



# DEPARTMENT OF THE INTERIOR

## INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Release ON RECEIPT

### SEAFOOD SALADS FOR SUMMER MENUS

"Woman could live without books,  
She could live without ballads;  
But breathes there a woman  
Who could live without salads?"--(Unknown)

Salads are considered real food nowadays, and no summer menu can be complete without the inclusion of these appetizing items.

"As a heat-forgetter, for unexpected company, or as a quickly prepared meal-in-itself in a busy household, try a tangy seafood salad during the coming summer days," is the suggestion proffered to homemakers by the Fish and Wildlife Service, United States Department of the Interior.

Variety is as essential in food as in life, and easily prepared sea food salads meet the requirements of housewives who are accustomed to consider carefully these four elements in meal planning--nutrition, palatability, appearance, and cost.

The salad is no longer considered as a supernumerary to an already too bounteous meal, but rather as a component and nourishing part of the menu in which it appears. In fact, a salad made of sea foods may well preside as the main dish for summer luncheons and suppers.

Since salads are made of almost anything and everything that is edible, there is practically no limit to the variety of ingredients which they may contain. For this reason they may be made to serve as a vehicle for the utilization of the odds and ends left over from previous meals--something no thrifty housewife can afford to overlook.

For the hostess who spends much effort and ingenuity in concocting novel combinations to surprise her friends when she entertains, and for the housewife desirous of giving her family a nutritious meal, the Fish and Wildlife Service suggests the following recipes:

#### Bridge Salad

Pour 2 tbsps. lemon juice or vinegar over 2 cups flaked, cooked fish. Add 1 hard-cooked egg, chopped, 1/2 cup celery diced, 1 cup apple diced, 1 large tomato peeled and diced, 1/2 cup nutmeats broken, and 1 cup mayonnaise. Season to taste. Serve on lettuce. (160 Easy-to-Prepare Seafood Recipes)

#### Fish and Rice Salad

Mix 2 cups cold cooked fish, 2 cups cooked rice, 4 tbsps. chopped pickle, 4 tbsps. green pepper diced, 2 tbsps. minced onion and 1 cup diced celery. Season to taste with salt and pepper. Add enough mayonnaise to hold mixture together. Pack tightly into 1 large or 8 individual molds. Chill and turn out on lettuce. Garnish liberally with sliced onion, tomato, cucumber, and green pepper. (160 Easy-to-Prepare Seafood Recipes)

#### Friday Salad

Combine 1 pound flaked, cooked fish with 1 bunch radishes, diced, or sliced, 2 tps. minced parsley and 2 small cucumbers, not peeled but diced, 1 cup cooked green peas. Season with salt and pepper. Add enough mayonnaise to hold salad together. Serve on romaine or other salad green with mayonnaise and olive garnish. (160 Easy-to-Prepare Seafood Recipes)

#### Pink Fish Salad

Use any cold boiled or baked fish. Flake fish and measure. Add 1/2 as much diced celery as there is fish and season with salt and paprika. Add catsup to mayonnaise until it is the color of freshly cooked shrimp. Mix with fish. Pack firmly in mold and chill. Turn out on platter with salad greens. Garnish with raw vegetables such as onion, cucumber, radishes, green pepper and tomato. (160 Easy-to-Prepare Seafood Recipes)

### Florida Shrimp Salad

1 pound of cooked Florida shrimp (sand vein removed)  
12 sweet pickles  
2 hard boiled eggs  
1 cup finely minced celery  
1/2 tsp. salt--1/4 tsp. paprika  
Mayonnaise--juice of one lemon

Dice the shrimp and mix with chopped pickles, chopped eggs, minced celery and seasoning. Mix with the lemon juice and enough mayonnaise to hold the mixture together. Arrange in small mounds on crisp lettuce leaves. Garnish with strips of pimento or green pepper. Canned shrimp may be used.  
(Florida Sea Foods Recipes)

Cucumbers, celery, and tomatoes combine particularly well with fish in salads; in fact, almost any greens or vegetables may be used. Marinating in sharp French dressing improves most fish for salads; mayonnaise or boiled dressing, or both mixed together, may be added as discretion dictates. Cooked potatoes and hard-boiled eggs, cubed, make good additions to fish salads.

