

1941

# The State of Maine's Best Seafood Recipes

Maine Development Commission

Maine Department of Sea and Shore Fisheries

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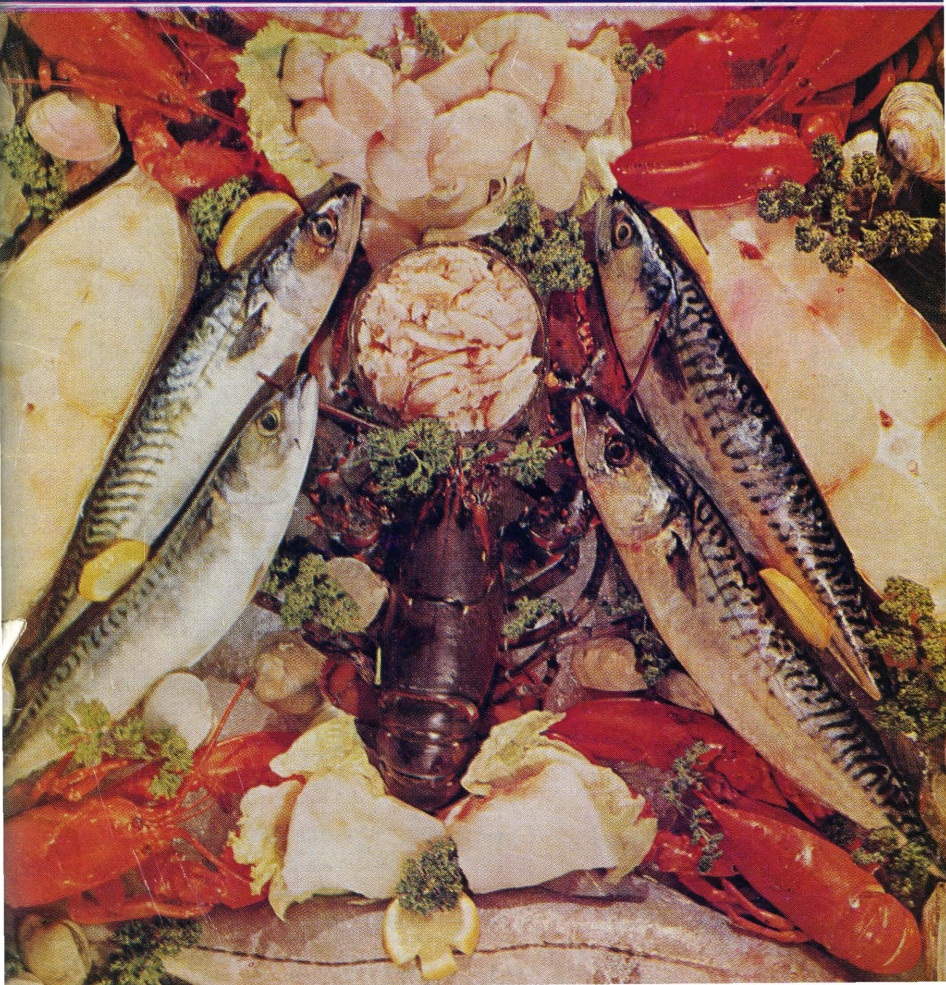
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# THE STATE OF MAINE'S BEST SEAFOOD RECIPES







# THE STATE OF MAINE

The State of Maine takes a great deal of pride in the very high quality of its seafoods. Coming as they do from the cool, pure waters just off the Maine coast, they have a fine, delicious texture that is to be found nowhere else. The fame of these food delicacies has been spread far and wide by the people who spend their vacations in the State of Maine. The Maine housewife has developed an art in preparing these seafoods. The recipes have been passed down from mothers to daughters for generations. The Maine Development Commission and the Maine Department of Sea and Shore Fisheries have spent much time in gathering together these fine recipes. They have put them in this little recipe book for the lovers of fine food to enjoy. It is with a great deal of pleasure that this book is passed on to you.

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# LOBSTER

## BAKED MAINE LOBSTER DE LUXE

- |                              |                                 |
|------------------------------|---------------------------------|
| 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 |
| 1/2 cup cream                | 2 tablespoons sherry            |

Drop lobsters into kettle of boiling salted water—boil 10 minutes. Set 4 large lobsters to one side, belly up so juice does not run out of shell. Remove meat from 3 small lobsters. Cook shells with celery, parsley and seasoning for 15 minutes—strain. This gives you your lobster stock. In double boiler melt butter, add cream, yolks of eggs—stir as this thickens; add lobster stock. Cook until the consistency of cream sauce. Remove from fire, add lobster meat and toasted bread cubes, sherry.

Next split your large lobsters. Remove intestinal vein, stomach and liver, cut under-shell from tail so meat will show, crack large claws, fill body cavity with dressing—be generous—sprinkle with bread crumbs. Bake in hot oven 500° F. for 10 minutes—set under broiler to brown crumbs if needed. Can be fixed all but cooking in oven several hours before ready to serve. Serve with melted butter. Serves 4.

## BAKED MAINE LOBSTER

Take four fresh Maine lobsters, place on backs and with sharp knife split them open; remove stomachs and back veins, leaving all fat, tomalley and "juice." Have ready a dressing

made as follows:

Roll or grind 16 round old-fashioned ("common") crackers into fine crumbs; season with salt and pepper. Mix crumbs with 1/4 cup melted butter or margarine, 1/4 cup whole milk, then moisten to proper consistency with cooking sherry. Stir in 1 to 2 pounds fresh crabmeat and stuff lobsters as full as possible.

Pour melted butter over them and sprinkle liberally with grated Parmesan cheese and paprika. Bake in a very hot oven for exactly 19 minutes and serve.

## FRIED LOBSTER

Using only the Maine lobster, cut in pieces the size of a small egg. Roll lightly in a mixture of flour, salt and pepper, then dip in beaten egg. Roll again in fine toasted bread or cracker crumbs. (A prepared pancake flour can be used for this final rolling.) Fry in deep fat, like scallops.

To prepare lobsters for this dish: Break tails from bodies. Cut the last joints from tail, then run a sharp knife around inside of the tail shell; the meat will drop from the body end of the tail.

Here is a novel method for utilizing all the tail meat in the lobster. It's worth noting—especially for the times when several lobsters are on hand, and are being served in other ways.



# LOBSTER

## BOILED STATE OF MAINE LOBSTER

Place live Maine lobsters in a kettle of briskly boiling salted water. Boil rapidly for twenty minutes for  $1\frac{1}{4}$  pound lobsters, longer for larger sized ones. Remove from the water and wipe dry. Then place each lobster on its back,

split lengthwise with a heavy knife and crack the large claws. Serve whole lobster with a side dish of melted butter.

## LOBSTER STEW

Boil 2 one pound Maine lobsters and remove the meat immediately, saving also the tomalley or liver, the coral, and the thick white substance, or blood, from inside the shell. Simmer the tomalley and coral in  $\frac{1}{2}$  cup butter or margarine 7 or 8 minutes. Use a very heavy kettle. Then add the lobster meat, cut into fairly large pieces. Cook all together 10 minutes over low heat. Remove from heat, or push kettle back on stove, and cool slightly. Then add, **very slowly**, 1 quart rich milk, stirring constantly. Allow the stew to stand 5 or 6 hours before reheating for serving. This is one of the secrets of truly fine flavor. Serves 4.

**Note:** You do not need salt or pepper when stew is prepared in this manner. **FOR THE PERFECT LOBSTER STEW:** Stirring is most important in this masterpiece, otherwise it will curdle. According to experts on fine Maine cookery, the important steps to success in creating the perfect nectar (Lobster Stew) are first, this partial cooling before gently adding the milk—a mere trickle at a time, the constant stirring until the stew blossoms a rich salmon under your spoon, and finally, the "aging," since every hour that passes improves the flavor. Two days is set up by masters of Lobster Stew for "aging." But 5 or 6 hours is usually the maximum in home preparation.

