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# Fabulous Feasts with Maine Seafoods

Maine Department of Sea and Shore Fisheries

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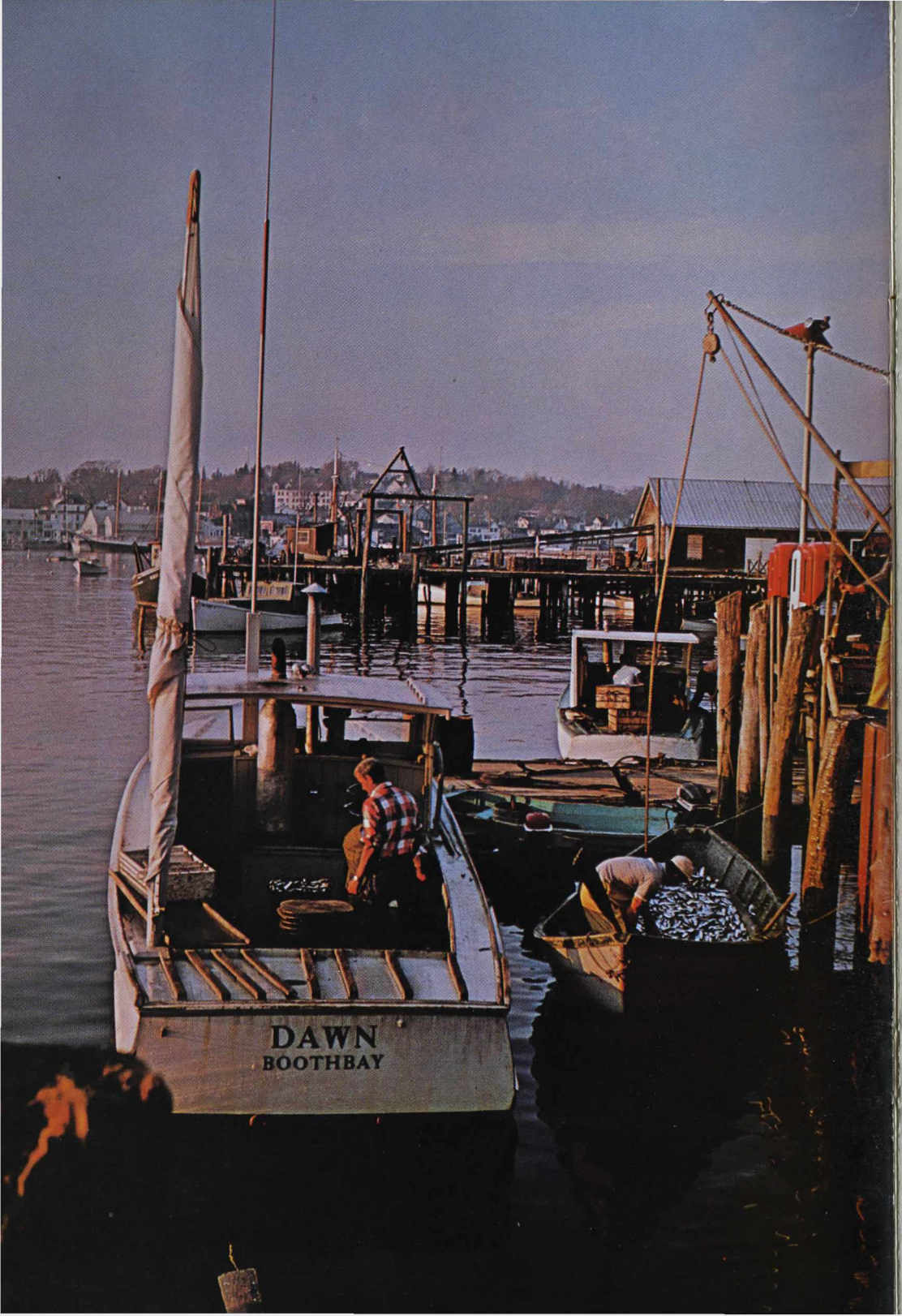
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*Fabulous Feasts  
with Maine  
Seafoods*





DAWN  
BOOTHBAY

# Maine's Delicious Heritage



Maine has long been famous for many things — for its rugged, spectacularly beautiful coast, sculptured by Nature into countless bays, islands and peaceful harbors; for its thousands of lakes, broad rivers and swift-running streams; for its hundreds of miles of unspoiled forestland; and for its delectable seafoods, unsurpassed in freshness and flavor.

These seafoods, some thirty-two varieties in all, are harvested by the same hardy breed of men as those who first set their nets along Maine's rocky shores years before the first colonists came to the New World. Thanks to the efforts of such men today, dinner tables from coast to coast are enriched by such epicurean delights as Maine lobster, Maine sardines, Maine shrimp and Maine clams — along with a mouth-watering assortment of fish and shellfish of all shapes and sizes which are harvested in the clear, cold waters of the Gulf of Maine.

Any one of these seafoods can be prepared in an almost endless variety of ways. The recipes which follow, based on traditional favorites of good Maine cooks, should serve as an introduction to a whole new world of gastronomic adventure. From the least to the greatest, we believe you will find each dish a Fabulous Feast from Maine.



# Lobster



## BOILED STATE OF MAINE LOBSTER

Have about 3 inches of boiling water in large kettle. Add 1 to 2 tablespoons salt, depending on width of kettle and number of lobsters being cooked. Plunge live lobsters in, head downward. Cover kettle, bring back to steaming point rapidly and time 17 minutes for 1 pound size or 18 to 20 minutes for 1¼ to 1½ pounders.

Remove from water and place each lobster on its back. Using a heavy knife or kitchen shears cut each lobster from head to tip of tail. Spread open and remove intestinal vein and small sac just below the head. Crack large claws. Serve hot with small dish of melted butter. If served cold, mayonnaise may be substituted for melted butter. (*Shown at left*)

**Note:** If you have always used a kettle full of boiling water instead of 3 inches, you will note faster return to the boiling point and improved flavor. As a Bailey Island lobsterman observed, "you only want to cook 'em, not drown 'em!"

## BAKED MAINE LOBSTER DELUXE

4 fresh Maine Lobsters	2 egg yolks
3 small fresh Maine Lobsters	1 cup lobster stock
2 tablespoons butter	1 cup small toasted bread cubes
½ cup cream	2 tablespoons sherry

Cook lobsters in 3 inches boiling salted water for 15 minutes. Set the 4 large ones to one side, belly up, so juice does not run out of shell. Remove meat from small ones and cut in bite-size pieces. Cook the shells with 1½ cups of water, any juice from the 3 lobsters, a little celery, parsley and seasoning for 15 minutes. Strain. This makes the lobster stock.

In a double boiler melt butter, add cream and slightly beaten egg yolks and stir constantly as it thickens. Add lobster stock and cook, stirring constantly until the consistency of cream sauce. Remove from heat, add lobster meat, toasted bread crumbs and sherry.

Next, split large lobsters. Remove vein, stomach and liver. Cut the thin under-shell from tail so meat shows. Crack large claws. Fill body cavity generously with the lobster mixture. Sprinkle with fine battered bread crumbs. Bake in 500°F oven for 10 to 12 minutes to heat and brown crumbs.

**Note:** De luxe to start with, lobster becomes double de luxe prepared by this method. In spite of its richness it is usually served with melted butter.

## FAMOUS MAINE LOBSTER ROLLS

Make lobster salad as per recipe cutting the lobster a bit smaller. Split and grill to golden brown 4 hamburger or hot dog rolls. Fill with lobster salad, add a piece of crisp lettuce and serve. Makes about 8 rolls.

**Note:** "Some like it hot . . . some like it cold . . ." If you like your lobster roll on the warm side fill the bun or roll, butter the outside and grill filling and all. Omit lettuce, of course.

## LOBSTER NEWBURG

4 tablespoons butter	1/8 teaspoon nutmeg
2 cups fresh Maine lobster meat, cut in bite size pieces	dash cayenne pepper
3 tablespoons flour	1/4 teaspoon Ac'cent
1/2 teaspoon salt	1 tall can evaporated milk
	2 to 3 tablespoons sherry

Using a heavy skillet on low to medium heat (an electric fry pan with controlled heat is ideal) or a double boiler, cook lobster meat slowly with the butter to draw the color slightly. Combine flour and seasonings and sprinkle over lobster. Add undiluted evaporated milk (or 1 1/2 cups light cream) stirring constantly while adding and until thickened. Add sherry slowly while stirring. Serve on toast or in patty shells.

