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# DEPARTMENT OF THE INTERIOR

## INFORMATION SERVICE

### FISH AND WILDLIFE SERVICE

For release ON RECEIPT

Like the making of books, there is no end of soups--fish soups, especially. Almost any seafood, according to cookery experts of the Fish and Wildlife Service, United States Department of the Interior, properly prepared, will lend itself to some "little-meal-in-itself" recipe. Furthermore, cook books ancient and modern and from every land under the sun contain almost unlimited numbers of favorite formulas for fish soups, souchets, chowders, and gumbos.

That Bouillabaisse, about the composition of which duels have been fought, sonnets perpetrated, and chefs shamed to suicide, is a subject by itself. It will receive due treatment, later, in this same series of releases.

There are three requisites for making all good soups: adequate utensils; plenty of the raw materials for a strong stock; and a native sense of taste so as to know what may be a proper flavoring through herbs and seasoning. Every good Creole cook, for example, keeps on hand a "herb bouquet", made of a spray of parsley, a sprig of thyme, celery, and bay leaf, all tied together. This bouquet will flavor a gallon of soup, if cooked for an hour with it.

Culled from a variety of sources, here are a group of fish soups, etc., applicable to all sections of the country:

Fish soups are a welcome and delicious change in meal-planning. They can be made from fish bought just for the purpose, or from left-overs after a regular fish-meal. Serve as you will, however, crackers, croutons, toast, popcorn, or slivers of carrot and celery are suggested.

#### Cream of Fish Soup

Cut 1 pound fish into pieces. Add 1 quart cold water, 4 peppercorns and bunch of soup greens. Bring to boil; simmer 40 minutes, strain. Add water to stock to make 1 quart. Melt 3 tbsps. butter, add 3 tbsps. flour. When boiling stir in the soup stock. Bring to boiling point. Add 1 cup green peas, 2 cups asparagus cut into small lengths, 1 cup diced potato and seasoning to taste. When cooked, add 1 pint hot milk. Serve at once.

(160 Easy-to-Prepare Seafood Recipes)

#### Fish Soup--Russian

Cut 2 pounds fish into pieces. Cook with 6 cups water, 1 bunch soup greens, 1 large onion and 2 bay leaves. Remove fish when cooked. When vegetables are cooked, strain stock. Add 1 green pepper diced, 6 mushrooms chopped and  $1\frac{1}{2}$  cups tomato juice. Brown 2 tbsps. butter and 2 tbsps. flour and add to soup. Add  $1/3$  of fish, diced. Season to taste.

(160 Easy-to-Prepare Seafood Recipes)

#### Fish Head Soup

Cook 3 pounds fish heads in 3 quarts water with 1 carrot, 1 or 2 stalks celery, 2 sprigs parsley and 2 onions until cooked. Strain. Saute 1 large onion and 1 pound cabbage until beginning to brown. Add to soup stock with edible meat from fish heads and carrot diced. Add 4 tbsps. tomato paste and 2 bay leaves, 2 cooked potatoes diced, salt and pepper to taste. Simmer few minutes. Thicken with 2 tbsps. flour mixed with a little cold water. Boil up.

(160 Easy-to-Prepare Seafood Recipes)

#### Fish Soup--English

Cook 1 pound fish trimmings in 1 quart water with 1 each: Leek, carrot, onion. Bring to boil; skim. Simmer until ingredients are tender enough to run through strainer. Season with 1 clove,  $1/4$  tsp. mace and pepper and salt to taste. Add 3 tbsps. flour mixed with a little cold water or milk. Boil up. Add 2 or more cups of any cooked vegetables desired. When heated, add 2 cups hot milk, 3 tbsps. butter, 1 cup of tomato puree may be added with the vegetables.

(160 Easy-to-Prepare Seafood Recipes)

### Fish Mulligan

1 pound any firm lean fish	1/3 cup diced bacon or salt pork
4 large potatoes	2 tablespoons minced parsley
2 large onions	Dry bread
6 cups hot water	Corn or peas
1/3 cup uncooked rice	Salt and pepper
2 green peppers, diced	

Cut fish into chunks, slice potatoes and onions 1/2 inch thick. Place in a kettle, add water and bring to a boil. Add rice, green peppers, bacon or salt pork. Simmer about 30 minutes or until tender. Add parsley and a few slices of dry bread. Leftover vegetables, such as corn or peas may be added. Season to taste. Bring to boiling point. Serves 6 to 8.