## BROILED STATE OF MAINE LOBSTER

For 4 people split four Maine live lobsters. To do this use a sharp pointed knife. Cross the large claws and hold firmly with the left hand. Make a deep incision with the sharp knife at the mouth end and draw knife quickly through the entire length of body and tail. Open lobster flat. Remove intestinal vein, stomach and liver. Crack claws.

Prepare a dressing of  $1\frac{1}{2}$  cups cracker crumbs or cracker meal, and  $\frac{1}{2}$  teaspoon salt, moistened with two tablespoons of Worcestershire sauce and four tablespoons melted butter. Spread dressing generously in cavity from which liver and stomach have been removed. Cut off four of the small claws from each lobster and press into the dressing. Place on buttered broiler and broil 8 to 10 minutes on flesh side, turn and broil 6 to 8 minutes on shell side. Serve with melted butter. One lobster for each person.

See illustration on facing page





# LOBSTER

## LOBSTER NEWBURG

4 tablespoons butter or  
part butter and  
margarine  
1/2 cup boiling water  
2 cups fresh lobster meat  
3 tablespoons flour

Salt and red pepper to  
taste  
Dash of nutmeg  
1 can evaporated milk  
1/4-1/2 cup sherry

A large iron or aluminum spider (skillet) is preferred for this Lobster Newburg. The butter and water are put in the spider and when boiling, the lobster meat, cut in generous-sized pieces, is added. It is allowed to simmer about 3 minutes, but **no longer** or it will toughen. The flour is sprinkled over the mixture and cooked enough to overcome any raw taste, but it is not allowed to become mushy. The seasoning goes in with the milk. Stirring continues steadily until mixture thickens and then is ready for the sherry. All is mixed well. The Newburg is ready to be poured over toast points or into home-made patty shells which are waiting on a hot serving dish. Serves 4.

## LOBSTER COCKTAILS

Allow 1/4 cup of Maine lobster meat, cut in pieces, for each cocktail. Season with 2 tablespoons each, tomato catsup and sherry wine, 1 tablespoon lemon juice, 6 drops Tabasco sauce,

1/8 teaspoon finely chopped chives and salt to taste. Chill thoroughly, and serve in cocktail glasses.

## LOBSTER SALAD

2 cups lobster meat,  
cooked  
1 tbl. mayonnaise  
Salt and pepper

1 hard-cooked egg, finely  
chopped  
2 stalks celery, diced  
Lettuce

Mix lobster meat, celery and egg. Season with salt, pepper and mayonnaise. Mix thoroughly and garnish with crisp, white leaves of head lettuce. Serve with desired dressing.

## MAINE'S OWN LOBSTER ROLL

Blend two cups of cooked lobster meat with one tablespoon of mayonnaise. Add quarter cup finely diced celery, if desired. Mix well, let stand in refrigerator until ready to use.

Split and toast four hamburger rolls and spread with melted butter. Fill rolls with lobster and serve.

# MAINE CLAMS

## MAINE CLAM CHOWDER

1 quart Maine clams,  
canned or fresh  
1/4 pound salt pork  
1 quart diced potatoes

1 onion, diced or chopped  
1 quart rich milk, scalded  
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:** Like Lobster Stew or chowder, Clam chowder should set awhile—or "age" a few hours, to be at its best. The flavor is always finer the second day.

## FRIED CLAM CAKES

1 pint fresh clams  
1 teaspoon baking powder  
1 cup milk  
2 eggs

2 cups flour  
1/2 teaspoon salt  
1/2 cup clam liquor  
Deep fat for frying

Make batter of the flour, baking powder and salt and sift. Add the well beaten eggs, milk and clam liquor slowly to this mixture, stir well and add the clams which have been ground quite fine in a food chopper. Drop by large spoonfuls into hot, deep fat. When nicely browned, remove from kettle and drain. Serve while hot. Serves 4.

## "BEST EVER" FRIED CLAMS

1 egg, separated  
1/2 cup milk  
1 tablespoon melted  
butter

1/4 teaspoon salt  
1/2 cup sifted flour  
24 clams, cleaned

Beat the egg yolk, add half of the milk and butter. Add salt to the flour, sift together and beat in, stirring until smooth. Add remaining milk, then fold in the stiffly beaten egg white.

Drain the clams. Dip each clam into the fritter batter and fry in deep fat (375° F.) until golden brown, turning frequently.

Drain on absorbent paper. Serve with ketchup. Serves 4 or 5.



## MAINE CLAMS

**FRIED CLAMS IN BATTER** Beat the yolks of two eggs until thick and lemon-colored. Add 1/2 cup milk, 1 teaspoon olive oil, 1 cup sifted bread flour, 1/4 teaspoon salt, and 1 tablespoon lemon juice.

Fold in 2 stiffly beaten egg whites and add 1 pint small fresh or canned clams.

Let stand in the refrigerator at least 2 hours. Fry in hot fat until a golden brown. Fry only a few at a time as too many cools the fat. Serves 5.

**Note:** These clams will not soak fat and are easily digested on account of the olive oil and lemon juice. You will notice they do not contain any baking powder, but one taste will convince you they are delicious.

If all-purpose flour is used, slightly more flour may be needed.

**CLAM STEW** For each portion, use one dozen small, **tender** clams and 1 1/2 cups milk.

Sauté clams in frying pan in their own juice, adding a little butter, salt and pepper to taste. Heat milk in top of double boiler.

Put clams in individual heated serving bowls with small piece of butter. Pour in hot milk and serve immediately.

Each individual stew may be topped with 1 teaspoon minced parsley.

**CLAMBURGERS**

1 pint of clams, chopped fine	1 cup cracker crumbs
1 egg, well beaten	1 teaspoon salt
	1/4 teaspoon pepper

Combine ingredients in the order given and mix well. Form in round cakes and fry in hot fat, about 1-inch deep. Drain and serve piping hot.

**Note:** Everyone who likes seafood likes Clamburgers. It is a favorite cooking method at church fairs, where the recipe is multiplied in quantity.

**MAINE STEAMED CLAMS** Scrub the shells and carefully wash free of sand in several waters. Place in large kettle with two cups of water. Cover and steam until shells open. Serve the clams very hot with side dishes of melted butter and bouillon. Allow fifteen to twenty clams for each serving.

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

## MAINE CRABMEAT

**STUFFED CRAB**

1 dozen large crabs	Thyme, parsley
1 tablespoon butter	1 bay leaf
1 small onion, chopped	Salt, pepper, cayenne
2 hard-cooked eggs	Bread crumbs, sifted

Boil crabs according to usual method. Remove claws and uneatable portions; pick out all the meat from body. Melt butter in a deep frying pan, add chopped onion and sauté gently, being careful not to burn. Next add to the crabmeat, in a separate dish, chopped eggs, thyme, parsley, bay leaf, and if desired, very small clove of garlic. Season highly with hot pepper and salt to taste. Add all to fried onion and let this fry 5 minutes; blend thoroughly and do not burn.

Stuff the crab shells, cover with very fine, buttered bread crumbs, dust well with paprika, and bake in quick oven 5 minutes or until nicely brown. Delightful for luncheon. Serve hot.

**Note:** Use Maine canned or frozen crabmeat—if fresh crabmeat is not available—and pack into scallop shells or shallow ramekins to bake.

**CRAB STEW FOR SIX**

2 tablespoons butter	1 quart milk
6 small soda crackers	Salt and pepper
2 cups fresh crabmeat	1 can evaporated milk
1/2 cup water (hot or cold)	(13 oz.)

Melt butter slowly in kettle in which you are to make the stew. Roll out crackers as fine as flour. Place cracker crumbs and crabmeat in butter. Add water and let this bubble for one minute to bring out the luscious flavor of crabmeat.

Pour in fresh milk and stir constantly until small bubbles appear on the surface. Do not boil.

