

1945

The State of Maine's Best Seafood Recipes

Maine Development Commission

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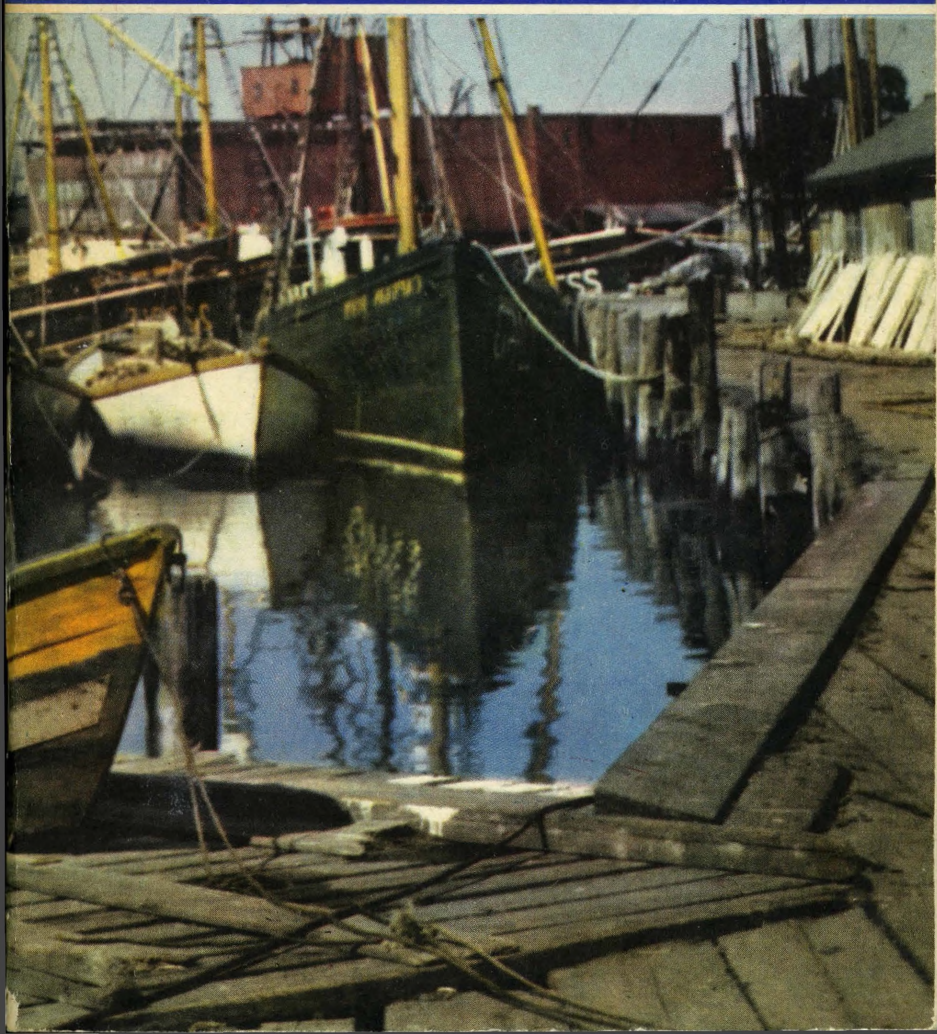
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THE STATE OF MAINE'S BEST SEAFOOD RECIPES





THE STATE OF MAINE takes pride in the delicious seafoods caught off its shores. They are favorites of epicures everywhere.

Another of our great prides is the famed ability of the women of Maine to prepare these seafoods in ways that bring out all their goodness and delicate flavors.

When we set out to prepare this book of native Maine seafood recipes it was natural for us to go right to these good cooks of the State. We examined thousands of their family favorites from which our committee of food experts selected the 115 recipes in this book as representative of "Down East" seafood cookery.

Many of these are what might be called "heirloom" recipes, handed down from mothers to daughters for generations. All have been tested and checked with consideration for the availability of their ingredients in the average seafood market.

The names of the contributors appear on the facing page. When you have tried some of their dishes I am sure you will agree with me that the State of Maine is honored to be able to publish their recipes for the benefit of friends of Maine and true seafood lovers across the nation.

Horace H. H. H.

