



# DEPARTMENT OF THE INTERIOR

## INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Release ON RECEIPT

Well-prepared, fresh seafoods in a variety of textures, surrounded by crisp, brown batter or a flaky top-crust to crunch through: is the thought tongue-tempting?

That's the feature offer of this 39th in a series of fish-as-food recipes released today from the Fish and Wildlife Service, United States Department of the Interior.

Combinations of the "pastry" idea with several kinds of fresh (or canned) fish and shellfish have long been favorites along the three coasts, especially. Below are a handful of formulae for creating some of these tasty delights. Let East, West, and South swap around, and those in the Midlands try, as they say, willy-nilly:

### Spoon Fish Cakes

1 can ready-to-fry cod fish cakes	1/2 tbsp. butter
1 tsp. baking powder	1/8 tsp. pepper
1 egg	

Empty fish cakes into a bowl, add pepper, butter, and baking powder. Mix with a fork and add egg, lightly beaten. Beat mixture until fluffy and light, drop by the spoonful into deep, hot fat (385° F. or hot enough to brown a cube of bread in 40 seconds). Fry to a golden brown, drain thoroughly on brown paper and serve immediately on a heated platter. Serves 4.

134 Delicious Deep Sea Dishes

Bungalow Pie  
(Filling)

1 can flaked fish	2 tbsp. quick-cooking tapioca
2 cups milk	1 tbsp. butter
6 large crackers	salt, pepper to taste
1 small onion, chopped	

Break up crackers in good sized pieces and mix with flaked fish, onion, tapioca, butter, milk, salt, and pepper. Place in buttered baking dish and cover with crust made this way:

(Crust)

Sift 1 tablespoon flour, sift again with 1 tablespoon baking powder, 1/4 teaspoon salt and dash of pepper. Add 1 tablespoon butter to 2 cups creamy mashed potatoes and mix thoroughly with sifted dry ingredients. Spread over fish mixture in baking dish to form a "crust," and bake 30 minutes in moderately hot oven (375° F.) Serves 6.

134 Delicious Deep Sea Dishes

Shrimp Turnovers

1 No. 1 can shrimp, chopped fine	1 hard-cooked egg, chopped fine
1/2 cup milk	1 tbsp. butter
salt and pepper	1/2 tsp. cornstarch

Mix shrimp and egg. Stir cornstarch in milk over slow fire until thickened. Beat in shrimp, butter, and seasoning. Cool. Make a pie crust and cut the turnovers with a saucer upside down. Put a tablespoon of shrimp mixture on half of crust, fold over other half and press together. Cut small slits on top, brush with milk, and bake in quick oven.

The Story of Shrimp

Australian Fish Cakes

Boil white fish. When cold, mince the white flesh of fish, mixing into it clarified butter and bread crumbs. Also some parsley, salt, and pepper. Bind with yolk of an egg well beaten. Shape into meat rounds or flat cakes. Dip into a beaten egg, then in fine bread crumbs and fry in boiling fat. Ingredients: One pound cold boiled fish, two eggs, two table-spoonfuls clarified butter, one-fourth cupful soft bread crumbs, one-half teaspoonful chopped parsley, salt and pepper to taste.

500 Ways to Prepare California Sea Foods

Salmon Puff

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

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.

100 Tempting Fish Recipes

Creamed Fish in Ramekins

2 cups boiled flaked fish	1 cup milk
2 tablespoons butter	1 teaspoon salt
1 tablespoon flour	6 tablespoons bread crumbs
2 egg yolks	1 teaspoonful onion extract
pepper to taste	

Melt the butter, stir in the flour until smooth. Add the yolks of the eggs well beaten, then the milk, slowly stirring until smooth. Cook until slightly thickened and add the salt, pepper, and onion extract; then add the flaked fish. Pour into buttered glass ramekin dishes or one large baking dish and cover with bread crumbs. Brown in a hot oven for a few moments, garnish with sprigs of parsley and serve.

Fish Facts

Lobster in Timbales

1 can (or 1 cup) lobster	salt
white sauce	butter
chopped parsley	pepper
onion juice	bread crumbs
1 egg	mustard

Make a white sauce, season with salt, pepper (onion juice and mustard if desired) and chopped parsley. Add lobster meat chopped coarsely, and cook two or three minutes. Fill the timbales or croustades with this mixture, brush over with beaten egg, cover with bread crumbs, put little lumps of butter on the top and bake in quick oven.

Old Gloucester Sea Food Recipes

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