Season to taste with salt and pepper. Then add evaporated milk. Let this come just to a boil; do not boil.

Serve with pickles and toasted crackers.

**Note:** A double boiler would eliminate the necessity for constant stirring.

**CRABMEAT STUFFING FOR PEPPERS, TOMATOES OR POULTRY**

1 cup crabmeat	chopped
2 eggs	3/4 cup chopped celery
2 tablespoons butter or margarine	2 slices bacon, uncooked
1 medium onion,	1 cup fresh bread crumbs
	Salt and pepper to taste

Flake crabmeat and add eggs, slightly beaten. Fry in butter the chopped onion and celery, bacon cut in small pieces and bread crumbs, cooking over low heat until the ingredients are tender. Mix with crabmeat and add seasoning to taste. This is a delicious stuffing for turkey, chicken, squab, baked green peppers or tomatoes.



## MAINE MUSSELS

### FRENCH FRIED MUSSELS

10 or 12 saltines  
1 tablespoon butter  
1 lb. sea mussels,  
opened and cleaned

Salt, pepper and flour  
1 egg  
Fat for deep frying

Put saltines in oven with a small piece of butter on each and toast to a light brown. When cool, roll them finely, then sift.

Wash mussels. Dry well. Sprinkle with salt and pepper, roll in flour, dip in egg beaten lightly with 1 tablespoon water, then in sifted cracker crumbs. Fry in deep fat, heated to 375° F. Drain on soft paper. Serves 6.

**Note:** If a few mussels are fried at a time, 1 inch deep fat is sufficient. Mussels may be sprinkled with lemon juice after washing.

### SCALLOPED MUSSELS

Wash one quart of mussels, cover with hot water and bring quickly to the boiling point. Drain. Remove from shells.

Combine about 2 cups bread crumbs with 2 tablespoons melted butter or margarine. Place a layer of buttered crumbs in a greased baking dish. Add a layer of mussels, sprinkle with minced green pepper and season with salt and pepper.

Repeat until dish is full. Pour over enough rich milk to moisten and sprinkle with buttered crumbs. Bake 30 minutes in a moderate oven (350° F.). Serves 6.

### MUSSEL STEW

6 medium-sized onions  
3 tablespoons butter or  
margarine  
3 cups cold water or  
mussel meat liquor  
4 tablespoons flour

2 cups scalded milk  
1 quart mussel meat  
Dash salt and cayenne  
1 egg yolk  
1 tablespoon minced  
pimiento (optional)

Chop onions, sauté slowly in 2 tablespoons of the butter about 5 minutes, or until golden and partly tender. Add water or mussel meat liquor, cover and cook 30 minutes. Press mixture through a sieve. Melt remaining butter in a saucepan. Make a paste of the flour by stirring it smooth in a little of the warm milk, using a separate bowl. Gradually add remainder of milk, stirring to incorporate well. Add this mixture, with the mussel meat and seasonings to the melted butter. Cook and stir steadily over low heat 5 minutes.

Add the sieved mixture to the cream sauce, then stir in egg yolk, slightly beaten, and pimiento, if desired. Reheat about 1 minute, **not boiling**. Serves 6 to 8.

(**Note:** In planning this soup, reserve liquor from cooking mussels.)

### STEAMED MUSSELS

See Steamed Clams, Page 8.

## MAINE SARDINES

### SARDINE SALAD

1 can sardines  
Lettuce  
1 small jar pimentos

Lemon  
Parsley

Place sardines clockwise on plate on leaves of lettuce. Between each sardine put a slice of pimiento. Sprinkle with lemon juice and place a slice of lemon in the middle of the plate. Garnish with parsley. Serves 4.

For a larger salad, 2 cans of sardines may be used.

### SARDINE CANAPES

Spread 12 saltines with butter and dust with paprika. Heat in the oven. Mix  $\frac{1}{4}$  cup butter with 1 tablespoon prepared mustard. When it is creamed, add 1 tablespoon minced parsley. Spread the crackers with this. Mash 1 can sardines with enough tomato ketchup to moisten. Put 1 teaspoon of sardine mixture on each cracker and decorate with pickled walnut cut in slices.

### SARDINES FOR SANDWICH OR APPETIZER

$\frac{1}{2}$  cup mashed sardines  
 $\frac{1}{2}$  teaspoon lemon  
juice  
2 tablespoons  
mayonnaise

Few drops Worcestershire  
sauce  
 $\frac{1}{4}$  teaspoon onion juice  
2 tablespoons minced  
stuffed olives

Mix ingredients in order given, blending well.

Spread on whole-wheat bread with lettuce for sandwich. To serve as an appetizer, sauté bread, triangle, finger, or round, on one side and spread with mixture. Top with slices of stuffed olive.

### SARDINES WITH STATE O' MAINE SAUCE

1 can sardines  
2 cloves garlic  
1 tablespoon chopped  
onion  
1 tablespoon minced  
green pepper  
1 tablespoon prepared  
mustard  
1 teaspoon grated

horseradish  
1 tablespoon water  
2 tablespoons salad oil  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon celery salt  
 $\frac{1}{2}$  teaspoon paprika  
 $\frac{1}{2}$  teaspoon black pepper  
 $\frac{1}{4}$  teaspoon red pepper  
Juice of  $\frac{1}{2}$  lemon

Arrange sardines on platter. Place slices of lemon, tomato and pickle on platter as a border if desired. Crush garlic in a mixing bowl. Add onion and green pepper, crushing these with the garlic. Add mustard, horseradish (mixed with the water) and salad oil. Mix thoroughly. Add remainder of seasonings. Blend well and pour over sardines. Serves 4.

**Note:** These may be served with crackers, cheese, celery hearts or potato chips.



## MAINE SARDINES

### SARDINE AND TOMATO SANDWICHES

Ripe tomatoes  
Minced sardines

Salad Dressing  
Buttered Toast

Scald, peel and slice tomatoes thinly. Chill and arrange them on 1 slice of buttered bread. Cover with second slice of bread, and on this place the minced sardines moistened with salad dressing or ketchup. Cover with third slice of bread. Makes a delicious sandwich.

Try This Combination: Whole canned tomatoes, well drained, finely chopped and blended with sardines and salad dressing. Makes a very good sandwich, if fresh tomatoes are not available.

### SARDINE SPIRALS

Drain oil from 2 cans of sardines. Mash sardines and mix with 4 teaspoons lemon juice and  $\frac{3}{4}$  teaspoon prepared horseradish; more or less may be used to taste. Spread mixture on thin slices of fresh bread. Roll up and secure with a toothpick. Brush with melted butter. Sprinkle with a little grated cheese. Toast quickly and serve very hot.

**Note:** Horseradish perks up any spread in combination with lemon juice.

### DEVELOPED SARDINES

2 cans boneless sardines  
2 tablespoons butter  
 $\frac{1}{4}$  teaspoon dry mustard

1 teaspoon Worcestershire  
 $\frac{1}{2}$  cup fine cracker crumbs  
1 lemon

Drain oil from sardines. Cream butter and work the mustard and Worcestershire sauce into it. Mash sardines and add to butter mixture and add cracker crumbs. Place on clean quahog shells or in shallow baking pan and broil until golden brown. Serve hot with quarters of lemon. Serves 4.

### BROILED SARDINES ON TOAST

$\frac{1}{8}$  cup margarine  
 $\frac{1}{8}$  cup bacon fat  
 $\frac{1}{4}$  cup soft bread crumbs  
2 eggs, hard-cooked and chopped

1 cup rich milk, warmed  
Salt and pepper  
1 can sardines  
Buttered toast  
Paprika

Melt the margarine and bacon fat in the top of a double boiler. Add the crumbs and milk and heat thoroughly. Add the eggs and season with salt and pepper.

Broil the sardines for about 5 minutes. Arrange them on buttered toast and cover with the sauce. Sprinkle with paprika. About 4 servings.