State House, Augusta

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STATE OF MAINE

FROM THE COLD WATERS
OF THE NORTH ATLANTIC

SEAFOODS

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NEPTUNE'S LARDER IS AT MAINE'S DOORSTEP

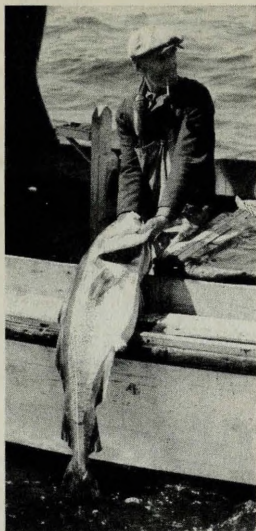
THUNDERING night and day against Maine's rugged coast is the unceasing reminder of the nearness and bounty of the sea. The Gulf of Maine is at almost the exact center of the most productive fishing area in the Atlantic. In these waters and along our coast abounds a great variety of shellfish, ground and surface fish: lobsters, scallops, shrimp, mussels, sea crabs, clams—and haddock, herring, cod, mackerel, pollock and dozens of other delectable species. They seem to reach their finest flavor and most delicate texture in these clear, cold waters.

Here in New England, center of the fresh fish industry of the nation, we may seem to take our marine bill of fare for granted. But there is nothing casual about Maine's pride in its seafood specialties, nor in its traditional seafood cookery; a pride that is handed down from generation to generation along with treasured turkeys and precious recipes for savory, full-flavored stews and chowders.

But even in Maine, cook books are needed, for many a recipe challenges ingenuity with such directions as "season to taste" and "bake in a just-right oven until done." In the pages that follow we give you some general hints about seafood preparation and 115 selected recipes that anyone with a hand for seafoods should be able to follow.

**SEAFOOD
COOKERY**

There are four basic methods of readying fish for the table—baking, broiling, steaming and pan-frying. Variations include planking, poaching, deep-frying.



Careful steaming is ideal for fish that goes into salad.

The twin enemies of perfection in fish cookery are high heat and over-cooking. Not only is scorched, over-done fish sad to taste and a tragic waste, but the high protein values, texture and flavor are lost. Protein foods and gentle heat are inseparables. Exceptions to the general low heat rule are the brief opening period in baking or planking, and the broiling of certain well-oiled cuts. Although quick broiling is best left to experts, a safety technique for the beginner is to sprinkle the greased fillet or steak with crumbs before popping it under high heat. When the protective crumb coating starts to scorch, thick cuts are ready to be turned; thin ones usually are done.

There's a surprising difference in the fat content of fish, varying all the way from 0.2 per cent to 20 per cent in some species. This variation provides a logical and easy guide to the most desirable cooking method; the lean (white fleshed) fish are better suited to poaching, steaming and frying; fat (dark fleshed) varieties, to broiling and baking.

As for added seasonings and sauces, they should never be lusty and overpowering. Play up to the naturally delicate flavors of seafoods.

Lemon and fish are old-time partners. The flavor really goes home when lemon juice is sprinkled over the fish after cleaning and before storing. Or a few drops of pungent herb vinegar adds a gourmet touch. Of course, lemon juice or vinegar added to the liquid in which fish is poached "firms" the flesh and keeps it white. Fish cooking odors are held down when one-half cup of vinegar is simmered in a saucepan on the stove—or in the oven when fish is baking. And the "fishy" smell on dishes gets a quick brush-off with a hot salt water, or soda solution, treatment. Hot soapsuds seems to set this obstinate odor, so the strong hot salt or soda solution should precede regular washing of utensils.

SEAFOODS ARE NUTRITIOUS

Year in and year out, lovers of fine food have been eating fish and shellfish for their satisfying goodness and delicate taste. Today the instinct is to measure that goodness with the ever-present nutritional yardstick. And the findings show that fish has plenty to offer besides taste appeal. Particularly is this true of the many species that abound in the waters along the coast of the State of Maine.

Take mackerel, cod, haddock, halibut and pollock, for instance—and take them gladly for the superior quality of their protein. Just an average serving of these and our other fish and shellfish can be counted on to supply from a quar-

ter to one-half of the necessary daily allowance of protein, the basic food element that replaces worn body tissues and promotes growth.

Many folks know that foods from the sea furnish vitamins A and D and the B complex group, but they associate those values only with the oils. Actually, the flesh of fish is a source of several vitamins—and even the bones are rich in calcium.

Nutritionists really make speeches when it comes to the mineral content of seafoods—the iron, copper, magnesium, iodine, calcium and phosphorus—all essential minerals that have been carried into the sea from the land.