(U. S. Regional Cook Book)

### Maryland Cream of Crab Soup

2 tbsps. butter	1/2 onion, sliced
1 tbsp. flour	1/2 cup cooked celery
2 quarts milk	1 1/2 teaspoons salt
2 tbsps. chopped parsley	1/8 teaspoon pepper
	2 cups crab meat, flaked

Whipped cream

Melt butter in top of double boiler, add flour and blend. Add milk gradually, stirring constantly. Add onion, parsley and celery, and season to taste. Cook slowly until soup thickens a little; add crab meat. Serve in individual dishes with a spoonful of whipped cream on top. Serves 8.

(U. S. Regional Cook Book)

### Chiopino

(A San Francisco Italian Specialty)

2 pounds striped bass or rock cod	1/4 cup olive oil
1/2 pound shrimp, cooked	1 tsp. minced parsley
2 large crabs, cooked	1 clove garlic, minced
1 onion, chopped	3 cups cooked tomatoes
	1/2 cup chopped celery

Salt and pepper

Clean fish and cut into portions for serving. Arrange in a large kettle, add shrimp, which have been cooked and cleaned, and crabs, broken in pieces but left in the shells. Brown onion in olive oil; add parsley and garlic and cook about 5 minutes. Stir in tomatoes, celery and salt and pepper to taste and cook 10 minutes. Add to fish and sea food and cook slowly about 30 minutes. Serve in soup plates giving a selection of each kind of fish and some of the sauce. Serves 6.

(U. S. Regional Cook Book)

### Fish Broth--French Style

Chop fine two beets, two onions and put in a casserole with a few spoonfuls of cooking oil; let them parboil. Add two tomatoes chopped fine, let it stay on the fire for a few minutes, stir with a spoon; then add two cloves of garlic crushed up, a bit of fennel, a bay leaf and a piece of orange peel, pour over this two quarts of water. Add two and one-fifth pounds of fish, such as you may have; a small crawfish, crab, river shrimp, salt water shrimp and a small conger-eel; salt and pepper sufficiently and let cook quickly for 15 minutes. Pour the bouillon into another casserole, press the fish in a colander to get all the juice. Use a wooden spoon in doing this. Put this bouillon when strained on the fire and let it boil; when it has reached the boiling point put in a pound and a fifth of vermicelli and a large pinch of saffron, let cook slowly and serve.

(Favorite Old Recipes)

### Steeple Jack's Fish Chowder

Fry 2 large Spanish onions with cut up bacon or ham. When nearly brown add 2 cut up green peppers. When done put a pint of water and 4 cut up potatoes in the kettle. Take a pound of well soaked and blanched salt fish. Cut up in large squares and boil with the chowder. Finish with a cup of cream.

(Favorite Old Recipes)

Souchet: "a kind of fish stew with savory broth", is prepared in the following manner, according to Francatelli's "French Cookery", 1846:

### Water Souchet of Plain Salmon

Trim and filets the required quantity of plain salmon; place the filets neatly side by side in a stewpan, and put them by till dinner-time.

Meanwhile, prepare the water souchet broth as follows:--Put the trimmings of the salmon into a stewpan, with carrot, celery, and parsley roots, the whole sliced up. Add a little minionette pepper and salt, and about two glasses of white wine; fill up with water or weak broth, allow it to boil, and then set it by the side of the stove to continue gently boiling for half an hour; then strain the souchet off through a napkin on to the filets of salmon, set them to boil briskly on the fire for about 5 minutes, add the shred parsley roots and picked parsley leaves; and when the whole has boiled together for three minutes, serve the water souchet in a deep silver dish, or small-soup-tureen.

Water souchets of filets of trout, char, and indded of almost every species of the more delicate kinds of fresh water fish, are made according to the foregoing directions.

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