**Note:** Easy to make and no curdling. If you like curried rice, you'll like it twice as much served with this Newburg.

## LOBSTER STEW

Boil 2 one pound Maine lobsters and remove meat immediately, saving tomalley (or liver), coral and thick white substance from inside shell. Using a heavy kettle, simmer the tomalley and coral in 1/2 cup butter for 8 to 10 minutes, then add lobster meat cut in fairly large pieces. Cook all together slowly for 10 minutes. Remove from heat and cool slightly. Then add *very slowly*, 1 quart rich milk, stirring constantly. Allow the stew to stand for 5 or 6 hours before reheating to serve. Serves 4.

**Note 1:** For the perfect lobster stew, stirring is most important, otherwise it may curdle. According to experts on fine Maine cookery, the important steps to success are first, the partial cooling before gently adding the milk, the constant stirring and the final aging since every hour that passes improves the flavor.

**Note 2:** The easy way is to make it one day and serve the next. Be sure to refrigerate and in reheating, do it slowly. Use low to medium heat.

## LOBSTER CASSEROLE

3 tablespoons butter	3 slices white bread crusts removed
1 pound cooked lobster meat	2 cups rich milk (part cream)
3 tablespoons flour	salt and pepper to taste
3/4 teaspoon dry mustard	

Cut lobster into bite sized pieces and cook slowly in butter to start the pink color. Do not cook too long or too fast or it will toughen.

Combine flour with seasonings and sprinkle over lobster; add milk slowly stirring to blend. Cook, stirring gently, until thickened. Add bread torn into small irregular pieces. Pour into greased casserole; top with buttered crumbs and bake about 30 minutes at 350°F or until bubbly and brown. If desired 2 or 3 tablespoons of sherry may be added when the bread is stirred in.

**Note:** Make this once and it will be your favorite lobster recipe. It can be made a day ahead and baked just before serving. Better yet it can be frozen and used months later! Allow extra baking time for the frozen one.



# Clams



## MAINE CLAM CHOWDER

1 quart Maine clams canned or fresh	1 onion, diced or chopped
1/4 pound salt pork	1 quart rich milk, scalded
1 quart diced potatoes	Salt and pepper to taste
	Butter, if desired

Remove black parts from clams, saving the liquor. Cut pork in small pieces and fry until crisp and golden brown, then remove small pieces of pork from the fat. Add potatoes and onion, with just enough hot water to be seen through the potatoes. Cook over low heat — just simmering — until done. (If cooked over high heat, the chowder is apt to stick and burn.)

Finally, add clams and cook 2 minutes after coming to a boil; longer cooking will toughen the clams.

Remove chowder from heat and let stand a few minutes, then add hot milk, the clam liquor and seasoning to taste. By adding these last there is less chance of the chowder curdling, which often happens if seasonings are added before the hot milk.

Add 1 tablespoon butter just before serving, or place a bit in each soup bowl. This quantity yields 6 large servings or 8 small.

**Note 1:** Most of us State o' Mainers use no thickening in a chowder but it is a guard against its tendency to curdle. Put about 1/2 cup cold water in a covered jar, add 2 tablespoons flour. Cover jar and shake vigorously, then stir gently while adding to potato mixture just after adding clams.

## MARY ANN'S CLAM CASSEROLE

2 cups milk	1/4 cup minced onions
2 cups crumbled <i>unsalted</i> crackers	1 tablespoon minced pimiento
1 pint clams and juice	1 teaspoon salt
4 eggs, well beaten	1/4 teaspoon pepper

Combine cracker crumbs and milk and let stand for 20 minutes. Add clams which have been ground and juice. Add eggs well beaten, onions, pimiento and seasonings. Pour into greased 2 quart casserole. Bake 40 to 50 minutes at 350°. This will serve 4.

**Note:** This is one of those "emergency shelf" meals — and a good one. If you need to use salted crackers, because that is what the "shelf" offers, omit the salt, adding only pepper.

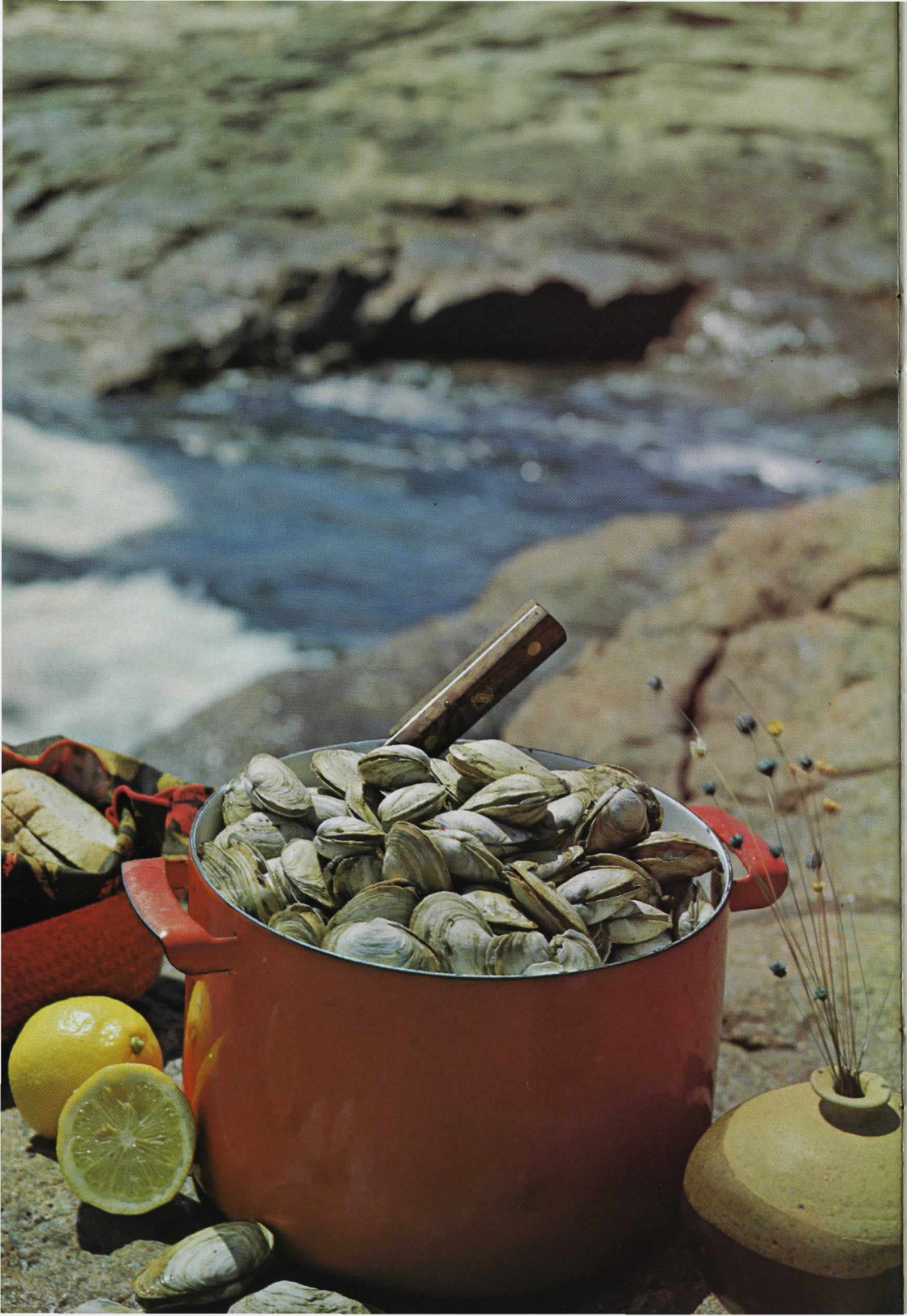
## MAINE STEAMED CLAMS

Scrub the shells and carefully wash clams free of sand in several waters. Place in large kettle with 2 cups of water. Cover, bring to boiling point and steam until shells open.

Serve very hot with a side dish of melted butter and a cup of the clam bouillon (liquor from the kettle). Allow 15 to 20 clams per serving.

**Note:** Maine quahogs (hard shell clams) may be used for steaming, in stews, clam cakes and chowder. They are also excellent on the half-shell.