If iodine suggests only shrimp to you, it's time to consider the herring family. Maine has been packing the "sea herring" since 1875, and now this industry is one of the nation's leading commercial fisheries. This prolific fish, sometimes referred to as the "Smith family of the sea," is none other than the sardine. Herring sardines score generously for iodine content, vitamins A and D, and for lime content. Research fixes the lime content of sardines as more than twice that of milk.

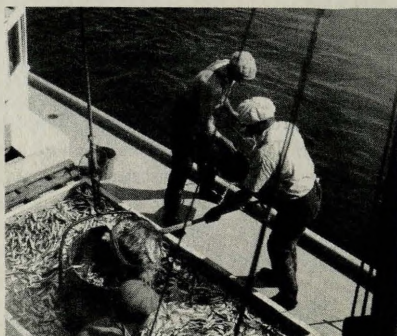
Atlantic sea mussels have been waiting long to be appreciated—their black shells hide minerals, vitamins and proteins, with delicate, distinctive flavor in both meat and liquor. Now they are winning applause as one of man's most digestible foods, adapted to many forms of preparation.

The shrewd marketer needs no buying chart, for plentiful fish offer an abundance of nourishment at low cost. And as wholesome, nutritious alternates for fresh fish, there's a wide choice in canned and frozen seafoods.

SEAFOODS ARE VERSATILE

Variety in fish selection and in your recipes can make each meal a fresh adventure, and the versatility of this food can trim the household budget, while it dresses up the menu. There are sturdy mainstay dishes, appetizing salads and tempting hors d'oeuvres, in which fish keeps company smoothly with other foods. There are such royal feasts as State of Maine lobster, fresh from his armored shell, and there are clam fritters, casseroles substantial enough for the hungry men; and baked fish—stuffed, bronzed and garnished—not to mention the steaming chowders that are a ritual to the New England cook.

The story of Maine seafood delights can keep pace with the calendar as the resourceful cook tries new ways with favorite fish and utilizes some of the lesser-known species. For there are still plenty of fish in the clear, cold Gulf of Maine to be cooked gently, seasoned with imagination and eaten with gusto.





**BROILED
STATE OF MAINE
LOBSTER**

For 4 people split four 2 pound 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

**WARTIME
LOBSTER
NEWBURG**

4 tablespoons butter or part
butter and margarine
 $\frac{1}{2}$ cup boiling water
2 cups fresh or canned
lobster meat

3 tablespoons flour
salt and red pepper to taste
dash of nutmeg
1 can evaporated milk
 $\frac{1}{4}$ — $\frac{1}{2}$ cup sherry

A large iron or aluminum spider (skillet) is preferred for this Wartime 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.

See recipes for Lobster Sauce, pages 20 and 56



LOBSTER STEW Boil a 1½ pound lobster 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 ½ 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.

LOBSTER DELIGHT Break up 2 cups canned lobster or cooked fresh lobster into small pieces; brown lightly in 3 tablespoons of very hot oil or shortening. Add 1 tablespoon minced onion, ½ clove garlic, 3 tablespoons chopped green pepper, salt, dash of nutmeg, and speck of cayenne.

Fry gently for 6 minutes, then pour in ½ cup tomato juice and ½ cup white wine. Shake pan until lobster is well mixed with sauce; let stand a few minutes to get thoroughly hot. Serve with boiled rice and a green salad. Serves 4.

TANGY	⅓ cup butter or margarine	pepper to taste
LOBSTER	1 teaspoon	1 tablespoon lemon juice
	Worcestershire sauce	1 teaspoon dry mustard
	½ teaspoon salt	2 cups firm lobster meat

Place all ingredients, except lobster, in top part of double boiler. Melt over hot water; stir to blend well. Cut lobster in small pieces, add to mixture and cook 6 minutes. Serve on toast with lemon wedges. Serves 4.

See recipe for Maine Shrimp Puffs, page 42

**SCALLOPED
LOBSTER**

1½ cups lobster meat,
cut up
1 cup soft bread crumbs
1 cup top milk or
thin cream
1 egg, well beaten
2 tablespoons melted
butter or margarine

½ teaspoon prepared
mustard
1 tablespoon lemon juice
few drops onion juice
½ teaspoon salt—pepper
if desired
crumbs for topping

Mix in order given. Put into greased baking dish and cover with buttered crumbs. Bake 30 minutes in moderate oven (350° F.). Serves 4.

Note: Crabmeat, fresh or canned, may be substituted for the lobster.

**FRIED
LOBSTER**

Using only the lobster tails, 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.

**BAKED
MAINE LOBSTER**

Take four fresh 2 pound 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 ¼ cup melted butter or margarine, ¼ 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 immediately. Serves 4.

