



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

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SAVORY SAUCES FOR SEAFOODS

What's sauce for the goose may be sauce for the gander, but it certainly is not the sauce for seafoods.

"Fish and shellfish", advise fish cookery experts of the Fish and Wildlife Service, United States Department of the Interior, "require particular sauces which either blend with or add flavor to the fish dish."

The benefits obtained from the use of sauces as an accompaniment to seafoods are three-fold. The savory fragrance of perfectly blended sauces adds new flavor to stimulate the appetite and thus aid in good digestion and complete nutrition. Their color contrast tempts the eye and the palate, while their richness adds to the food value of any seafoods which may be low in fat content.

One of the sauces most commonly used for fish dishes is White Sauce, familiar to every housewife. This sauce--the basis for many savory variations of fish sauces--may be used for creaming fish flakes, oysters, etc., and as the final touch to a dish of boiled or steamed fish.

White Sauce

2 Tbsps. butter
1 cup milk, heated
2 Tbsps. white flour

1/4 tsp. salt
1/8 tsp. pepper

Heat butter in saucepan until it begins to bubble. Then gradually stir in flour mixed with seasonings, stirring the mixture with a spoon until the whole is blended. Then gradually add the heated milk with continued stirring until the whole is smooth. Serve hot.

This plain sauce may be used as a medium to which may be added chopped hard boiled eggs, mushrooms, oysters, capers, pimento, minced parsley, onion, etc., as desired.

There is something about a touch of natural lemon flavoring that makes a dish of fish most palatable. Lemon Butter Sauce has a special affinity for broiled, planked and baked fish, and is easy to prepare.

Lemon Butter

4 Tbsps. butter melted
1 tsp. lemon juice
1/8 tsp. pepper

Blend all together. Serve hot.

Another favorite hot sauce is called Creole Sauce. It is especially popular in the South and is used principally for baked fish dishes.

Creole Sauce

3/4 cup minced onion	1 garlic clove minced
1 cup minced sweet pepper	1 tsp. salt
2 cups stewed or canned tomato	3/8 tsp. pepper
4 Tbsps. melted butter	1/8 tsp. paprika

Place the butter, onion, pepper, and garlic in a saucepan and simmer about 10 minutes or until tender. Then add tomato, and seasoning; boil for 5 minutes. Serve hot.

The clear meat of various kinds of seafood, cut if necessary into slices not over 5/8 inch thick, may be boiled in this sauce for about 10 minutes and served as a whole.

Most widely used for dishes of deep-fried fish, oysters, scallops, etc., however, is the universally popular Tartar Sauce, which is meant to be served cold. It, too, is simple and quick to prepare.

Tartar Sauce

1 cup mayonnaise	1 Tbsp. minced capers
1 Tbsp. minced pickles	1 Tbsp. minced onion
1 Tbsp. minced parsley	

Mix ingredients thoroughly and serve cold.

Another cold sauce, to be served with broiled or fried fish, is known as Maitre d'Hotel Butter. These small balls of cold seasoned butter, served on the side of a plate of fish, add both color and flavor to the dish.

Maitre d'Hotel Butter

1/2 cup butter (solid)	1/8 tsp. pepper
1 1/2 tsp. lemon juice	1/8 tsp. salt
1 tsp. minced parsley	

Cream the butter, gradually working in the lemon juice, salt and pepper. When well blended, work in the parsley, and with butter paddles, roll into balls about 3/4 inch in diameter. Chill and place one butter ball at the side of each serving of fish.

Other hot sauces for serving on boiled or baked fish, somewhat trickier to prepare, are these taken from San Juan Deep Sea Foods:

Sauce Allemande

4 Tbsps. butter	2 cups strong white fish broth
3 Tbsps. flour	2 egg yolks
1 Tbsp. lemon juice	Salt and pepper

Heat the butter. Stir in the flour. Allow to cook together into a roux (or thickening). Then add the pint of boiling fish stock, whisking well with a cook's whip until very smooth. Beat up the egg yolks and put a little of the sauce with them. Then draw the saucepan aside. Add the egg yolks to the sauce, stirring as it thickens under the boiling point. Season.

Bearnaise Sauce

1/2 cup tarragon vinegar	3 egg yolks
1/2 cup white foundation sauce	6 Tbsps. butter
	1 Tbsp. minced onion

Put the vinegar and onions on to boil rapidly, and reduce until two table-
spoons are left. Strain and add this to the white sauce which has been heat-
in a double boiler. When at the boiling point, draw aside and add the egg
yolks, one at a time, beating each one in well before adding the next, always
under the boiling point to avoid the sauce curdling. Now add the butter, a
spoon at a time, and whisk that in well before adding another piece. Season
with pepper as the butter may salt it sufficiently. This sauce should be
thick, smooth, and a dark yellow color. It is a mayonnaise made with butter.

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