## MAINE CLAM CASSEROLE

2 cups clams, with juice  
1 cup cracker crumbs  
2 tablespoons chopped onions  
3 eggs, beaten slightly  
 $\frac{1}{2}$  cup milk  
1 cup cream style corn  
2 tablespoons melted butter  
salt and pepper to taste

Combine all ingredients and put into buttered casserole. Bake 45 to 60 minutes at 350°. Serves 4.

**Note:** Call it clam or call it corn — your family and guests will call it good by any name!

## MAINE SEA-BURGERS

2 cups finely chopped clams  
1 cup corn flakes  
1 egg, well beaten  
 $\frac{1}{4}$  cup milk  
1 tablespoon minced onion  
1 tablespoon minced celery  
salt and pepper to taste

Combine ingredients. Form into patties. Have hot shortening or oil about one inch deep in skillet. Fry burgers golden brown and serve piping hot.

**Note:** These sea-burgers may be served as a plate luncheon with tossed salad and vegetable of your choice. They are also good tucked into a toasted hamburger bun. Please pass the ketchup!

## "BEST-EVER" FRIED CLAMS

1 egg yolk, beaten  
 $\frac{1}{2}$  cup milk  
1 tablespoon melted butter  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{2}$  cup flour  
1 egg white beaten stiff  
24 clams, cleaned

Combine beaten egg yolk and half the milk. Add butter. Add salt to flour, sift together and beat into egg-milk mixture until smooth. Add rest of milk, then fold in stiffly beaten egg white. Drain clams. Dip each clam into batter and fry in deep fat (375°) until golden brown, turning frequently. Drain on absorbent paper. Serve with ketchup. Makes 4 servings.

**Note:** Right at the start you'd do well to double this recipe for they are so-o-o good that 6 apiece will never be enough!



# Crab



## CRAB STEW

2 tablespoons butter  
6 small soda crackers  
2 cups fresh Maine crabmeat  
1/2 cup water

1 quart rich milk  
salt and pepper  
1 tall can evaporated milk

Melt butter slowly in kettle. Roll crackers until crumbs are as fine as flour. Place these crumbs and the crabmeat in butter, add water and let mixture bubble for one minute to bring out the luscious flavor of the crabmeat. Pour in milk and stir until it is very hot — but do not boil. Add seasonings and evaporated milk. Reheat, but again do not boil.

**Note:** Serves 6 people who will probably wish there were “seconds”!

## CRABMEAT STUFFING FOR PEPPERS OR TOMATOES

1 cup Maine crabmeat  
2 eggs, beaten  
2 tablespoons butter  
1/4 cup chopped onion

3/4 cup chopped celery  
2 slices bacon, diced  
1 cup soft bread crumbs  
salt and pepper

Fry bacon bits slowly until golden brown. Add onion and celery and cook on low heat until tender. Add bread and seasonings. Combine crabmeat and beaten eggs and add to first mixture, stirring to blend.

Use this stuffing for baked stuffed peppers or tomatoes or acorn squash.

**Note 1:** Steam the halves of acorn squash for 1/2 hour before salting the cavity and stuffing. Then bake 25 to 30 minutes with stuffing in.

**Note 2:** This is a deliciously different combination of fish and vegetable. All you need to add is a green salad and a fresh-from-the-oven roll and your meal is ready.

## BAKED SEA FOOD CASSEROLE

1/2 lb. fresh Maine crabmeat  
1/2 lb. cooked shrimps  
1 cup mayonnaise  
1 1/3 cups chopped celery  
1/2 cup chopped onion

1/2 cup chopped green pepper  
1/2 teaspoon salt  
1 teaspoon Worcestershire  
1 cup crushed potato chips

Mix all ingredients except potato chips. Put into greased casserole. Cover with the crushed potato chips, sprinkle with paprika and bake 30 to 40 minutes at 350°. Serves 6.

**Note:** Another name for this is Baked Sea Food Salad and it's so good you wonder why someone hasn't thought of baking salads before. A large tray of sliced tomatoes, carrot sticks, cucumbers and ripe olives would be just the right accompaniment.

# Shrimp



## BOILED MAINE SHRIMP

Break heads from 2 pounds of fresh Maine shrimp. Place in kettle with 3 cups of water. Bring to boil and time 6 minutes. Cool and peel shells from meat.

**Note 1:** This is the starting point for dishes calling for cooked shrimp — and you have to plan on getting about half of what you start with. In a word, two pounds will get you one — or about 2 cups of meat.

**Note 2:** Maine shrimps are so tender that they can easily be overcooked. It really is easier to remove from shell raw (cut under shell with scissors), then cook them 2 to 3 minutes in  $\frac{1}{4}$  to  $\frac{1}{2}$  cup of water.

## SHRIMP NEWBURG

2 cups cooked Maine shrimp meat	dash cayenne
$\frac{1}{4}$ cup butter or margarine	dash nutmeg
$2\frac{1}{2}$ tablespoons flour	1 pint coffee cream
$\frac{3}{4}$ teaspoon salt	2 egg yolks, beaten
2 to 3 tablespoons sherry	toast points or patty shells

Melt butter; blend in flour and seasonings. Add cream and sherry gradually and cook until thickened and smooth, stirring constantly. Stir a little of the hot sauce into slightly beaten egg yolks, then add to sauce stirring constantly. Add shrimp and let heat. Serve immediately on toast points or home made pastry shells.

## HOME-MADE PASTRY SHELLS

Cut rounds of rich pie pastry and shape over inverted Pyrex custard cups, pinching pastry in 4 or 5 places so it fits cups. Cut a few gashes with pointed knife (or prick with fork); place cups on a cookie sheet and bake 10 to 12 minutes at  $450^\circ$  — or until delicately browned.

## SHRIMP STUFFED PEPPERS

4 large green peppers	salt and pepper
2 cups cooked shrimp, cut	$1\frac{1}{2}$ cups cooked rice
$\frac{1}{2}$ cup minced onion	1 cup tomato puree
2 tablespoons butter	$\frac{2}{3}$ cup buttered crumbs
1 teaspoon Worcestershire	

Cut tops from peppers and remove seeds. Serve whole or cut in half, lengthwise. Simmer in 2 cups of boiling water for 5 minutes and drain. Combine remaining ingredients, except buttered crumbs and fill peppers. Top with crumbs and bake in a casserole with  $\frac{1}{2}$  cup water 25 to 30 minutes at  $375^\circ$ .

**Note 1:** When baking whole peppers a deep muffin pan will keep the peppers in a standing position and make them prettier to serve.

**Note 2:** If you cut the peppers in half, prepare more buttered crumbs for topping.



## SHRIMP COCKTAIL DIP

2 cups cooked shrimp meat  
1 cup cocktail sauce

2 3 oz. pkg. cream cheese  
seasonings

Chop and mash shrimps and thoroughly blend all ingredients. Season with salt, cayenne, dry mustard, herbs and Worcestershire as needed. This is ideally done in an electric blender by starting with the sauce and dropping in the shrimp and cubes of the cream cheese through the opening in the cover. But it tastes just as good when prepared by hand.

**Note:** The cocktail sauce may add all the seasoning needed — so go easy on the extras!

## JAMBALAYAH MAINE STYLE

2 tablespoons butter  
1 tablespoon flour  
1/2 lb. cooked ham  
1 large green pepper, diced  
2 cups cooked shrimp  
2 1/2 cups canned tomatoes

1 1/2 cups water  
1 large onion, chopped  
1/2 clove garlic, minced  
1 tablespoon minced parsley  
3/4 cup uncooked rice

Preheat electric skillet to 350°. Melt butter, stir in flour; add diced green pepper and coarsely diced ham. Cook, stirring, for 5 minutes. Add shrimp, tomatoes and water, onion, garlic and parsley. Add salt and pepper as needed. Bring to the boiling point, then add the raw rice. Reduce heat to 200° or 225° and simmer 30 minutes or until rice is tender and has absorbed most of the liquid.

**Note:** This is an unusual recipe and you will like the combination of ham, shrimp and tomatoes — truly delicious! Add hard, crusty rolls and a crisp green salad and the success of your meal is guaranteed.