See recipe for Crabmeat Cutlet, page 19

**BAR HARBOR'S
SPECIAL**

4 lbs. lobster (two
medium sized)
1 pint top milk
2 tablespoons butter
4 tablespoons flour

1/4 teaspoon salt
1/8 teaspoon cayenne
2 drops Tabasco
1 to 2 cups cream*
1/2 cup sherry

Cook lobster, pick out the meat and cut in small pieces.

Heat milk in top of double boiler. Do not boil! Melt butter separately, blend in flour until smooth; add gradually to hot milk, stirring constantly until thickened. Add seasonings and lobster. Heat thoroughly. Add cream and sherry just before serving. Serves 6.

*Add cream until sauce is consistency desired.

**MY SPECIAL
LOBSTER SALAD**

2 cups chopped lobster
meat
1 cup steamed or
boiled halibut

1 tablespoon vinegar
or lemon juice
salt and pepper to taste

Pick out meat from boiled lobster while it is still warm and cut into pieces. Remove bones from halibut and while lobster and halibut are warm mix together.

Add vinegar or lemon juice and season to taste. Mix well, place in covered jar and leave in refrigerator for at least 3 or 4 hours. (You'll find the halibut absorbs the taste and juice of the lobster and no one can tell the difference when this combination is served in a salad.)

Place on crisp lettuce—add your favorite salad dressing to the lobster mixture—decorate the whole with olives and radishes—and you have a lobster salad worthy of your most favored guest.

"Delicious and so inexpensive," says the author of this specialty. The trick is in allowing time for blending of flavors, so plan and prepare this salad in advance—all but the final garnishing.

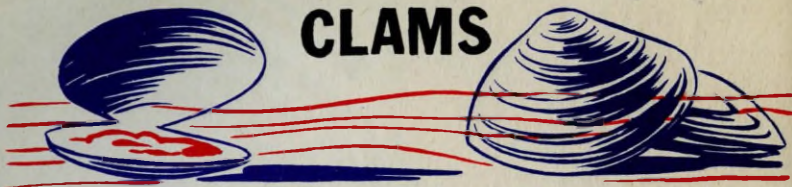
**LOBSTER
NEWBURG**

Heat 1 1/2 cups light cream in double boiler. Remove from heat and slowly pour it over 2 well-beaten egg yolks. Stir until well-blended and return to upper part of double boiler over hot water. Cook over low heat, stirring constantly. When thickened, add 3 cups lobster, cut fine, and cook slowly for 5 minutes. Add 1 tablespoon butter. (One tablespoon sherry, or cooking sherry, may be added just before serving, if desired.) Serve at once on toast or crackers. Serves 6.

Note: Crabmeat may be used instead of lobster.

See illustration on facing page





FRIED CLAM CAKES

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

2 cups flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ 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.

MAINE CLAM CHOWDER

1 quart Maine clams,
canned or fresh
 $\frac{1}{4}$ 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.

**"BEST EVER"
FRIED CLAMS**

1 egg, separated
 $\frac{1}{2}$ cup milk
1 tablespoon melted
butter

$\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ 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.

**LITTLE
RIVER
DEVILED
CLAMS**

2 cups clams
 $\frac{1}{2}$ cup clam liquor
2 tablespoons minced
onion
2 tablespoons minced
green pepper and
celery leaves
 $\frac{1}{4}$ cup chopped celery

4 tablespoons butter or
butter substitute
 $\frac{1}{8}$ teaspoon pepper
 $\frac{1}{2}$ teaspoon prepared
mustard
 $\frac{3}{4}$ cup cracker crumbs or
fine bread crumbs

Chop clams fine and simmer in their own liquor 5 minutes. Cook chopped seasonings, onion, green pepper, celery leaves and celery, in melted fat until tender. Mix with remaining ingredients. Combine with clams and mix well. Fill greased scallop shells or custard cups. Bake in moderate oven (350° F.) 20 minutes. Serves 4 to 6.

You may like lemon juice in this dish. Try simmering 1 tablespoon with the clams, or substitute it for onion or green pepper.

CLAMBURGERS

1 pint of clams,
chopped fine
1 egg, well beaten

1 cup cracker crumbs
1 teaspoon salt
 $\frac{1}{4}$ 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.

