



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

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SEAFOODS SUGGESTED FOR CHURCH SUPPERS

Church suppers are one of the easiest and most effective ways of raising money for charitable causes, but because of the sameness of their menus easily can become tiresome.

"Give your community a treat next time by serving a seafood dinner", suggests the Fish and Wildlife Service, United States Department of the Interior. "Fish and seafood dinners are distinctly different and quite easy to prepare, and, since the food required is economical, profit is assured for the sponsors."

In Ohio, for example, one small town holds an annual Fish Fry which is so successful that it takes care of all the charitable needs of the community. This "Fry" is so well known and appreciated that people come from neighboring cities and from many miles away; over 7,000 dinners have been served in one day.

The oyster stew remains one of the most remunerative and easily prepared suppers or dinners for churches and civic bodies. This recipe for 50 people (adjust for desired number) is taken from Choice Recipes for North Atlantic Sea Foods.

Oyster Stew

8 quarts oysters	4 cups cracker crumbs
4 quarts hot milk	2 gallons water
Salt and pepper	

If desired to serve 25 people put half of the raw oysters in half of the boiling water for 30 seconds. Pour water and oysters into vessel containing half of the milk. Serve immediately. The oysters must be properly done, yet oysters cooked longer than this time, or standing hot, will toughen and lose their delightful flavor. With this stew, serve cabbage salad, oyster crackers, dessert, coffee, tea or milk.

In response to a general demand for information on the cooking of fish and seafood in large quantities, Special Memorandum No. 3216, Cooking Fish For One Hundred, prepared by the late W. F. Conn, U.S. Bureau of Fisheries technologist, is available free of charge from the Publications Office of the Fish and Wildlife Service, United States Department of the Interior, Washington, D. C.

Among the recipes it contains is the ever-popular one for fried fish.

Fried Fish (for 100)

40 lbs. fillets or steaks, about 5/8 inch thick, cut into portions of about 2/5 lb. each, or
100 small fish that weigh about 1/2 lb. each after scales, viscera and head have been removed
1/3 cup salt
20 cups finely sifted bread crumbs
20 eggs
3 cups milk

Wash the fish in cold water and drain. Beat the eggs, milk and salt to a uniform mixture. Dip each piece of fish into this mixture and cover with crumbs. Place fish in a single layer on a well oiled baking pan and bake in a hot oven for 5 minutes, then lower the temperature to moderate and cook until tender.

The fish prepared as above may be fried in deep fat at about 390 degrees F., the fish being in a single layer in baskets; cook to a golden brown. This will take from 4 to 8 minutes, depending upon the variety of fish.

Fish Chowder (for 100)

24 lbs. sliced lean white fish free from skin and bones
3 lbs. sliced onion
3 lbs. diced fat salt pork (fat back)
16 lbs. peeled and diced potatoes
3 gallons fish stock (or water)
3 tsps. black pepper
1/2 cup salt
6 gallons milk

In a heavy kettle, fry the pork to a golden brown, add the onions and fry to a light yellow. Add the potatoes and fish in alternate layers, sprinkling in salt and pepper; add fish stock and simmer until the potatoes are cooked. Then add the milk and bring to a simmering heat. If desired, the milk may be thickened slightly with flour or cornstarch.

If fish stock is not available, water may be used as a substitute; in this case the amount of fish should be increased by 3 pounds. This recipe makes about 15 gallons of chowder.

Barbecued Oysters (for 100)

6 gallons oysters	1 tbsp. salt
1 lb. thin sliced bacon	1 tsp. pepper
2 qts. bread crumbs	2 oz. paprika

Separate oysters from their liquor. Strain the liquor and see that oysters are free from bits of shell. Place oysters in a single layer in well-oiled baking pans and add oyster liquor. Sprinkle oysters with crumbs and season with paprika. Cut bacon strips to one-inch lengths and distribute uniformly over oysters. Bake in top of a hot oven until bacon is cooked.

Creamed Fish Flakes (for 100)

Fish flakes may be prepared from boiled fish, by cutting or breaking into coarse pieces.

40 lbs. (20 qts.) fish flakes
1 tbsp. salt
1 tbsp. paprika
6 qts. white sauce to which may be added chopped hard-boiled egg, cooked or canned chopped mushrooms, chopped peppers, minced onion, parsley or grated cheese. Warm the white sauce. When it is hot, add the fish with as little stirring as possible, then any other ingredients desired and heat thoroughly.

In inland communities, where fresh fish may not be readily available, sea-food suppers still may be prepared by utilizing canned fish or shellfish. In such a recipe as given directly above, canned fish may be substituted for the boiled fish. Additional recipes, using canned salmon, published by the American Can Company in The Story of Salmon, are given below:

Salmon Loaf (for 50)

13 1-lb. cans salmon	1½ tbsps. pepper
26 eggs	3½ qts. bread crumbs
4½ tbsps. salt	1-2/3 cups butter

Remove all bits of skin and bone from the salmon and flake lightly. Add the slightly-beaten eggs and the salt and pepper. Add bread crumbs and the melted butter. Mix carefully so salmon does not become pasty. Put in buttered molds and steam one hour. Or it may be set in another pan of water and baked one hour at 400 degrees F. Serve either hot or cold with white, pea or parsley sauce. Garnish the mold with slices of cucumber and lemon and sprigs of parsley. About 3½ pts. of white sauce.

Salmon Puffs with Hollandaise Sauce (for 50)

16 eggs	4 tsps. salt
2 qts. milk	Paprika
4 1-lb. cans salmon	Nutmeg
2 qts. soft bread crumbs	3 tbsps. lemon juice

Beat eggs well, add milk and the flaked salmon. Add crumbs, seasonings and turn into well-greased molds, each of which has a slice of hard-cooked egg in the bottom. Set molds in hot water and bake in slow oven--300 degrees F.--for 40 to 50 minutes or till set and a knife comes out clean. Turn out onto plates and garnish with Hollandaise Sauce and a bit of watercress. May also be served with cream sauce or tomato sauce.

Chilled Salmon Loaf (for 24)

2 1-lb. cans salmon	1/4 cup lemon juice
1 No. 2 can peas	1 cup Mayonnaise
1 No. 2 can diced carrots	Salt
4 cups cooked spaghetti, (small pieces)	Pepper

Remove bones and skin from salmon and flake. Add drained peas and carrots. Add the spaghetti, lemon juice and mayonnaise and season to taste. Pack in buttered loaf pans and chill thoroughly, or, if not using refrigerator trays, pack in them. Chill for an hour or so, being careful not to freeze if in the trays. Turn out, slice and serve on lettuce with mayonnaise garnish.