## MAINE SHRIMP

### SHRIMP COCKTAIL

Put 1 tablespoon of cocktail sauce in bottom of each glass. Add 3 chilled shrimp, another tablespoon sauce, then fill glass to brim with shrimp and cover with cocktail sauce. Serve with lemon wedges.

### COCKTAIL SAUCE

$\frac{3}{4}$  cup tomato ketchup  
2-4 tablespoons fresh grated horseradish or to taste  
or  $\frac{1}{4}$  cup prepared horseradish

10 drops Tabasco sauce  
1 tablespoon Worcestershire sauce  
2 tablespoons lemon juice  
 $\frac{1}{4}$  teaspoon salt

Mix ingredients and serve in small cocktail glasses.

### SHRIMP CHOWDER

$\frac{1}{4}$  cup chopped onions  
 $\frac{1}{4}$  cup salt pork fat  
2 tablespoons butter  
2 tablespoons flour

Salt, cayenne, blade of mace  
4 cups hot milk  
2 cups shrimp meat  
1 cup hot cream

Simmer onion in salt pork fat over low heat, cooking until golden, but not brown. In a separate saucepan, melt the butter. Combine flour and seasonings and add to melted butter, cooking and stirring until well blended. Add hot milk gradually, stirring until smooth and slightly thickened. Place in top of double boiler over hot water and add the shrimp to this sauce. Cook over low heat 20 minutes.

Add strained salt pork fat, hot cream, reheat (**not boiling**) and serve. Serves 4.

### FRIED SHRIMP

$\frac{1}{2}$  cup sifted flour  
 $\frac{1}{4}$  teaspoon salt  
1 egg  
 $\frac{1}{2}$  teaspoon lemon juice  
 $\frac{1}{3}$  cup milk

2 dozen (cleaned) fresh cooked or canned shrimp  
Shortening for frying

Sift the flour and salt together. Add the egg, slightly beaten, and combine with the lemon juice and milk. Beat until smooth.

Dip the shrimp in the batter and fry in fat which has been heated enough to brown an inch cube of bread in 55 seconds. Fry until brown on one side, then turn and brown on the other.

**Note:** Shrimp may be sprinkled with lemon juice after they are cleaned; if thus prepared in advance, fine flavor is added.

### BOILED SHRIMP

For cocktails and salads. Break heads from two pounds of fresh Maine shrimp. Place in kettle with three cups of water. Boil for six minutes. Cool and peel shells from meat.



# MAINE SCALLOPS

## FRIED SCALLOPS

1 pint or 1 pound of scallops. Wash scallops quickly in cold water; drain and dry thoroughly. If they are large, cut into cubes of about  $\frac{3}{4}$  inch. Roll in seasoned flour, then in slightly beaten egg, diluted with milk or water (allow 1 tablespoon liquid for each egg) then roll again in seasoned flour and bread crumbs (half and half). Fry in deep hot fat ( $375^{\circ}$  F.) about 4 minutes or until golden brown. Place only a single layer in a greased frying basket, so that all will be evenly browned. Skim fat and reheat if necessary before cooking another layer. Drain on soft paper.

## Serve With TARTAR SAUCE

1 cup mayonnaise	2 teaspoons minced onion
2 tablespoons chopped pickle (cucumber or sweet pickle)	1 tablespoon chopped parsley
1 tablespoon chopped olives	

Mix sauce just before serving. The scallops will serve 4. The sauce 6 or 8.

Variations in the sauce are: 1 teaspoon prepared mustard or 1 teaspoon chopped capers. (Try this sauce also with fried oysters.)

See illustration on facing page

## BAKED SCALLOPS

Wash fresh scallops quickly in cold water. Drain and dry well. Remove the hard piece from each one, which is on the side.

Wipe carefully, roll in flour. Put in greased pan. Fill to about  $\frac{1}{2}$  the depth of scallops with rich milk. Dot with butter, salt and pepper to taste. When baked about  $\frac{1}{2}$  hour in medium oven ( $350^{\circ}$  F.) turn each and brown on other side.

These are very rich and good. Do not cook in too hot oven or the milk will curdle and be unsightly.

## SCALLOP STEW

1 quart milk	$\frac{1}{2}$ teaspoon
$\frac{1}{2}$ pint light cream	Worcestershire
$\frac{1}{3}$ cup butter	1 lb. scallops
1 tablespoon sugar	

Heat milk and cream in double boiler. Melt butter in frying pan, and add sugar and Worcestershire. Crush scallops, cut off the hard pieces and dice. Add to mixture in frying pan, simmer until tender. Pour heated milk and cream over cooked scallops, seasoning to taste with salt and pepper. Serves 6.

## SCALLOP SALAD

1 pint scallops	1 cup mayonnaise
1 quart boiling water	1 cup diced celery
1 tablespoon lemon juice	$\frac{1}{4}$ cup chopped sweet pickle
$\frac{1}{2}$ tablespoon salt	Lettuce or chicory

Cook scallops 10 minutes in boiling water, to which lemon juice and salt have been added. Drain well. Chill and cut in quarters (or more if scallops are large). Add mayonnaise, celery, pickles and mix lightly. Chill for 1 hour, serve in lettuce cups. Serves 6.





## BROILED MACKEREL WITH MUSTARD PASTE

3 lb. mackerel  
1 tablespoon salad oil  
1 tablespoon butter

Juice of 1 lemon  
1 lemon, sliced  
Parsley to garnish

If fish is large, split in middle of back; if small, broil whole. Season well by rubbing with salt and pepper mixed with a little salad oil. Broil on rack. Brown well on both sides. Before removing from broiler, spread with Mustard-Parsley paste and run under broiler to melt. Place in hot dish, garnish with parsley and sliced lemon. Butter fish nicely and pour juice of lemon over it. Serve at once.

**MUSTARD-PARSLEY PASTE.** Cream one teaspoon prepared mustard with 2 tablespoons butter; add 2 tablespoons finely chopped parsley, and 2 tablespoons lemon juice. Spread on broiled fish, sprinkle with paprika.

## BAKED STUFFED MACKEREL

Select a mackerel weighing from 4 to 5 pounds. Clean, rub salt inside and out and stuff. Fasten together with a skewer or use a string to hold it in place. Brush with melted fat and place in a baking pan.

Bake for 15 minutes in a very hot oven (450° F.), then reduce heat as it browns to 400° F. and bake for about 12 minutes longer. Serve with Egg Sauce and lemon slices.

## PLAIN STUFFING

1 cup bread crumbs  
1/2 cup hot water  
1/2 cup melted butter  
or margarine

1/4 teaspoon salt  
1/2 onion, minced  
1/2 teaspoon sage  
1/8 teaspoon pepper

Mix all together lightly with a fork. Serves 5 to 6.

## EGG SAUCE

4 tablespoons butter  
4 tablespoons flour  
2 cups scalded milk

1/2 teaspoon salt  
1/8 teaspoon pepper  
2 hard-cooked eggs

Melt butter, add flour and blend well. Pour over the scalded milk and cook until thick. Season. Cut the hard-cooked eggs in small pieces and add.

## BAKED SALT MACKEREL

Wash 1 salt mackerel and soak at least 24 hours in cold water, changing water several times. Drain, rinse, wipe with cheese-cloth, brush with melted fat and put into greased baking pan.

Surround with raw potatoes cut in very thin slices; season potatoes with salt and pepper and dredge fish and potatoes with flour. Separate sliced onion into rings and arrange on fish and potatoes. Cover with warm milk (about 1 cup) and bake in a very hot oven (450° F.) until potatoes are tender. Serves 4. (Allow 1/4 pound fish per portion.)

**Note:** For added richness, 1/4 cup top milk or light cream may be poured over fish about 10 minutes before removing from oven.