## BAKED MAINE SHRIMP CHEESE PUFF

1/2 lb. cooked shrimp meat  
4 slices buttered bread  
1/2 lb. cheese, grated  
3 eggs, beaten

2 cups milk  
1/4 teaspoon dry mustard  
salt and pepper as needed

Cut shrimps in 2 or 3 pieces. Butter bread slices and dice in 1/2 inch cubes. Put half the bread cubes into buttered casserole; spread with half the shrimps and sprinkle with half the cheese. Repeat. Beat eggs slightly. Beat in seasonings and milk. Pour custard over other ingredients and top with a little reserved cheese. Bake 40 to 50 minutes at 350°. Serves 4 or 5.

**Note:** Easy to make and easy to eat! This will be one of your favorites — and if fresh shrimps are not available you'll find the results with frozen ones equally satisfying.

# Scallops



## SCALLOP STEW

1 quart milk  
1/2 pint light cream  
1/3 cup butter  
1 tablespoon sugar

1/2 tablespoon Worcestershire  
1 pound scallops  
salt and pepper to taste

Heat milk and cream in double boiler. Melt butter in skillet and add sugar and Worcestershire Sauce. Crush scallops, cut off hard piece and dice. Add to mixture in skillet, simmer about 6 minutes. Pour heated milk and cream over cooked scallops; season as desired and keep hot in double boiler. Serves 6.

**Note:** Another easy, delicious soup and one that is seldom served — in short, a good chance to surprise someone pleasantly.

## EASIEST BAKED SCALLOPS

Wash scallops and drain on paper towels. Cut off hard piece on side. Roll in seasoned flour (seasoned salt and pepper and a bit of fish-blend herbs). Set floured scallops into greased pie plate. Dot with butter and pour around them 1 cup of coffee cream (it will come about halfway up on the scallops). Bake 30 to 40 minutes at 350°.

**Note:** For sweet, pure taste and juicy texture you can't beat this simple recipe. Make your purchases on the way home from work and still serve dinner on time — pleasantly too!

## SCALLOPS AND FISH CASSEROLE

1/2 lb. scallops  
1/2 lb. haddock fillets  
1 small onion, diced  
2 stalks celery, diced  
1/2 green pepper, diced

1 can frozen shrimp soup  
1 small can evaporated milk  
1 small can pimientos  
seasonings to taste

Simmer peppers, onions and celery in butter until tender. Cut fish in 3 or 4 pieces, place on top of onion mixture. Cover and simmer about 5 minutes. Cut scallops in 2 or 3 pieces. Add to pan and cook 5 minutes. Add milk, defrosted shrimp soup, pimientos and seasonings. Pour into greased casserole. Cool, cover and refrigerate over night. Sprinkle top with buttered crumbs. Bake 30 to 40 minutes at 350°. Makes 4 or 5 servings.

**Note:** It's that little rest in the refrigerator that makes the difference — blends flavors and makes this one of the most delectable concoctions yet!

# Mussels



## SCALLOPED MUSSELS

Wash 1 quart mussels, cover with hot water and bring quickly to the boil, cook 5 or 6 minutes to open shells. Drain and remove meat.

Combine 2 cups bread crumbs with  $\frac{1}{4}$  cup melted butter. Place a layer of the crumbs in a buttered casserole. Add a layer of mussels, sprinkle with minced green pepper and season with salt, pepper and onion salt. Repeat until crumbs and mussels are all used. Pour in enough milk to moisten and sprinkle buttered crumbs on top. Bake 30 to 40 minutes at  $350^{\circ}$ . Serves 4.

**Note:** Much like scalloped oysters this will make the main dish for lunch or supper. Watch it go at a church smorgasbord!

## PANNED MUSSELS

30 mussels in shell  
2 tablespoons butter  
2 tablespoons flour

$\frac{1}{2}$  cup cold water  
salt, pepper and cayenne  
juice of  $\frac{1}{2}$  lemon

Remove mussel meat from shells as described in scalloped mussel recipe and place in sauce pan with butter, seasonings, and lemon juice. Heat slowly. Put cold water in a covered jar, put flour on water. Cover jar tightly and shake vigorously to mix to cream-like consistency. Add slowly to hot mixture, stirring constantly. Bring to a boil and serve.

**Note 1:** Good with baked potatoes and buttered beets.

**Note 2:** Don't forget that overcooking which is bad for all shell fish spells disaster for this succulent little morsel.

## MUSSELS ON THE HALF-SHELL

4 dozen mussels  
1 tablespoon minced onion  
 $\frac{1}{3}$  cup water  
juice  $\frac{1}{2}$  lemon

3 tablespoons butter  
salt and pepper  
 $1\frac{1}{2}$  teaspoons flour  
1 teaspoon parsley or herbs

Scrub mussel shells. Place in sauce pan with water and lemon juice. Cover and boil 5 or 6 minutes or until shells open. Discard top shell of each mussel and arrange bottom halves on serving plates. Strain liquid and reduce by boiling. Melt butter in small skillet, blend in flour and seasonings. Add  $\frac{1}{3}$  cup liquid and bring to boil. Pour over mussels. Serves 4.

**Note:** This is a dish to be used as a first course but, accompanied by a hearty vegetable, salad and some crisp green things, can make the grade as a main dish — good to the last mussel!



# Sardines



## SARDINE-CHEESE NIBBLER

1 can Maine sardines, drained	1/2 teaspoon grated onion
1 3-oz. package cream cheese	1/2 teaspoon horseradish
salt, pepper and paprika to taste	juice 1/2 lemon

Mash and blend together. Serve as spread for thin salted crackers or melba toast rounds.

**Note:** Use this combination as a dip by blending in 1/2 cup soured cream (or more as preference dictates).

## SARDINE RAREBIT

2/3 cup grated cheddar cheese	1/2 teaspoon salt
3/4 cup milk	dash pepper
1 teaspoon cornstarch	few drops Tabasco sauce
1/4 cup cold milk	2 cans Maine sardines
3 egg yolks	

Heat cheese and milk slowly until cheese melts. Combine cornstarch and the 1/4 cup cold milk and stir smooth. Add to hot milk and cheese and cook until thickened, stirring constantly. Beat egg yolks slightly, add a bit of the hot mixture, then return to saucepan and cook, stirring, to a smooth custard consistency. Add seasonings.

Broil drained sardines until they look bubbly. Place three to five on each slice of toast and pour hot sauce over.

**Note:** If the words "stirring constantly" irk you, just remember that "lumpy sauce" is much worse. One nice thought: No mixture can "lump" until it is hot enough to start cooking the thickening agent, so no need to worry until it starts to steam a bit. (*Shown at right*)

## SARDINE-IN-A-BLANKET

Thin sliced bread	Lemon juice
Maine sardines	Horseradish

Drain oil from sardines. Trim crusts from bread. Lay a sardine (two if very small ones are used) one inch from edge of bread slice. Sprinkle with lemon juice and horseradish. Start at edge of bread and roll up so sardine is inside of the roll. Brush outside with melted butter and brown under broiler turning once.

**Note:** These can be baked at 500° — no turning needed.

An inexpensive, zippy hors d'oeuvre — and watch them disappear!



## MAINE SARDINE SALAD

2 or 3 cans Maine sardines	1 cup mayonnaise (or less)
1/2 cup minced green pepper	salt and pepper to taste
1/4 cup minced onion	lettuce
1 cup diced cucumber	

Drain oil from sardines. Save out 8 to use as garnish. Place the rest in large mixing bowl. Add remaining ingredients. Toss lightly to mix. Serve in lettuce cups with a dash of paprika and two whole sardines on top. Serves 4.

**Note 1:** Sections or slices of fresh tomato add a nice note of color — or better still serve 6 by making tomato-stuffed-with-sardine salad.

**Note 2:** Extend this for 8 by serving in a toasted frankfurter roll with a whole sardine on top.

## SARDINE TURNOVERS

Roll out one package of pie crust mix or one recipe homemade pie crust. Cut into circles. On half of each circle place a Maine sardine, a thin slice of onion, a half slice of tomato and a piece of American cheese. Wet edges with cold water, fold pastry over and seal. Press edges with the tines of a fork and cut 2 or 3 small slits in top. Place on cookie sheet and bake at 425° 12 to 15 minutes.

**Note:** If you have time between refilling the serving plate, watch your guests enjoy these at a party!

## PICNIC REMINDER

The tantalizing flavor of Maine sardines makes them a fine picnic starter. Perch a couple on a salted cracker, “squirt” a bit of juice from a cut lemon and no one will care how long it takes to unpack the food hamper, get out the table cloth, or start the fire.

