olives or pickles.

### Cod Liver Oil Emulsion (for Medicinal Use)

To one egg slightly beaten add a few drops of pure Canadian cod liver oil, beat constantly, adding oil a little at a time. Proceed as for the preparation of mayonnaise. Add ½ cup to one cup of oil, then the juice of one lemon. Pure honey may be added to the mixture.



# SAUCES



## Sauces

### 1—THIN WHITE SAUCE (for soups)

- 1 tablespoon butter
- 1 tablespoon flour
- 1 cup milk, salt and pepper

### 2—MEDIUM SAUCE (for vegetables and fish)

- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk, salt and pepper

### 3—THICK SAUCE

- 3 tablespoons butter
- 3 tablespoons flour
- 1 cup milk, salt, pepper

Method: Melt the butter, add the dry flour, mix well, cook one minute, add the milk gradually. Season, bring to the boiling point. Cook two minutes.

**CREAM SAUCE:** Use cream instead of milk for one or the other of the sauces 1-2-3.

**CHEESE SAUCE:** Add  $\frac{1}{2}$  cup of grated Canadian cheese to Sauce 2.

## Butter Sauces

1—**LEMON BUTTER:**  $\frac{1}{4}$  cup of butter creamed and 2 teaspoons of lemon juice worked in.

2—**MAÎTRE D'HÔTEL:**  $\frac{1}{2}$  cup of butter creamed and 1 tablespoon of lemon juice added gradually, and 1 tablespoon of finely minced parsley. Mould in balls or rolls and chill.

### Drawn Butter Sauce

6 tablespoons of butter  
3 tablespoons of flour

1½ cups of boiling water  
Salt and pepper

Melt half the butter and add dry flour, seasonings, and boiling water gradually. Boil five minutes and add remaining butter in small pieces.

- 1—PARSLEY SAUCE: Drawn butter with finely minced parsley.  
2—CAPER SAUCE: Drawn butter with chopped capers.

### White Sauces

Variations continued:

- 3—OYSTER SAUCE: White sauce with chopped oysters and oyster liquid in which they are cooked. Cream and a little lemon juice may also be added.  
4—MUSHROOM SAUCE: White sauce with chopped, cooked mushrooms.  
5—EGG SAUCE: White or Drawn Butter sauce with chopped, hard-cooked egg.  
6—CELERY SAUCE: White sauce with finely chopped, cooked celery.

### Mock Hollandaise Sauce

1 cup of medium béchamelle: 2 tablespoons butter  
2 tablespoons flour

1 tablespoon butter  
1 yolk of egg

1 cup milk  
Salt and pepper  
2 tablespoons lemon juice

Béchamelle: Melt butter, add dry flour, mix well, cook one minute, add milk gradually, whisking to prevent lumps. Season, pour a little of the hot sauce on the beaten yolk of egg, then add it to the sauce. Cook two minutes, remove from fire, add lemon juice and the tablespoon of butter. Serve very hot on the fish.

### Mousseline Sauce

½ cup butter  
4 egg yolks

¼ cup heavy cream  
¼ teaspoon salt  
2 tablespoons lemon juice

Cream half the butter, add yolks of eggs one at a time, mixing them well with the butter, add the cream and the salt. Cook in double boiler, stirring all the while. When the sauce is thick, add the rest of the butter, small piece at a time, then the lemon juice, and remove from the fire.

### Tomato Sauces

Stew  $1\frac{1}{2}$  canned tomatoes with 2 whole cloves, 1 tablespoon sugar, 1 small onion sliced, and a bay leaf, for 10 minutes. (If fresh tomatoes are used, cook until they are soft.) Strain. Melt 2 tablespoons of butter, add 2 tablespoons of flour and blend. Season with salt and pepper and add the strained tomatoes slowly. Cook, stirring, until smooth and thick.

---

1 pint of canned tomatoes	3 whole cloves
1 pint of water	1 teaspoon sugar
6 peppercorns	2 teaspoons salt
1 bay leaf	1 small onion

Cook all ingredients together 15 minutes, strain, and thicken with 4 tablespoons of butter creamed, mixed with  $\frac{1}{3}$  cup of dry flour. Cook a few minutes, stirring constantly.

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2 cups of canned tomato	1 cup of No. 3 sauce
1 slice of onion	Salt and pepper
1 teaspoon of sugar	Mixed herbs

Cook the tomatoes with onion and seasonings during a few minutes, strain, and add to the cup of hot béchamelle.

### French Dressing

4 tablespoons of oil
2 tablespoons of lemon juice or mild vinegar
$\frac{1}{4}$ teaspoon of pepper or paprika
1 teaspoon of salt

Mix, and beat with a silver fork, or place in a jar and shake until thick and creamy.

### Boiled Dressing

2 eggs	3 tablespoons flour
1 tablespoon mustard	1 teaspoon salt
$\frac{1}{2}$ cup sugar	2 cups milk
1 cup vinegar	

Mix all dry ingredients, add to the beaten eggs, then add the milk gradually to prevent lumps. Add the vinegar and cook in double boiler. Stir once in a while at the beginning. When the mayonnaise coats the spoon, remove from fire. Cool. At serving time add whipped or fresh cream.

### Tartare Sauce

To one egg, slightly beaten, add one or two teaspoons of mustard, 1 teaspoon of salt. Mix well, then add a few drops of oil and beat with Dover egg beater, adding oil regularly, a little at a time. When the mayonnaise is thick, add two tablespoons of vinegar, then chopped pickles, olives, parsley or else dill pickles, onions, capers, etc.

### Mayonnaise

2 eggs	1½ teaspoons salt
$\frac{1}{2}$ teaspoon mustard	1 tablespoon sugar
2 to 2½ cups salad oil	
4 tablespoons lemon juice or vinegar	
1 tablespoon boiling water to each cup of oil or 3 table- spoons to 1 quart.	

Chill the oil and eggs. Beat the eggs with a fork, adding the seasonings and 1 or 2 teaspoons of oil at first and continue beating well. Add  $\frac{1}{4}$  cup of oil, after emulsification has started, and beat with a Dover beater till thick. Continue adding the oil and beating well, thinning with lemon juice as it thickens. When once emulsification has started mayonnaise will not separate and the oil can be added faster. Add the boiling water last to keep the dressing from oiling.

One egg to 1 pint of oil may be used, when made slowly and well beaten, but it will not keep. Use 2 eggs to 3 cups of oil or 1 egg to 1 cup of oil for longer keeping. If the yolk

only is used for making the dressing, add the oil more slowly at first—just a few drops at a time. Should it separate, start again with fresh materials and utensils and when the thickening has started, add the first lot, a little at a time.

#### Variations:

- 1—**NORWEGIAN SAUCE:** Mayonnaise with finely grated horse-radish added.
- 2—**TARTARE SAUCE:** 1 cup mayonnaise with 1 tablespoon each of finely chopped dill pickle, onion, parsley, and capers.
- 3—**THOUSAND ISLAND SAUCE:** 1 cup mayonnaise with 2 tablespoons each of any of the following: chopped green peppers, stuffed olives, sweet pickles, parsley, onion, pimento, capers, or chili sauce.
- 4—**CUCUMBER SAUCE:** Thick mayonnaise with grated cucumber.



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