## MACKEREL— SHEEPSKOT BAY STYLE

1 large onion  
1 large carrot  
1/2 green pepper  
3/4 cup vinegar  
1/2 teaspoon salt

1 tablespoon chopped  
parsley or 1 teaspoon

parsley flakes  
1/4 teaspoon minced  
thyme  
1 bay leaf  
\*2 mackerel (about  
2 lb. size)

Make a sauce by chopping the onion, carrot and green pepper until quite fine and adding the vinegar. When mixed thoroughly, add the salt, parsley, thyme and bay leaf. Simmer the sauce for 20 minutes. Remove bay leaf.

Place the mackerel in a greased baking dish, pour sauce over and around the mackerel and bake in a hot oven (400° F.) 25-30 minutes. Serves 4.

\* In place of two large mackerel one may use 4 small mackerel weighing 1/2 to 1 1/4 lbs. or 8 tinker mackerel.

## FILLETS OF MACKEREL

Wipe fillets of mackerel with a damp cloth, place on a deep plate and pour over them the following dressing:

2 tablespoons salad oil, 1 teaspoon vinegar, 1 teaspoon grated onion, 1/2 teaspoon salt, 1 teaspoon paprika and dash of pepper. Let fillets marinate 1 hour, turning frequently. When ready to cook, lift fish from dish, drain and roll in well-seasoned flour, then dip in beaten egg. Roll again in fine crumbs and fry to golden brown. Serves 5 or 6, allowing about 1/3 pound fish for each portion.



## HOLIDAY PLANKED POLLOCK

Clean and bone a pollock weighing about 4 pounds. Dry thoroughly. Season the inside with mixture of salt and pepper, and rub entire fish with softened butter substitute.\* Place fish on a buttered or oiled preheated plank, skin side down. Bake in a moderately hot oven (375° F.) 30 minutes, basting frequently with melted fat. Remove plank from oven and make a border of seasoned and mashed potatoes around the edge of the plank by using a pastry bag and tube. Fill in the space between edge of fish and potato border with baked stuffed tomatoes, small mounds of hot cooked stringbeans and cauliflower. Place the plank under the broiler or in a very hot oven just long enough to lightly brown the potato border. Remove from oven, garnish with parsley and lemon and serve from plank.

(Top the mounds of cauliflower with Hollandaise sauce or pour a little melted butter, blended with lemon juice, over cooked vegetables.)

**\* Cooking Tip:** Never salt the **outside** of a fish before baking. As with fowl, rub seasonings inside. One-fourth teaspoon pepper may be mixed in melted fat used to brush the outside. If desired, sprinkle 1 tablespoon grated onion over fish before baking. Pre-heat oven and plank.

Select a fish weighing from 2½ to 4 pounds. Bake with the following stuffing:

## BAKED STUFFED POLLOCK

1½ cups bread crumbs	2 tablespoons melted fat
¼ teaspoon salt	½ cup milk or water
1 teaspoon poultry seasoning	Salt pork for larding
	Rich milk for basting

Clean and wipe the fish thoroughly dry. Rub the inside well with salt. Prepare a well-mixed stuffing from the first five ingredients, stuff the salted fish and sew edges together with heavy thread. Or close the opening with string and toothpicks, in lacing fashion. Place fish in a greased baking dish in which it can be brought to the table. Slash through the skin in several places to reduce shrinkage, put pieces of salt pork 1½ inches apart on fish and fasten with toothpicks. Pour over 1 cup rich milk. Bake 1 hour in a slow-to-moderate oven. Baste occasionally with milk in pan, pour off milk and add enough more milk to make 1½ cups. Thicken by blending and cooking 3 tablespoons flour with the milk for a creamy gravy to serve with potatoes or other vegetables. Serving: allow ½ pound fish per portion.

## BAKED POLLOCK CREOLE

Clean a 4-pound pollock, rub with oil or fat and season with salt and pepper. Place fish in a greased baking pan, add ½ cup tomato juice and sprinkle 1 tablespoon finely chopped onion over the fish. Place in a moderate oven (350° F.) and bake about 30 minutes, basting occasionally.

Remove from oven, pour 1 cup hot Creole Sauce over fish, sprinkle top with bread crumbs and dot with butter. Place in oven until browned. Serves 5.

## CREOLE SAUCE

Simmer together 1½ cups canned tomatoes, 1 green pepper, thinly sliced, 1 medium onion, thinly sliced and ½ cup mushrooms, thinly sliced, about 10 minutes. In a separate saucepan, melt 1 tablespoon butter or margarine and gradually add 1 tablespoon flour, cooking and stirring over low heat until well blended. Dissolve 1 beef bouillon cube in hot water and stir into the blended flour and fat. When thoroughly mixed, add to the first mixture and cook 2 minutes longer.

## BAKED POLLOCK WITH OYSTER DRESSING

Have a 4-pound fish dressed for baking. Cleanse and dry well. Season inside slightly with salt and pepper, and fill fish with as much of the following dressing as you can.

## DRESSING

1 pint oysters, chopped or cut	½ teaspoon salt
½ cup cracker crumbs, not too fine	¼ teaspoon pepper
½ cup sweet milk	A little cayenne pepper
	2 teaspoons melted butter

Mix ingredients well in order given.

If you cannot get all the dressing in the fish, spread remainder over the top. Put 3 or 4 slices of bacon (or salt pork, if you prefer) in bottom of pan before you put fish in. Add a little warm milk or water and baste fish often.

Bake about 30 minutes in hot oven (400° F.). Serves 6-8.

**Note:** Baked fish may be started in a very hot oven (450° F.). Reduce heat after 10 minutes to 400° F. and continue baking, uncovered.



# GROUND FISH

## NEW ENGLAND SALT CODFISH DINNER

1½ to 2 pounds salt  
cod  
¼ pound salt pork  
6 potatoes  
12 small beets

6 onions  
1½ cups hot white  
sauce  
2 hard-cooked eggs,  
diced

Cut fish in serving portions. Freshen for 2 or 3 hours in cold water. Drain, cover with fresh water and bring to boil. Drain. Fry diced salt pork until brown. Cook vegetables separately until tender. Arrange fish on a hot platter and cover with white sauce, to which the diced, hard-cooked eggs have been added. Garnish with crisp salt pork and arrange the vegetables around the edge. Serves 6.

See illustration on facing page

## FISH BALLS

6 or 7 medium sized  
potatoes  
1 pint of finely picked  
salt fish (canned or  
packaged fish may be  
used)\*