## SARDINE SANDWICH BAKE

8 slices white bread, buttered	1 1/2 cups milk
8 slices American cheese	1/2 teaspoon salt
2 cans Maine sardines	1/2 teaspoon dry mustard
1 medium onion	1 teaspoon Worcestershire Sauce
2 eggs	

Butter sides and bottom of 9 inch square Pyrex cake pan. Lay 4 slices buttered bread in pan. On the bread place 4 slices cheese, and on each slice of cheese put 4 or 5 sardines. Grate or scrape onion over sardines; cover with remaining 4 slices of bread, then top with rest of cheese slices. Beat eggs, add seasonings and milk. Pour this mixture over the sandwiches. Bake at 350° 45 to 60 minutes or until puffed and brown. Serves 4 to 6.

**Note:** This is one of those hearty, delicious tasting dishes that can be whipped up in a few minutes — or it can be fixed in the morning and refrigerated until baking time. This and a tossed salad go together like ham ‘n’ eggs!

# Cod & Haddock



## TURBAN OF FISH

2 lbs. haddock

1/2 bay leaf

juice 1 lemon

1 cup water

1 1/2 cups soft bread crumbs

1 1/2 cups scalded milk

yolks 2 eggs, beaten

grated rind 1 lemon

1 teaspoon salt

1 tablespoon butter

1/4 teaspoon celery salt

cayenne

whites 2 eggs, beaten stiff

Cook fish with bay leaf, lemon juice and water. Remove and flake. Combine hot milk and bread crumbs (no crusts). Stir in beaten egg yolks, lemon rind and seasonings. Fold in stiffly beaten egg whites. Pour into loaf pan lined with oiled paper. Set into a pan containing 1/2 inch of hot water and bake at 350° about one hour. Unmold on platter and garnish top with whole blanched salted almonds. Serve with white sauce to which chopped salted almonds have been added.

**Note:** A truly ELEGANT fish dish — one for company — and the family will enjoy it, too.

## CREAMED SALT CODFISH

Break salt codfish into quite small pieces. Cover with warm water and let stand for 1/2 to 3/4 of an hour. Drain, cover with cold water and bring slowly to simmering point. DO NOT BOIL! Drain. Place fish on large platter and pour sauce over it. Serve with baked potatoes.

## EGG SAUCE

3 tablespoons butter

3 tablespoons flour

salt and pepper

2 cups milk

1 egg, slightly beaten

or 2 eggs, hard boiled

Make white sauce from first 4 ingredients. When thickened pour over slightly beaten egg, stirring constantly so that egg will blend in smoothly. Or omit this step and add sliced hard boiled eggs, or place them on top of fish after sauce is poured over it.

**Note:** Grammie's way of serving salt codfish was to pour hot heavy cream over the fish and surround it with eggs which had been poached in the cream — one apiece and you put them on top of your mashed potato! Calories — but what good ones!



## BAKED STUFFED HADDOCK

1 - 4 pound haddock  
salt and pepper as needed

2 cups Sweet Pickle Stuffing  
2 tablespoons butter

Wipe fish with damp cloth. Clean and remove all bones possible (or have market man do this). Season inside with salt and pepper. Put stuffing in and secure with toothpicks. Place in baking pan, add  $\frac{1}{2}$  cup water and brush top of fish with butter. Bake 1 hour at  $350^{\circ}$ , basting with butter occasionally. Serves 6. (*Shown at left*)

## SWEET PICKLE STUFFING

2 cups soft bread crumbs  
1 teaspoon grated onion  
 $\frac{1}{2}$  cup chopped celery

$\frac{1}{4}$  cup chopped sweet pickles  
 $\frac{1}{2}$  teaspoon salt  
3 tablespoons melted butter

**Note:** Pickles and fish are natural companions, but this is a new wrinkle in combining them.

# As easy as A-B-C

## A. HADDOCK SHRIMP BAKE

1 pound haddock fillets  
1 can frozen shrimp soup

$\frac{1}{2}$  cup light cream  
 $\frac{1}{4}$  cup chopped onions

Cook fish in small amount of salted water and flake. Place in casserole. Combine remaining ingredients and pour over fish. Top with corn flakes and Parmesan cheese. Bake 20 to 30 minutes at  $350^{\circ}$ . Serves 4.

## B. HADDOCK RAREBIT

Arrange  $1\frac{1}{2}$  pounds haddock fillets in buttered baking-pan. Sprinkle with salt and pepper. Combine 1 can cream of celery soup and 1 cup shredded cheese in sauce pan. Heat over low heat until cheese melts; add 1 teaspoon prepared mustard. Pour over fish; sprinkle lightly with paprika. Bake about 15 minutes in  $450^{\circ}$  oven, or until fish flakes. Serves 4 or 5.

## C. BAKED CREAM HADDOCK FILLETS

2 pounds haddock fillets  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{8}$  teaspoon pepper  
1 can cream of celery soup

1 teaspoon prepared mustard  
 $\frac{1}{2}$  cup buttered crumbs  
1 tablespoon minced parsley

Cut fillets in serving pieces and place in greased shallow pan. Sprinkle with seasonings. Heat celery soup and pour over fillets. Sprinkle with buttered crumbs and parsley. Bake 35 minutes at  $350^{\circ}$ . Serves 6.

## STEAMED FISH WITH EGG SAUCE

Wash and scrape skin of a whole section of large cod or haddock — a thick piece. Place on a piece of foil in sauce pan or kettle. Sprinkle with salt and cook in 2 cups of water until fish will pull away from bones. Drain and lift off top skin while fish is still in pan. Slide fish out onto serving platter so that skinned side is down. Remove skin and bones, keeping fish fillets whole. This is not hard to do if you make use of a broad spatula or pancake turner. Pour melted butter over fish and garnish with minced parsley or paprika.

### BEATEN EGG SAUCE

3 tablespoons butter	2 cups water
3 tablespoons flour	1 egg
salt and pepper	

Make as you would white sauce and when thickened pour over slightly beaten egg, stirring while combining.

**Note:** This is a simple old fashioned way of preparing fish and by rights should be accompanied by pickled beet slices and hot cream o' tartar biscuits!

## FISH CHOWDER WITH OLD FASHIONED FLAVOR

1/4 lb. salt pork, diced	1 teaspoon salt
2 onions, sliced or diced	1/4 teaspoon pepper
4 cups potatoes, in small pieces	1/4 teaspoon Ac'cent
1 or 2 cups water	2 cups whole milk
2 lbs. haddock or cod fillets	1 tall can evaporated milk

Fry diced salt pork slowly in bottom of large kettle until golden colored. Remove pork bits and set aside. There should be about 3 tablespoons of fat in kettle. Add onions and cook slowly until wilted and yellowed (but not brown). Add potatoes and enough water so that it comes nearly to top of potatoes. Place fish on top of potatoes, sprinkle with seasonings. Bring to boil and cook on low heat until potatoes are tender and fish flakes. Pour in both kinds of milk and allow to heat thoroughly, but not boil. Serves 6.

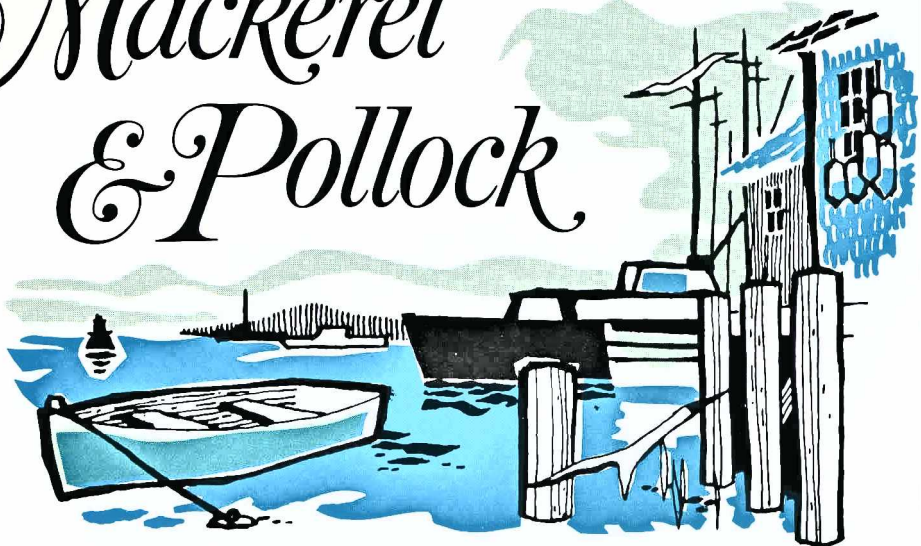
**Note 1:** If you do any stirring at all be gentle because fish should be in fairly large pieces — not flaked — and certainly not “mushed”.