**CREAM
CLAM SOUP**

1 quart clams
1 quart rich milk
2 level teaspoons salt

2 heaping tablespoons
flour
2 tablespoons butter

Drain the clams and save the juice. Put the juice in a quart measure and add enough water to make 1 pint of liquid. Pull the heads (the hard parts) from the clams and put on the fire in the pint of juice and water. Simmer slowly 15 minutes.

Place half of the milk (2 cups) in double boiler over low heat. Put the flour in a small bowl and add remaining cold milk, little by little, rubbing all the time with a tablespoon around the side of the bowl to smooth out all the lumps.

Put this on the stove and cook 5 minutes, stirring all the time. When the milk in the double boiler begins to boil, add the flour mixture together with the salt and stir for a few minutes.

Strain the hard part of the clams, saving the flavorsome liquor, which you add to the milk in the double boiler (throw away the hard parts). Chop the soft parts and put them in the double boiler and let it all cook 3 minutes. Add the butter, and serve. Serves 4-6.

CLAM STEW

For each portion, use one dozen small, *tender* clams and 1½ 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.

See illustration on facing page

**FRIED CLAMS
IN BATTER**

Beat the yolks of two eggs until thick and lemon-colored.

Add ½ cup milk, 1 teaspoon olive oil, 1 cup sifted bread flour, ¼ teaspoon salt, and 1 tablespoon lemon juice.

Fold in 2 stiffly beaten egg whites and add 1 pint small 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.



**ESCALLOPED
CLAMS**

1 quart clams
1 pint warm milk
2 beaten eggs
3 cups cracker crumbs

$\frac{1}{2}$ cup butter or
margarine
1 small onion, ground
salt and pepper to taste

Squeeze clams, leave soft portion whole, chop heads and necks. Stir milk, eggs, cracker crumbs, $\frac{1}{4}$ cup of the butter or margarine (melted) and seasonings together, blending well. Then very lightly fold in the clams and liquor. Turn the mixture into a greased casserole and use remaining butter to dot the top. Place in a moderate oven (350° F.) and bake about 45 minutes, or until delicately brown. Serves 6.

**SMOTHERED
CLAMS**

1 quart clams
 $1\frac{1}{2}$ inch cube of fat salt pork

4 teaspoons flour
water

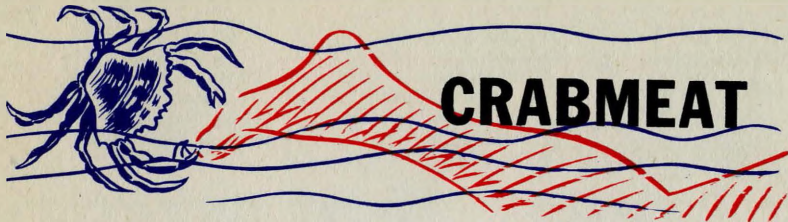
Remove black from clams and put hard part through chopper. Cut pork in small cubes and fry out, being careful not to let scorch. Place clams and pork scraps in pan with little water, cook 10 minutes. Blend flour with pork fat and combine with liquid (one pint). After combining flour and fat, cook 3 minutes stirring constantly. Serve on toast, or with corn bread. Serves 6.

**CLAM
SCALLOP**

3 dozen clams
1 cup bread crumbs
3 tablespoons butter
2 tablespoons chopped
celery
2 teaspoons salt

1 tablespoon chopped
parsley
 $\frac{1}{2}$ teaspoon paprika
1 cup milk
3 tablespoons sherry
(optional)

Clean clams and place them in a layer in a buttered baking dish. Mix the bread crumbs and butter together with a fork. Then sprinkle the buttered crumbs, finely chopped celery and parsley, the salt and paprika over the clams. Add milk (and wine if used). If a larger quantity is required, build a second layer over the first. Sprinkle over all with buttered bread crumbs. Bake 20 minutes in a moderately hot oven (400° F.).



CRABMEAT

SURPRISE ROLLS

2 cups flour, sifted
4 teaspoons baking powder

1 teaspoon salt
4 tablespoons shortening
 $\frac{3}{4}$ cup milk

Filling: Put 1 cup crabmeat and 1 teaspoon chopped onion through food chopper. Mix with enough mayonnaise to form a paste which will hold its shape.

Mix and sift dry ingredients together, work in shortening with finger tips or pastry mixer. Add liquid gradually, mixing with knife to a soft dough. Roll out on floured board to $\frac{1}{4}$ inch thickness and cut in 5 inch squares. Put a generous tablespoon of the filling in the center of each square, fold over like a flat pocketbook. Bake in hot oven (450° F.) for 20 minutes. Serve with hot Sauce.