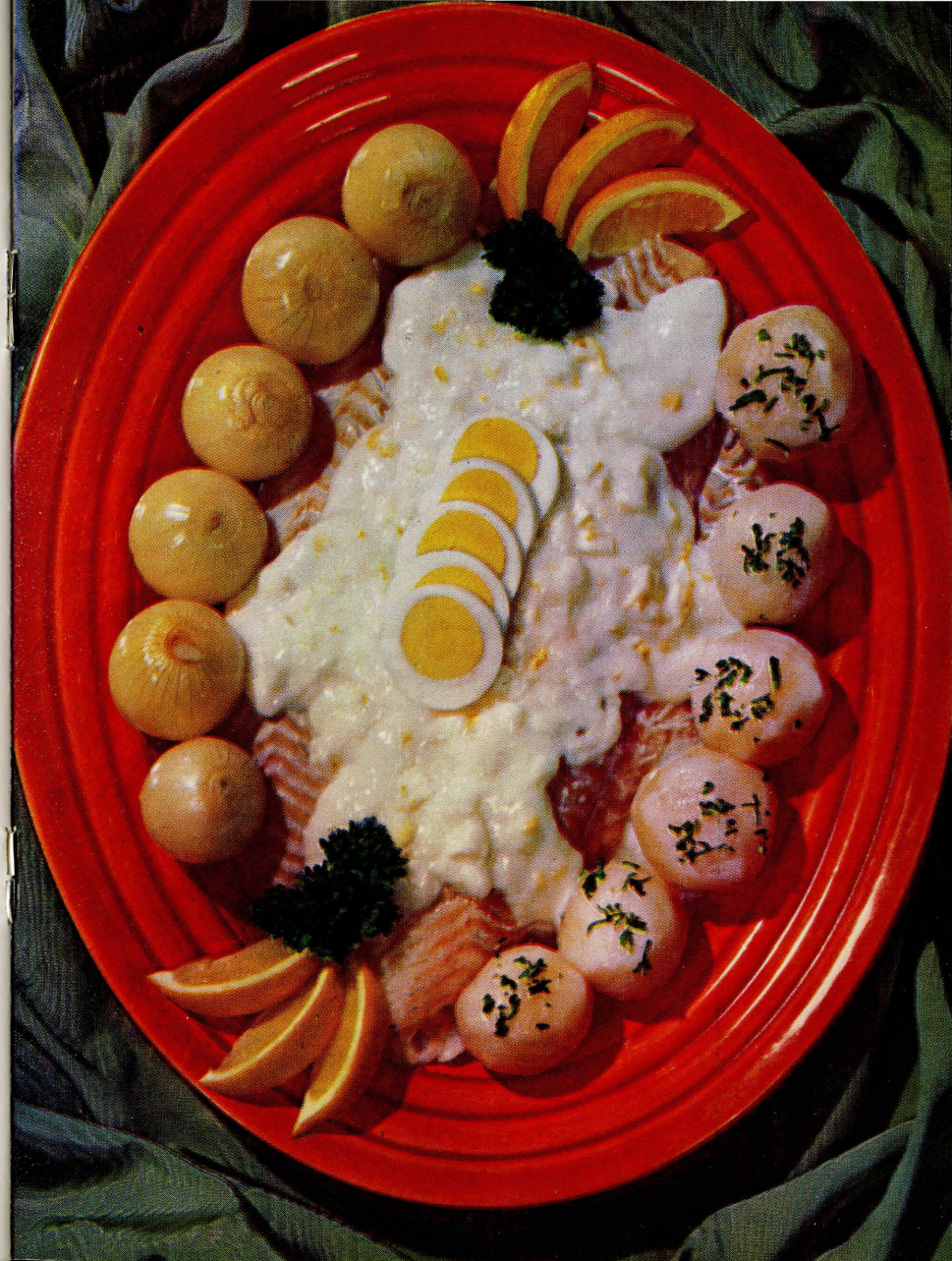
2 eggs  
1 tablespoon melted  
butter or butter  
substitute  
Pepper to taste  
Flour or cracker crumbs

Pare the potatoes and put in a kettle with salt fish on top.

Cover with boiling water and boil one-half hour. Drain and mash together, potatoes, fish, slightly beaten eggs, butter and pepper to season. (If liked, a little grated onion is good.) Beat all together until light and cool slightly. Make into balls and roll well in flour or cracker crumbs. Fry golden brown in very hot (385° F.) fat. (Do not crowd when frying. Be sure fat is thoroughly heated.) This makes fourteen small balls.

\* When canned or packaged fish are used in this recipe, add the fish directly to the hot, drained potatoes and mash together with seasonings until light.

These Fish Balls may be mixed in advance and prepared, even to crumbing, ready to fry at the last minute.





# GROUNDFISH

**BROILED HALIBUT** Wipe slices of halibut with a damp cloth. Sprinkle with lemon juice, salt and pepper. Dot with butter. Broil under hot flame turning frequently until brown. Serve at once with Tartar Sauce\* and slices of lemon.

\*Tartar Sauce directions in Fried Scallops Recipe, Page 14

## CURRIED FISH

2 pounds fresh cod, halibut or other fish	2 cups liquor from the simmered fish
4 tablespoons butter or other fat	1/2 to 1 teaspoon curry powder
1 tablespoon chopped pepper	3 drops Tabasco sauce
1 small onion, chopped	Salt to taste
1/4 cup chopped celery	2 tablespoons chopped parsley
3 tablespoons flour	

Simmer the fish about 10 minutes in a small quantity of water in a shallow covered pan; then drain. Meanwhile melt the fat and in it cook the green pepper, onion and celery for a few minutes over low heat.

Add the flour gradually, stirring until well blended, then the cooled fish liquor with water, if necessary, to bring the quantity up to 2 cups. Cook and stir for 3 or 4 minutes, add the seasonings, and stir constantly.\* Remove the skin and bones from the fish, arrange on a heated platter with a border of flaky rice, pour the hot sauce over the fish and sprinkle the parsley on top. Serves 6.

\*This sauce will be even more savory if it is steamed about 10 minutes in the top of the double boiler, covered, after thorough blending over direct heat. The added cooking brings out the flavor of the seasonings. Stir occasionally.

## GROUNDFISH MAINE STYLE

1 1/2 cups cooked flaked fish, such as haddock, finnan haddie, codfish or halibut	Sprinkling of celery salt
2 hard-cooked eggs	Salt to taste
1/4 teaspoon paprika	Pork fat and diced pork scraps (bacon fat and bacon bits may be substituted)
	2 cups cooked rice

Combine flaked fish, chopped egg whites, and seasonings. Heat in melted fat with pork scraps, tossing frequently in pan to prevent burning. Pile hot cooked rice on platter, toss seasoned hot fish over rice, garnish with riced egg yolks and parsley. Serves 4-6.

# GROUNDFISH

## HALIBUT AU GRATIN

Have salted water boiling rapidly in a deep saucepan; allow 1/2 teaspoon salt and 1 tablespoon lemon juice or vinegar for each quart of water. Wrap 2 pounds of halibut in cheesecloth or place fish in a wire basket and lower into the water, making sure the fish is completely covered by liquid. Bring slowly to the boiling point, skim and reduce heat at once. Cover and let the fish simmer until tender—about 20 minutes (8-10 minutes per pound).

When tender, drain well and break into pieces about the size of an egg. Place fish in a greased baking dish. Prepare a Medium White Sauce using 2 tablespoons butter or margarine, blended with 2 tablespoons flour and 1 cup of warm milk. Season to taste.

Pour hot sauce over the halibut; sprinkle with a little crumbled shredded wheat and bake in a moderate oven (350° F.) about 30 minutes.

## STEAMED HALIBUT WITH CREOLE SAUCE

Wash and dry thoroughly a 4 to 5 pound piece of halibut. Sprinkle with salt and pepper and tie in cheesecloth. Steam 45 minutes.

Place the fish in the center of a hot platter and cover with Creole Sauce. Place small boiled potatoes on both sides and buttered peas at each end of the platter. Garnish with parsley. Serves 5.

## CREOLE SAUCE

2 tablespoons butter or margarine	1 can tomato soup*
2 tablespoons minced onion	1/2 cup hot water
1/4 cup minced green pepper	6 stuffed olives, chopped
	1/2 teaspoon salt
	1/8 teaspoon paprika

Melt butter or margarine in saucepan. Add onion and green pepper and sauté gently about 5 minutes, not browning. Combine soup and hot water, and add with remaining ingredients. Cover and simmer all together 10 minutes. Serve hot over steamed or baked fish. Or serve in a separate hot bowl, to be added as desired. Makes about 2 cups sauce.

\*One cup tomatoes, fresh or canned, may be substituted for soup, with extra seasonings to taste.

**Note:** Fish steaks may be simmered tender directly in a savory sauce, such as this Creole Sauce. One tablespoon prepared horseradish or 1 teaspoon freshly grated horseradish may be added.



## GROUNDFISH

### HALIBUT LOAF WITH LOBSTER SAUCE

2 cups cream or top  
milk  
2 1/2 cups soft bread  
crumbs  
1 tablespoon butter

Salt and celery salt to  
season  
1 pound chopped raw  
halibut  
4 egg whites

Scald cream, add bread crumbs, butter, salt, and celery salt. Add chopped halibut and mix well. Cook gently until thoroughly heated. Fold in the stiffly beaten egg whites. Place in a greased casserole and set in pan of hot water. Bake in a moderately hot oven (350°-375° F.) for 1 to 1 1/2 hours.