**Note 2:** Good old Maine custom dictates that reheated pork bits be scattered on top of the chowder. Serve them in a separate dish in case someone votes against the idea.

**Note 3:** Your choice of crackers and pickles, but unsalted pilot crackers and a long section of sour cucumber pickle used to be the thing.



# Mackerel & Pollock



## MACKEREL BAKED IN MILK

Arrange mackerel, split and cleaned, in a Pyrex baking dish. Sprinkle with salt, pepper and paprika. Dot with bits of butter and pour in whole milk to the depth of  $\frac{1}{2}$  inch — so that it comes up around fish but not over it. Bake about 40 minutes at 350°.

**Note:** This is the simplest of all methods of cooking mackerel and one of the best. The mildness of additives allows the flavor of the fish to speak for itself, and it does this sweetly!

## BROILED MACKEREL

3 lbs. mackerel	juice of 1 lemon
1 tablespoon salad oil	1 lemon, sliced
1 tablespoon butter	parsley to garnish

If fish is large, split in middle of back; if small, broil whole. Season well by rubbing flesh side with salt and pepper mixed with salad oil. Broil on rack, browning on both sides. Serves 6.

**VARIATION I:** Place on platter, garnish with parsley and sliced lemon. Butter fish, sprinkle with paprika and pour lemon juice over top.

**VARIATION II:** Before removing fish from broiler spread with Mustard Parsley Paste and place under broiler just long enough to melt topping.

**MUSTARD PARSLEY PASTE:** Cream 1 teaspoon prepared mustard with 2 tablespoons butter; add 2 tablespoons finely chopped parsley and 2 tablespoons lemon juice.

**Note:** If there is room on the broiler pan tuck on some tomato halves topped with seasoned crumbs. This makes a likely "go-with" for any fish, and you add them at the half way point of the broiling.



## BAKED STUFFED MACKEREL

Large mackerel	1 can sliced mushrooms
salt and pepper	3 tablespoons soft bread crumbs
2 tablespoons chopped onion	1 teaspoon fish-blend herbs
1 tablespoon chopped parsley	1½ tablespoon butter

Wash split mackerel and pat dry with paper towel. Sprinkle with salt and pepper on inside. Cook mushrooms, onion and parsley in 3 tablespoons butter until onion is tender. Add to bread crumbs and moisten with mushroom liquor as needed. Stuff mackerel and sew opening with coarse thread or string.

Tear a piece of aluminum foil a trifle longer than the baking pan and place in the bottom, turning edges up about ½ inch all around. Place 1½ tablespoons butter on the foil and lay the stuffed fish on it. Gash fish in 3 or 4 places. Bake at 350° 40 to 50 minutes. You may brush top of fish with butter, but mackerel is really oily enough to do its own basting.

**Note:** How we ever managed to cook fish without aluminum foil is a poser. It is so much easier to remove from pan to serving dish — and no fishy baking pan to slave over afterward.

## SWEET AND SOUR MACKEREL

2 large Maine mackerel	2 bay leaves
1 carrot	salt and pepper corns
1 onion	1 tablespoon vinegar
2 sugar lumps (2 teaspoons)	

Clean mackerel removing heads and tails. Cut each fish into 4 pieces. Place in sauce pan and cover with water. Cut carrot and onion and add to fish along with a little salt, the sugar, vinegar, bay leaves and 5 or 6 pepper corns. Bring to the boil, then simmer for 30 minutes.

**Note:** This makes a tasty dish for 4 and may be served hot or cold.

## POLLOCK FILLETS WITH DRESSING

2 cups soft bread crumbs	2 tablespoons butter
¼ cup chopped onion	2 tablespoons flour
1 tablespoon chopped parsley	1 cup water
salt and pepper	juice ½ lemon
water to moisten dressing	6 pollock fillets

Combine first four ingredients to make dressing, moistening with just enough water so you can mold to size and shape of fish fillets. Place dressing on heat-proof platter or utility dish and arrange fillets on dressing. Sprinkle fish with salt and pepper. Make sauce of remaining ingredients and pour around fish. Bake at 425° for 20 minutes.

**Note:** A pretty garnish is alternate sections of lemon and hard cooked eggs. Add a bowl of those crispy shoestring potatoes and colorful ripe tomatoes in some form. Ho! 425° is right for blueberry muffins, too!



# Cusk



## FISH SPENCER

- |                    |                     |
|--------------------|---------------------|
| 6 cusk fishsticks  | salt and pepper     |
| 1 egg              | butter or margarine |
| 2 tablespoons milk | cornflake crumbs    |

Wipe fish sticks, season; dip in egg which has been slightly beaten with milk and roll in cornflake crumbs. Place in well buttered baking dish, dot generously with butter or margarine and bake in 450° oven for 25 to 30 minutes.

**Note:** This is another “quickie” that you can add for the last part of the potato baking. Or you can reheat some of those good little Maine potato puffs that can be found in the freezer case at your market.

## FISH CASSEROLE

- |                                  |                           |
|----------------------------------|---------------------------|
| 1½ pounds cusk fillets or sticks | 1 can mushroom soup       |
| 1 cup cooked carrots             | ½ cup milk                |
| 1 cup cooked peas                | 2 tablespoons lemon juice |
| 1 cup onion slices               | ½ teaspoon Worcestershire |
| 2 tablespoons butter             | ½ teaspoon salt           |
| 2 to 3 cups mashed potato        | ¼ teaspoon pepper         |

Use left-over vegetables or canned or frozen. Cook onion in butter or use a can of French Fried onion rings. Layer the vegetables and fish in a 2 quart casserole. Combine soup, milk and add lemon juice, Worcestershire and salt and pepper. Pour over the layered vegetables and fish. Arrange mashed potatoes in a border leaving center open. Bake at 400° for 35 to 40 minutes. Serves 6.

**Note 1:** Everything is here except the green salad — and put lots of red, red tomato sections into it.

**Note 2:** For busy people — use instant mashed potato, following directions on package.

## CUSK PIE

- |                                  |                                |
|----------------------------------|--------------------------------|
| 1 pound cooked cusk fish sticks  | 1 cup frozen peas              |
| ½ teaspoon salt                  | 1 can celery soup              |
| ¼ teaspoon pepper                | 2½ cups seasoned mashed potato |
| 1 tablespoon minced green pepper |                                |

Flake cooked fish and combine with other ingredients except potato. Place in well greased casserole and cover with the hot mashed potato. Bake just long enough to heat through (15 to 20 minutes) then turn on the broiler to brown the potatoes.

**Note:** Another version of the fish-and-vegetable combination and it wouldn't hurt to have ½ cup shredded cheese stirred into the mixture.



# Halibut



## BROILED HALIBUT

Have halibut cut about  $1\frac{1}{4}$  inches thick. Wipe fish and place on broiler rack which has been covered with a double thickness of clean brown paper, well greased. Using shears, trim paper so that it extends only  $\frac{1}{2}$  inch around fish. Season, dot or spread fish with butter and place under the broiler unit. Rack should be set low, as for thick steak, so that fish may cook through without turning, thus keeping it juicy and preventing breaking. (Shown at left)

Fillet (haddock, etc.) — 3 to 4 inches from broiler (top of fish)

One inch slice — 5 to 6 inches

**Note:** Brown paper toughens and allows itself to be pulled from beneath fish as you slide it from broiler pan to platter — but this should only be used with *electric* ranges. So if you are using a flame-type broiler, try heavy-duty foil instead.

## BAKED HALIBUT STEAK WITH CHEESE

1 slice halibut, 1 inch thick  
butter

$\frac{1}{2}$  cup grated Parmesan  
salt and paprika

$\frac{1}{2}$  cup fine bread crumbs

Place slice of halibut in greased pan. Sprinkle with salt and paprika and dot with butter. Bake in  $350^\circ$  oven for 15 minutes. Combine bread crumbs with cheese and sprinkle over fish. Dot with butter. Bake another 15 or 20 minutes or until done.