### Molded Fish with Cucumber Sauce

2 tbsps. gelatine	1½ cup boiling fish stock
1½ pounds cold boiled halibut	1 pint cream, whipped
3/4 cup mayonnaise	1 large, fresh cucumber
1/2 cup cold fish stock or water	French dressing

Follow recipe for boiled fish. Bone and cut or break into 1/2 inch cubes. Soak gelatine in the cold fish stock or water, add the boiling hot fish stock, water or milk, and stir until dissolved. Let cool. When mixture begins to thicken add the mayonnaise. Beat, using an egg beater, until frothy, then fold in the cream, beaten stiff, and lastly stir in lightly the halibut. Turn into fish or ring mold and set aside to harden. Serve cool, surrounded with shredded lettuce leaves and the cucumber, pared, chopped and drained and mixed with French dressing, or with cucumber sauce.

(San Juan Deep Sea Foods Economical Recipes)

### Kippered Salmon Salad

Two cups of kippered salmon flaked, 1 cup of chopped celery, 1 tablespoon of onion. A few capers may be added if desired. Mix with mayonnaise, then make cups of lettuce leaves, fill with salad and garnish with mayonnaise.

(San Juan Deep Sea Foods Economical Recipes)

### Indian River Crab Salad

Mix 1 cup celery diced, 1/2 cup chopped cucumber, 1/4 cup sweet pickle chopped, 2 cups crab meat, and if desired 1/4 cup chopped olives. Add 1/4 cup chili sauce to 1 cup mayonnaise. Mix dressing with other ingredients. Serve on lettuce.  
(160 Easy-to-Prepare Seafood Recipes)

### Lobster Salad

2½ cups flaked cooked  
lobster

1/2 cup diced celery  
2 tbsps. French dressing

Mayonnaise

Combine lobster and celery and marinate in French dressing. Add mayonnaise. For 6. Garnish with pimiento strips. (Culinary Arts Institute)

Your bridge luncheon guests will be flattered when you serve them tuna baked in shells.

### Tuna Baked in Shells

1 (7-ounce) can tuna  
1 tbsp. butter  
1 tbsp. flour  
1 cup milk  
Salt and pepper  
Paprika

Bay leaf  
1/2 cup bread crumbs  
2 hard-cooked eggs, minced  
3 tbsps. lemon juice  
1 tsp. Worcestershire sauce  
4 tbsps. grated cheese

Flake tuna. Melt butter, blend in flour and add milk and seasonings. Cook until thickened, stirring constantly. Remove bay leaf. Add tuna, crumbs, eggs, lemon juice and Worcestershire sauce; fill baking shells and sprinkle with additional crumbs and grated cheese. Bake in moderate oven (350 degrees F.) 30 minutes. Serves 4.  
(Culinary Arts Institute)

### Jellied Eel Salad

4-pound eel  
2 bay leaves  
8 whole allspice  
6 cloves  
2 lemon slices

1/2 tsp. salt  
1/4 tsp. pepper  
Unflavored gelatin  
Horse-radish sauce

Skin and clean eel. Cut on bias into 1-inch lengths. Cover with cold water, heat to boiling, skim and add remaining ingredients except gelatin. Simmer until eel is tender, about 1 hour. Arrange fish in mold. Strain broth and cook 10 minutes or until cooked down enough to just cover fish. Measure broth, and allow 1/2 tablespoon gelatin for each 2 cups of liquid. Soften gelatin in cold water 5 minutes, dissolve in hot broth, pour over fish and chill until firm. Serve with sauce, for 6.  
(Culinary Arts Institute)

Lobster Filled Avocado

1 cup diced celery  
1 cup lobster meat  
1/2 cup French dressing

2 avocados  
Mayonnaise

Mix celery and lobster and marinate 1/2 hour. Cut avocados in halves lengthwise and remove seed. Drain lobster mixture; fill avocados. Top with mayonnaise. Serves 4. As a substitute for lobster use tuna, salmon, shrimp, or crab meat. Use sections cut from pared grapefruit for celery. Mix anchovy paste with mayonnaise and chopped olives. (Culinary Arts Institute)

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