Serve sliced with Lobster Sauce. Serves 8.

### LOBSTER SAUCE

3 tablespoons butter  
3 tablespoons flour  
1 teaspoon salt  
1/8 teaspoon pepper

1 cup milk  
1/2 cup cream  
1 to 1 1/2 cups freshly  
cooked lobster

Melt butter, add flour and seasonings and stir steadily until blended. Pour in gradually milk and cream, and simmer for 2 minutes. Add chunks of freshly cooked lobster. Heat through, not boiling. When ready to serve on the sliced Halibut Loaf, sprinkle each serving with cheese cracker crumbs or chopped almonds.

**Note:** If Lobster Sauce must be reheated, warm in top of double boiler over hot water, **not** over direct heat. Halibut Loaf can also be reheated by placing the casserole again in a pan of hot water and warming in moderate oven.

### STUFFED HALIBUT STEAK

1 dozen oysters  
1 cup cracker crumbs  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1 tablespoon chopped  
parsley  
2 tablespoons butter or  
margarine, melted

2 slices halibut, cut 1/2  
inch thick (Center  
cuts are best for  
this)  
1 tablespoon lemon  
juice  
Butter for basting

Drain oysters. Add crumbs, salt, pepper, parsley and butter and mix well. Place one slice of halibut on greased shallow baking dish, pour on lemon juice and sprinkle with additional salt and pepper.

Spread with oyster stuffing and place second slice of halibut on top. Fasten together with small skewers. Brush with melted butter. Bake in a moderate oven (350° F.) for about 40 minutes, basting frequently with melted butter. Serve with slices of lemon.

**Note:** Allow 1/3 of a pound of fish for each serving.

## GROUNDFISH

### CREAMED CODFISH IN POTATO RING

1/2 pound salt codfish  
2 tablespoons butter  
2 tablespoons flour  
2 cups warm milk

4 hard-cooked eggs,  
sliced  
4 cups well-seasoned  
mashed potatoes

Freshen the codfish in cold water, drain and cover again with cold water and bring to a boil. Drain and flake. Melt butter in a double boiler, add flour and blend well. Add milk and cook until thickened, stirring constantly. Add flaked fish, and the eggs. Arrange the hot mashed potatoes around the edge of a service platter or chop plate and pour the creamed fish in the center.

This will serve 6 persons.

This Maine dish is simple, delicious and economical, and the eggs add servings and nourishment. Paprika or chopped parsley may be added for color.

Halibut is particularly fine for molding salads, as its flesh is so firm.

Either left-over or freshly boiled fish may be used.

### HALIBUT SALAD MOLD

1 1/2 tablespoons flour  
1/2 teaspoon salt  
2 teaspoons mustard  
2 teaspoons sugar  
1 egg  
1/2 cup evaporated milk  
5 tablespoons lemon  
juice

1 tablespoon gelatine  
1/4 cup cold water  
1/4 teaspoon celery salt  
1 cup flaked, cooked  
halibut  
1/2 cup heavy cream,  
whipped

In a double boiler put the flour, salt, mustard, and sugar. Add egg, slightly beaten, evaporated milk and lemon juice. Stir over hot water until it thickens. Add gelatine (which has been softened in the cold water) and celery salt. Mix well, then add the flaked halibut. Cool, add cream.

Turn into a fish-shaped mold and chill.

Serve on crisp lettuce, garnished with olives and strips of pimento. Serves 4.

### YANKEE CODFISH IN GRAVY

Break salt codfish into quite small pieces. Cover with warm water and let stand 1/2 hour. Drain, cover with cold water and bring to simmering point but do not boil. Drain. Make a rich, medium white sauce and add to it 1 tablespoon butter or substitute for each cup of sauce. When melted, stir in a slightly beaten egg, season with salt and pepper.

Place fish on a large platter and pour the gravy over it. Serve piping hot with hot baked potatoes.



# GROUND FISH

## CREAMED FISH OR FISH PUDDING

Gently boil 5 or 6 pounds of haddock. Remove all bones carefully and shred quite fine. Let 1 pint of milk,  $\frac{1}{4}$  of an onion and a sprig of parsley come to a boil over low heat, then slowly stir in  $\frac{1}{2}$  cup flour, which has been stirred smooth with 1 cup cold milk. Stir and cook until sauce thickens. Add slightly beaten yolks of 2 eggs. Season with  $\frac{1}{2}$  teaspoon white pepper,  $\frac{1}{4}$  teaspoon thyme,  $\frac{1}{4}$  cup of butter or substitute and salt well. Butter a casserole and put in, first a layer of sauce, then one of fish. Finish with sauce and over it sprinkle cracker crumbs and a light grating of cheese. Bake one-half hour in moderate oven ( $350^{\circ}$  F.).

## BAKED FISH TURBOT

Most any type of fish may be used in this baked dish—cusk, cod or haddock are particularly good.

Make a rich medium white sauce. Add two and one-half cups of cooked flaked fish. Pour into a greased casserole and cover with buttered crumbs. Bake one-half hour in a moderate oven ( $375^{\circ}$  F.).

For added flavor, sprinkle grated cheese over the top before baking.

## BOILED COD WITH OYSTER SAUCE

Fill a deep saucepan  $\frac{2}{3}$  full of water. Add  $\frac{1}{2}$  teaspoon salt and 1 tablespoon lemon juice or vinegar for each 1 quart of water. (The acid preserves the color and keeps the flesh firm.) Wrap a 3-pound fresh cod in cheesecloth or greased cooking parchment, or place fish in a wire basket. Lower whole fish into the kettle, making sure it is completely covered by liquid. Bring liquid slowly to the boiling point, skim, and at once reduce heat, letting the fish simmer, covered, until tender.

While the cod is simmering, prepare this Oyster Sauce:

Melt 2 tablespoons butter in a pan, stir in 2 tablespoons flour. When smooth and well blended, add enough stock from the fish kettle to make a rather thick sauce. (Cook and stir steadily over low heat.) Add 1 cup oysters, cut in fairly good-sized pieces, and add a little oyster liquor, if any is left from the oysters. Heat until oysters curl but do not boil. A spoonful of cream is an improvement.

Place the boiled fish (all skin removed) on a heated platter, cover with Oyster Sauce and serve hot. Serves 5 or 6.

**How to Cook:** Fish loses both flavor and food values if boiled actively. It should be simmered, covered. Allow 8-10 minutes a pound for whole fish or large sections, according to size. Cook fillets or steaks 10 to 15 minutes.

# GROUND FISH

## HADDOCK FILLETS WITH OYSTER STUFFING AND SAUCE

$\frac{1}{2}$ cup chopped oysters	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ cup dried bread crumbs	2 tablespoons melted butter
2 tablespoons chopped celery	2 haddock fillets
$\frac{1}{2}$ teaspoon salt	Lemon juice
	4 slices salt pork

Combine oysters, crumbs, celery and seasonings, moisten with melted butter. Wipe fillets with a damp cloth and place one fillet on a greased oven-proof platter, skin side down. Sprinkle with additional salt, pepper and lemon juice. Spread with stuffing. Over this place the other fillet. Sprinkle with salt and pepper and cover with bread crumbs.

Place 3 or 4 slices of salt pork on top and bake in a moderately hot oven ( $375^{\circ}$  F.) about 25 minutes. Serve from same platter with hot Oyster Sauce and garnish with lemon triangles and parsley potato balls.

## OYSTER SAUCE

3 tablespoons butter or margarine	1 cup hot milk
3 tablespoons flour	1 dozen chopped oysters
$\frac{1}{4}$ teaspoon salt	Lemon juice
$\frac{1}{8}$ teaspoon pepper	1 tablespoon minced parsley

Melt butter, add flour mixed with seasonings, cook and stir until well blended. Then add hot milk, stirring constantly until smooth and thick. Then add oysters, and any oyster liquor; heat through, not boiling. Season with lemon juice, sprinkle with minced parsley and serve.