## HALIBUT - LOBSTER CASSEROLE

3 cups cooked rice  
2 cups flaked boiled halibut  
1 cup lobster meat  
1 can pimiento, sliced  
2 cups milk  
1 cup cream  
5 tablespoons flour

$\frac{1}{4}$  cup butter  
1 tablespoon chopped onion  
1 tablespoon chopped green pepper  
 $\frac{1}{4}$  cup shredded cheese  
2 tablespoons sherry  
salt and pepper to taste

Melt butter, blend in flour; add milk and cream and cook, stirring constantly until thickened. Saute onion and green pepper in a little butter and add to sauce. Mix remaining ingredients with sauce. Put into buttered baking dish and cover with buttered crumbs. Bake 30 minutes at  $350^\circ$ . Serves 8 to 10.

**Note:** This casserole meets with favorable acceptance, be it a club luncheon or guild supper. You'll like it, too!

# Whiting & Hake

## WHITING DINNER CASSEROLE

- |                             |                              |
|-----------------------------|------------------------------|
| 2 tablespoons butter        | 1 small can sliced mushrooms |
| 1½ tablespoons flour        | 1 small onion, minced        |
| ½ teaspoon salt             | 2 tablespoons butter         |
| ⅛ teaspoon pepper           | 1½ lbs. whiting fillets      |
| 1½ cup milk                 | 2 cups sliced raw potatoes   |
| 2 teaspoons chopped parsley |                              |

Make white sauce of 2 tablespoons butter, flour, milk and seasonings. Saute mushrooms and onions in other 2 tablespoons butter. Combine one cup of the sauce with cooked onion mixture and the fish which has been cut in one inch pieces. Place in greased baking dish, cover with sliced potatoes and rest of the sauce. Bake in 350° oven 60 to 70 minutes. Serves 6.

**Note:** Here is a delicious one-piece meal that cries for Harvard beets and something green to make a beautiful plate. It will be a popular number at a covered-dish supper.

## FISH AND CHIP CASSEROLE

- |                                      |                     |
|--------------------------------------|---------------------|
| 2 cups flaked, cooked hake           | 1 can mushroom soup |
| 4 cups coarsely crushed potato chips | ⅓ cup milk          |
| ⅔ cup buttered crumbs, center        |                     |

Arrange alternate layers of fish and crumbled potato chips in a greased casserole. Combine mushroom soup and milk. Pour over fish and chips. Top with buttered crumbs and bake 25 to 30 minutes at 350°. Serves 4.

**Note 1:** One of the easiest of good, quickie casseroles this one can be varied in a dozen ways by varying the fish, adding leftover vegetables, etc.

**Note 2:** Remember that the crumb topping for any fish casserole is enhanced by the addition of 2 to 4 tablespoons of grated cheese, either Parmesan or American.

## WHITING SALAD

- |                                    |                             |
|------------------------------------|-----------------------------|
| 2 cups flaked, cooked whiting      | 3 hard cooked eggs, chopped |
| ½ cup chopped celery               | 1 teaspoon salt             |
| ½ cup cooked frozen peas           | ½ cup mayonnaise            |
| 2 tablespoons chopped sweet pickle | 2 tablespoons lemon juice   |
| 2 tablespoons chopped onion        | lettuce                     |

Combine all ingredients except lettuce. Mix, using two silver forks, lifting so fish will not be broken into too small pieces. Serve on lettuce and garnish with cherry tomatoes and capers.

**Note:** Capers, delightful little pickled buds of a Mediterranean shrub, are good in any salad — vegetable, chicken, etc., but especially with fish, and their bright green color makes an effective garnish as well as a pleasant taste treat.

## BROILED WHITING

2 lbs. fresh or frozen whiting fillets  
1/2 cup French dressing

paprika  
minced parsley

Rinse and dry fillets. Cut into serving pieces and marinate in French dressing for several hours, refrigerated. Place on broiler rack and broil about 5 minutes on each side, brushing surface with the dressing. Remove to platter or individual serving plates; sprinkle with paprika and minced parsley.

**Note:** If you are broiling in an electric range see special directions under Broiled Halibut for an easy operation which involves no turning.

## MAINE WHITING WITH MUSHROOMS

4 - 8 oz. Maine whiting  
3/4 cup milk  
4 tablespoons flour  
3 tablespoons butter  
1 onion  
1/2 lb. mushrooms

3 tablespoons butter  
salt and pepper  
nutmeg  
juice 1 lemon  
1 tablespoon chopped parsley  
3 tablespoons butter

Clean and wash fish. Pat dry with paper towel. Pour milk into soup plate and spread flour on plate. Dip fish in milk, then in flour. Heat first 3 tablespoons butter in large skillet and saute whiting over medium heat, turning fish until well browned on both sides.

Peel and chop onions very fine. Trim, wash and chop mushrooms. Heat second 3 tablespoons butter in small skillet, saute mushrooms and onion until mushrooms are almost dry. Season with salt and pepper and nutmeg. Place fish on a heat-proof serving dish. Spread with mushroom mixture. Place in 400° oven for 1 minute. Heat the last 3 tablespoons butter until brown. Add juice of one lemon and pour over fish. Sprinkle with chopped parsley. Serves 4.

**Note:** Lots of butter, lots of steps — and lots of difference in flavor. So if you're looking for something deliciously unusual, try it!

## HAKE CASSEROLE

2 cups white sauce  
1 cup cooked hake, flaked  
1 cup frozen peas  
salt and pepper

1 tablespoon diced pimento  
2 sliced hard boiled eggs  
1/2 cup buttered crumbs  
1/2 cup grated cheese

Put into casserole by layers, starting with white sauce. Top with buttered crumbs and grated cheese. Sprinkle top with seasoned salt. Bake 30 minutes at 350°.

**Note:** When frozen peas are used in any casserole which is going to be baked for 30 minutes or longer, they do not need pre-cooking.





Barbecue with  
Maine Seafoods, too.

# Ocean Perch

## BAKED OCEAN PERCH

1 lemon, sliced thin	1 cup soured cream
1 medium onion, sliced thin	1/4 teaspoon salt
1 1/2 lbs. ocean perch fillets	1/4 teaspoon paprika
salt and pepper to taste	1 teaspoon prepared mustard

Cover bottom of greased baking dish with lemon and onion slices. Sprinkle lightly with salt and pepper. Lay fillets on top. Cover (a piece of foil will do). Bake 20 minutes in 400° oven. Remove cover. Combine sour cream and seasonings and spread over fish. *Broil* until brown. Serves 5.

**Note:** Moist and juicy from its foil-covered baking this is really a new slant on fish cookery. Simple to prepare, quick to cook, good to look at and um-m-m to eat!

## FILLETS IN SOUR CREAM

2 lbs. ocean perch fillets	1 cup soured cream
1 can sliced mushrooms	1 can tomato soup

Heat mushrooms in a little of the liquid. Add soup and soured cream. Place one layer of fish in baking dish, sprinkle with salt and pepper and add half of the sauce. Repeat, a layer of fish and one of sauce. Sprinkle top with buttered crumbs. Bake about 40 minutes in a 350° oven.