SAUCE

1 can tomato soup $\frac{1}{4}$ teaspoon salt
3 tablespoons flour $\frac{1}{4}$ teaspoon paprika
3 tablespoons butter $\frac{1}{4}$ teaspoon Worcestershire sauce
5 tablespoons peanut butter

Dilute can of soup with water to make two cups and heat in double boiler. Mix flour and butter, add to hot soup, stirring until thick and creamy. Thin the peanut butter with small quantity of hot sauce; add to the mixture and stir well. Add salt, paprika and Worcestershire sauce. Serve hot.

CRABMEAT OR LOBSTER CUTLETS

2 $\frac{1}{2}$ tablespoons butter $\frac{1}{2}$ teaspoon salt
 $\frac{1}{3}$ cup flour $\frac{1}{4}$ teaspoon pepper
1 cup warm milk 2 cups cooked lobster or
1 egg yolk canned crabmeat
 $1\frac{1}{2}$ tablespoons lemon juice*

Melt butter. Add flour. When well blended, add milk. Stir until sauce boils. Add egg yolk, seasonings and fish. Spread on a plate to cool. When cold shape in cones or cutlets. Dip in fine, dry bread crumbs then in beaten egg, then in crumbs again. Fry 1 minute in deep hot fat. Garnish with green peas.

*Add lemon juice with seasonings, or sprinkle it over fish.

See Lobster Newburg Recipe, page 12

**BOOTHBAY
HARBOR
CRAB CAKES**

1½ cups crabmeat
3 eggs
1 cup cracker or soft
bread crumbs
¼ cup melted butter or
fat drippings
2 teaspoons lemon juice

1 teaspoon minced
green pepper
1 teaspoon minced
celery (optional)
⅓ teaspoon salt
⅛ teaspoon pepper

Mix crabmeat, beaten egg yolks, crumbs, melted fat and all seasonings. Blend thoroughly. Fold in stiffly beaten egg whites and turn into well-greased custard cup or molds. Set these in a pan of hot water and bake in a moderately hot oven (375° F.) 25 minutes. Unmold and serve with this Lobster Sauce:

LOBSTER SAUCE

To 1 cup hot medium white sauce, add ½ cup finely flaked cooked lobster. Heat well. A crisp green salad complements this dish perfectly.

Note: Proportions for Medium White Sauce: 2 tablespoons butter or margarine, blended with 2 tablespoons flour. When bubbling add 1 cup warm milk, cook and stir until smooth and thickened; season to taste. Cook over hot water 10 minutes, stirring occasionally, to thoroughly cook flour.

**STUFFED
CRAB**

1 dozen large crabs
1 tablespoon butter
1 small onion, chopped
2 hard-cooked eggs

thyme, parsley
1 bay leaf
salt, pepper, cayenne
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.

See illustration on facing page



**SPANISH
CRABMEAT**

2 tablespoons butter or margarine	1/2 teaspoon salt
1 green pepper, finely shredded	3/4 cup milk, scalded
2 tablespoons flour	1 egg, beaten
1/4 teaspoon mustard or 1/8 teaspoon paprika	1 cup grated cheese
	1 can tomato soup
	1 can crabmeat, flaked
	crisp crackers or thin toast

Melt butter or margarine over low heat, add the green pepper and sauté gently, not browning. Combine flour, salt and mustard or paprika, and stir into the saucepan, cooking and stirring over low heat until the mixture is smooth and well blended. Gradually add the scalded milk, stirring constantly until mixture has thickened. Remove from heat and add a little of hot mixture to beaten egg. Stir until well incorporated, then add egg mixture to first mixture, blending well. Stir in the cheese.

Meantime, heat the soup in a separate saucepan and when just at the boiling point, add to the thickened mixture, with the crabmeat. Place the whole over heat just long enough to heat through; do not boil! Serve at once over crackers or toast. Serves 6 to 8.

Suggestion: If desired, the grated cheese may be sprinkled over each serving, rather than adding it to the crabmeat mixture. This means that the quantity of cheese used may be adjusted to individual taste.