## QUODDY FISH CHOWDER

$\frac{1}{4}$ lb. salt pork, cubed	3 onions, sliced
4 cups of diced raw potatoes	1 can evaporated milk (13 oz.) or 1 cup rich milk, scalded
1 teaspoon salt	1 tablespoon butter
3 lbs. of fresh skinned haddock with bones in it	$\frac{1}{4}$ teaspoon pepper

Fry the salt pork out in the pot in which the chowder is to be made. Remove fried pork, put into the pot the onions, potatoes and half the salt. Cover with hot water and cook until potatoes are tender, but not broken. Cut the fish into three pieces, and in a separate dish simmer it in boiling water to which the remaining  $\frac{1}{2}$  teaspoon salt has been added. (This is to keep the fish from breaking up.) When the fish is cooked, remove the bones, keeping it in as large pieces as possible. Then put fish and strained fish stock (for flavor) into heated chowder dish. Add milk, butter and pepper. Serves 5.



## GROUND FISH

### DELICIOUS FISH HASH

Take equal parts of cold flaked fish and cold boiled potatoes, finely chopped, season with salt and pepper.\* Fry out salt pork, remove scraps, leaving enough fat in pan to moisten fish and potatoes. After thoroughly mixing fish and potatoes, put into hot fat in pan and cook until well-browned, then turn and fold like an omelet.

\* Add salt sparingly, since pork fat often seasons sufficiently.

### FINNAN HADDIE CASSEROLE

1 finnan haddie (weighing 1 to 1½ lbs.)	(sweet) diced 1 medium onion (diced)
Milk to cover fish	4 tablespoons flour
2 tablespoons butter	(level)
1 small green pepper	1/8 teaspoon salt
	2½ cups warm milk

Cut fish in 3 or 4 pieces, place in saucepan and cover with milk. (Skim milk is good.) Place on low flame and let stand until fish is ready to flake (about 1/2 hour). While this is cooking, melt butter in another saucepan, add green pepper and onion and cook gently over fire about 10 minutes. Add flour and stir constantly until smooth and blended. Add salt and the 2½ cups milk and cook until thickened, stirring steadily.

In a buttered casserole place the flaked fish (remove bones and skin). Pour the thick sauce over fish, sprinkle with paprika and bake in hot oven (400° F.) about 10 minutes.

Buttered crumbs may be used over top of casserole.

### HADDOCK A LA RAREBIT

3½-pound haddock, skinned and boned (have your dealer do this). Wash fish and arrange flat in a buttered baking dish.

In a double boiler, melt 1 cup grated or cut cheese. Add 1 cup sweet milk to cheese and heat slowly.

Stir into 1/2 cup cold milk the following dry ingredients: 1 heaping teaspoon dry mustard, 2 heaping tablespoons flour, 1/2 teaspoon salt, dash of pepper.

Pour into the hot cheese and milk mixture and stir constantly until it thickens.

Pour this sauce over fish, sprinkle lightly with paprika, and bake in a moderately hot oven (375° F.) about 30 minutes. Serves 4.

## GROUND FISH

### STUFFED BAKED FISH-STICKS

2 pounds haddock  
fish-sticks  
Salt and pepper  
Stuffing  
4 slices of bread; butter  
both sides and break  
into small pieces

Combine with:  
1 egg  
2 small pickles, cut fine  
Salt and pepper to  
taste  
1/2 teaspoon poultry  
seasoning or herb  
mixture  
Milk to soften

Grease baking pan well. Place 1 pound fish-sticks and cover with a layer of dressing. Place the rest of fish on top. Finish with a layer of dressing. Bake in a moderate oven (350° F.) until fish is done. Serves 4.

Flavor Tip: Add 1 tablespoon minced fresh parsley or celery leaves to dressing. A few drops Worcestershire sauce may be substituted for poultry seasoning.

### THREE-WAY FISH PIE

1 small onion, whole	1 tablespoon chopped onion
1 carrot	2 tablespoons flour
1 stalk celery	1 teaspoon chopped parsley
Salt and pepper	1/2 lb. shrimp
1½ lbs. halibut	1/2 lb. scallops
1 bouillon cube (chicken)	Rich pie crust
2 tablespoons butter	

Boil whole onion, carrot, celery, salt and pepper in 1 quart water. After boiling 10 minutes, add fish, cover and simmer until tender. Remove skin and bones, place fish on a hot plate, and return bones and skin to the bouillon; cook 15 minutes longer, then add the bouillon cube. Strain and reserve this stock.

Melt butter in a pan, add chopped onion and sauté several minutes over low heat. Stir in flour slowly. When well blended, pour in 2¼ cups of the strained stock. Add parsley and season to taste with salt and pepper. Break fish in large pieces and place in a deep greased baking dish, alternating with the boiled shrimp and scallops. Pour the sauce over all and cover with pastry. Make several incisions in crust. Bake 12 minutes in a very hot oven (450° F.) then reduce heat to 350° F. and bake 20 minutes longer. Serves 6 generously.

Note: Any lean white fish may be substituted for halibut.



# GROUNDFISH

## BAKED MAINE OCEAN PERCH FILLETS IN TOMATO SAUCE

Season 1½ pounds fresh or frozen Ocean Perch fillets. Place in shallow, greased baking pan. Then mix together . . . 4 tbsp. melted margarine or butter, 1 tsp. salt, ¼ cup of water, 1 bay leaf, ¼ tsp. pepper, dash of sage, 1 can tomato sauce.

Pour sauce over fish. Bake, basting occasionally, in moderate oven (350°) 35-40 minutes, or until fish is tender. Serves 4.

## FRIED MAINE SMELTS

24 smelts  
1 teaspoon salt  
4 tablespoons fat

6 tablespoons of  
flour or corn meal

Clean smelts, remove heads and tails, and wipe with a damp cloth. Roll smelts in salted flour or corn meal. Fry for about five minutes in hot fat, turning them frequently, until golden brown. Serve with tartar sauce. Serves 6.

# A GUIDE FOR BUYING FISH

Species	Fat or Lean	Usual Market Range of Round Fish in Pounds	Usual Market Forms
<b>SALT WATER</b>			
Alewives	Fat	¼- 1	Whole, or in brine
Cod	Lean	3 - 20	Drawn, dressed, steaks and fillets
Cusk	Lean	2 - 15	Drawn, dressed, steaks and fillets
Flounder	Lean	¼- 5	Whole, dressed, and fillets
Haddock	Lean	1½- 7	Drawn, and fillets
Hake	Lean	2 - 10	Whole, drawn, dressed and fillets
Halibut	Fat	8 - 75	Dressed and steaks
Herring, Sea	Fat	¼- 1	Whole
Mackerel	Fat	½- 5	Whole, drawn and fillets
Pollock	Lean	3 - 14	Drawn, dressed, steaks and fillets
Ocean Perch	Lean	½- 1¼	Fillets
Salmon	Fat	3 - 30	Drawn, dressed, steaks and fillets
Shad	Fat	1½- 7	Whole, drawn and fillets
Smelt	Fat	⅛- ¼	Whole
Tuna	Fat	.50 - 700	Steak
Whiting	Lean	½- 2	Whole, drawn, dressed and fillets
<b>SHELLFISH</b>			
Clams	Lean		In the shell, shucked
Crabs	Lean		Live, cooked meat
Lobsters	Lean		Live, cooked meat
Scallops	Lean		Meats
Shrimp	Lean		Whole, headless, cooked meat
Mussels	Lean		In shell

**GENERAL INFORMATION**—The variation in the fat content of fish provides an easy and logical guide to the most desirable cooking method; the lean (white fleshed) fish are better suited to poaching, steaming, frying and use in stews and chowders; fat (dark fleshed) varieties, to broiling, and baking.

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# THE STATE OF MAINE'S BEST SEAFOOD RECIPES