**Note:** A quick main dish from things on hand in refrigerator, freezer and on your emergency shelf.

## OCEAN PERCH PIQUANT

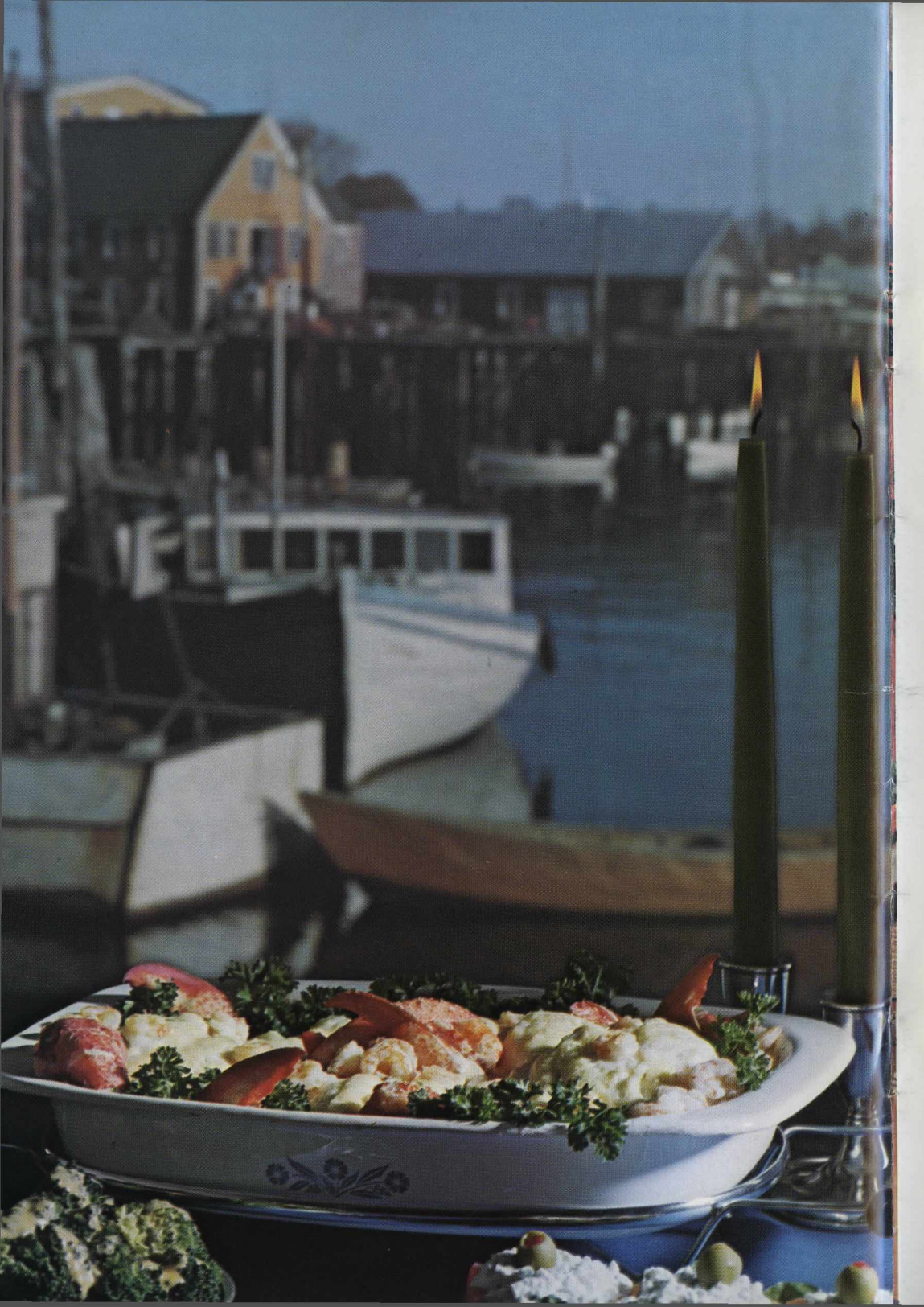
2 lbs. ocean perch fillets	1 tablespoon lemon juice
4 onions, sliced	1/2 cup grated Parmesan
1/2 cup mayonnaise	2 tablespoons chopped parsley
1 teaspoon Worcestershire	

Slice onions and cook with small amount of salted water until tender. Spread drained onions in a shallow well-greased baking dish. Cut fish into serving pieces and place on onions. Combine remaining ingredients and blend well. Spread mixture over fish. Bake 30 to 40 minutes at 350°. Serves 6.

**Note:** The use of mayonnaise in baking fish is one of the best ideas yet. Blends perfectly with other ingredients and creates a flavor that is, as the name tells us, "piquant".







# Flounder



## FILLET OF SOLE MARGUERY

8 flounder fillets	18 cooked Maine shrimp
salt and paprika	3 tablespoons butter
1/3 cup white wine	3 tablespoons flour
2 1/2 cups fish stock	pepper
1 boiled lobster	1/4 cup grated Parmesan cheese

Place fillets in buttered baking dish. Sprinkle with salt and paprika; add wine. Cover with aluminum foil and bake 15 minutes at 350°. Combine fish stock, shell of lobster and 6 clams. Simmer until reduced to 1 cup. Blend butter and flour, add strained stock and 1/4 cup liquid from fillets. On a heatproof serving platter arrange fillets and pour strained sauce on top. Garnish with lobster meat and shrimps; sprinkle with cheese and bake in 350° oven until cheese is melted and fillets are hot. Serves 8. (*Shown at left*)

## BROILED FLOUNDER WITH PUFFY CHEESE TOPPING

1 1/2 lbs. flounder fillets	1/2 cup shredded cheese
salt and pepper	1 egg white
1/2 cup mayonnaise	dash cayenne

Place fillets on broiler rack and sprinkle with salt and pepper. Broil about 4 inches from unit for 10 minutes. Combine mayonnaise, cayenne and cheese. Beat egg white until stiff and fold into dressing. Spread on fish and broil until puffed and lightly browned. Serve 4 immediately.

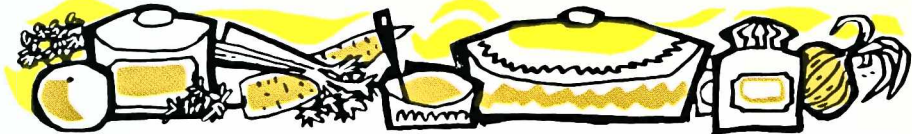
## FILLET OF SOLE PAPIOTTE

1 - 6 to 8 oz. flounder fillet	dash of dry mustard
2 tablespoons cream of celery soup	dash of nutmeg
2 tablespoons water	salt and pepper
1/4 cup mushrooms	

Place flounder fillet in center of a 1 foot square of aluminum foil. Sprinkle with salt and pepper. Blend soup and water with nutmeg, mustard and mushrooms and place on fish. Bring two sides of paper together and fold over twice. Turn ends up so juice won't run out. Place on a baking pan and cook 20 to 30 minutes at 400°. Serves one.

**Note:** Original "papiotte" was a 1 foot square of brown paper well oiled in center. But aluminum foil is much easier to handle and much less "smelly" to bake. To serve several people, make a packet or multiply ingredients and cook in a covered casserole.

# Tips and Tricks



Keeping the pan clean is always a big help when cooking, so remember to place a piece of aluminum foil under the fish. It makes it easier to take the fish out of the pan, too.

Also when baking a casserole set the dish into a larger shallow pan or on a piece of foil with the edges turned up to catch boilovers.

Hi-temp short-cook for delicious fish. You'll find little change in flavor and easier baking of fish and potatoes, if instead of 40 minutes at 350°, you start baking the potatoes at 450° and cook the fish during the last 20 to 25 minutes. They'll end up together!

Fish cooks much more quickly than you realize — and you know when it is done “when it flakes”, the recipe says. To find out how it flakes, gently push the tines of a fork into the flesh of the fish to see if it parts company easily. Also look for it to lose its glassy look for an opaque, solid white effect where it flakes.

How much fish do you buy? To serve 6 plan on about 1½ to 2 lbs. of fillets • about 2½ lbs. of steaks • about 4½ to 5 lbs. of whole fish.

When fixing fillets or steaks there is little to do before cooking but rinse and pat dry with a paper towel. If you are fixing a whole fish, to stuff, you will perhaps have to trim off the gills and scale it by drawing a dull knife over the skin from tail toward the head. Usually your marketman will remove most of these when he cuts off the head.

If possible, buy fish the day it reaches your market. Refrigerate it promptly — and do not leave it wrapped in market paper. Remove to a plate and cover loosely with waxed paper or pliofilm. Use as soon as possible.

If you're buying frozen fish, keep it frozen and start it cooking from the frozen state. You may have to add a little extra time, but there isn't much difference — it is done when it flakes apart and looks dull instead of shiny.

Many times you'll find big bargains on Maine shrimp, and you'll want to freeze some for later use. Here's how: Remove heads and wash. Remove bodies from shells. Pack raw shrimp into moisture-vapor-proof packages. Cover shrimp with a brine made of 1 tablespoon salt to 1 quart water. Leave ½ inch headspace to allow for expansion in freezing. To use: partially defrost so they can be separated, then cook 2 to 3 minutes — maybe an extra minute to allow full thawing.

Any day of the week is a good one to serve fish. First in flavor, high in protein value and low in cost, fish commands respect in anyone's diet.

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