**CRAB-
MACARONI
SALAD**

1 (8 oz.) package elbow or shell macaroni	1/2 cup green pepper, thinly sliced or chopped
1 can Maine Crabmeat	1 small jar pimento, cut in strips
1/2 cup shredded cabbage or 1 cup carrot	3 hard-cooked eggs, sliced
1 cup diced cucumber	salt and pepper
1 cup celery, diced	mayonnaise or dressing
1/4 cup onion, thinly sliced or chopped	

Boil the macaroni rapidly, according to directions on the package, drain well, and chill. Flake the crabmeat, and combine with macaroni, cabbage or carrot, cucumber, celery, onion, green pepper, pimento and eggs. Season to taste with salt and a dash of pepper. Mix with mayonnaise or a boiled salad dressing. Garnish with thin slices of tomatoes and radishes. Chill at least one-half hour.

Note: This makes a very pretty salad bowl and it can be prepared before time of serving. The salad is satisfying and nourishing and will serve six people.

MOLDED	1 tablespoon gelatine	3/4 cup chopped celery
CRAB SALAD	2 tablespoons cold water	1/2 teaspoon salt
	2 cups crabmeat	1/8 teaspoon paprika
	1/2 cup drained crushed pineapple	1/2 cup mayonnaise

Soak gelatine 5 minutes in cold water and dissolve over boiling water.

Flake crabmeat, add pineapple, celery, salt, paprika, and mayonnaise. Add dissolved gelatine and mix well. Press into one large mold or individual molds that have been dipped in cold water. Chill several hours or until firm. Unmold and garnish with crisp greens, fluted cucumbers, radishes and sections of hard-cooked eggs. Serves 6 to 8.

Note: Chopped stuffed olives or sweet pickles may be substituted for pineapple or celery, if desired.

CRABMEAT	1 cup crabmeat	3/4 cup chopped celery
STUFFING	2 eggs	2 slices bacon,
FOR PEPPERS,	2 tablespoons butter	uncooked
TOMATOES OR	or margarine	1 cup fresh bread
POULTRY	1 medium onion,	crumbs
	chopped	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.

CRAB	1 cup light cream	2 tablespoons melted
DELICIOUS	1 cup boiled rice	butter or margarine
	salt and paprika, to taste	3 tablespoons ketchup
	1 cup flaked crabmeat	patty shells or toast

Heat cream and cooked rice together in top of double boiler over hot water. Season to taste, adding celery or parsley salt, if preferred to paprika. When well heated and blended, stir in the crabmeat and butter. Heat through and just before serving, stir in ketchup. (If home-made ketchup is used, 2 tablespoons may be sufficient to season.)

Serve at once in patty shells or on crisp toast. Serves 4.

**CRAB STEW
FOR SIX**

2 tablespoons butter
6 small soda crackers
2 cups fresh crabmeat
 $\frac{1}{2}$ cup water (hot or cold)

1 quart milk
salt and pepper
1 can evaporated milk
(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.

**CRAB
SOUFFLÉ**

2 eggs
1 cup milk
1 tablespoon melted butter
pinch of salt

$\frac{1}{4}$ teaspoon baking powder
1 tablespoon flour
1 cup fresh or canned
crabmeat, flaked

Beat eggs slightly and combine with milk and melted butter. Combine salt, baking powder and flour. Combine the two mixtures and stir in the flaked crabmeat. Pour into a greased casserole, set in pan of hot water and bake in a moderate oven (350° F.) about 50 minutes, or until firm. Serves 4.

Note: This dish may be topped with buttered crumbs before baking, with a dash of paprika for color. Try added seasonings, to taste, such as a few drops of Worcestershire, celery or parsley salt, or your favorite sauce.

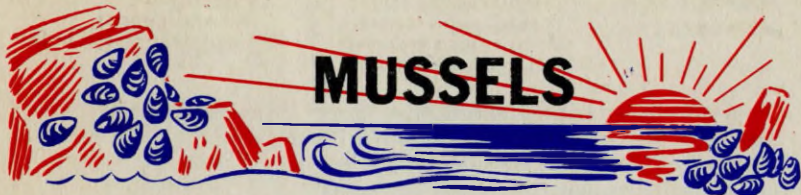
**FISH AND
FRUIT
COCKTAIL**

3 grapefruit
 $1\frac{1}{2}$ cups crabmeat, flaked
 $\frac{1}{2}$ teaspoon salt
dash of Tabasco
6 tablespoons ketchup

$\frac{1}{2}$ teaspoon
Worcestershire
3 tablespoons grapefruit
juice

Cut grapefruit in halves, remove cores and membranes. Notch the edges of the halves. Cut sections in small pieces and mix with the flaked crabmeat. Mix together the other ingredients, combine with the crabmeat and grapefruit, blend thoroughly and chill. Pile into the grapefruit shells and serve. 6 servings.

See Scalloped Lobster Recipe, page 11



CURRIED SEA MUSSELS

- | | |
|--------------------------------------|---|
| 1 can sea mussels | $\frac{1}{8}$ teaspoon celery seeds,
or several celery
leaves, cut fine |
| 2 tablespoons onion,
minced fine | 1 teaspoon curry
powder |
| 2 tablespoons butter or
margarine | 2 tablespoons sour
cream |
| $\frac{1}{2}$ cup dry white wine | pepper to taste |
| sprig parsley, pinch of
thyme | |

Drain liquor from mussels and set mussels aside. Sauté onion in the butter or margarine until delicately browned. Add liquor and all seasonings. Simmer together 5 minutes. Add mussels. Simmer gently until mussels are heated through. Add sour cream and serve. Serves 3 to 4.

Note: You'll enjoy the unique combination of sea mussels and white wine, with the celery bouquet. And if you're not friendly to curry, substitute a few drops of Worcestershire sauce or your favorite sauce.

MUSSELS AU GRATIN

- | | |
|----------------------|--|
| 1 quart sea mussels | $1\frac{1}{2}$ cups mussel liquor
(about) |
| 1 chopped onion | 1 tablespoon lemon juice |
| 2 tablespoons butter | 1 cup bread crumbs |
| 2 tablespoons flour | grated cheese |
| salt and pepper | |

Steam mussels in covered saucepan 12 minutes. Drain. Remove from shells, reserving liquor. There should be 2 cups mussels.

Sauté onion in butter, gradually add flour; beat and cook over low, direct heat until smooth. Stir in slowly a small quantity of mussel liquor, continuing until all is added. Stir until sauce thickens, adding extra liquid, if needed. Add salt, pepper and lemon juice. In a greased baking dish place a layer of mussels, then sauce, and a layer of bread crumbs. Repeat until all ingredients are used. Sprinkle top layer of bread crumbs with butter. Grated cheese may be added, if desired.

Bake in moderately hot oven (375° F.) 20 minutes. Serves 5.

**MUSSEL
APPETIZERS**

1 can sea mussels
1 tablespoon minced
onion
2 teaspoons ketchup

¼ teaspoon
Worcestershire
¼ teaspoon celery salt

Drain mussels, reserving liquor for separate use*. Grind or chop mussels and add onion, ketchup, Worcestershire sauce, celery salt. Mix all ingredients thoroughly. Chill and serve as appetizers on crackers or toast, or bind with 1 tablespoon mayonnaise and use to stuff celery.

Variations: One tablespoon lemon juice may be substituted for onion.

*Chill mussel liquor, combine with an equal quantity of tomato juice, season with lemon juice and serve as a cold appetizer.

**MUSSELS
ON THE
HALF SHELL**

4 dozen prepared
mussels
½ onion, thinly sliced
3 sprigs parsley
1 stalk celery, diced

1½ tablespoons vinegar
or lemon juice
1 tablespoon butter
½ teaspoon salt
few drops Worcestershire

Place scrubbed mussels in a saucepan with the onion, parsley, celery. Cover and cook over low heat until shells open. Simmer about 25 minutes. Remove the beards and serve mussels on half shells in soup plates. Add the remaining ingredients to the juice in pan. Heat well and strain. Serve in small bowls as a sauce for the mussels. Serves 5 or 6.

**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 SOUP

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
pimento (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 pimento, if desired. Reheat about 1 minute, *not boiling*. Serves 6 to 8. (Note: In planning this soup, reserve liquor from cooking mussels.)

CREAMED MUSSELS

3 tablespoons butter
or margarine
3 tablespoons flour
1 cup mussel liquor
1 cup milk, scalded

$\frac{3}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon paprika
1 tablespoon lemon juice
2 cups sea mussels

Blend smoothly the butter and flour over low, direct heat. Slowly add the mussel liquor and bring to boiling point, stirring constantly. Add milk and again bring to boiling point, stirring frequently. Season, stir in the mussels which have been marinated in the lemon juice. Heat thoroughly and serve on toast or in pastry shells. Garnish with strips of pimento. Serves 4.

BAKED MUSSELS
— AN OLD FAVORITE

Thoroughly scrub and wash in running cold water 5 dozen fresh mussels. Place them in a saucepan with 1 pint of water and 1 teaspoon salt. Cover and let them steam on stove for about 15 minutes. Remove, drain, take out of shells and remove the little hairy appendage found under the black tongue.

Put mussels in a casserole, season with $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon paprika, and sprinkle with $\frac{1}{2}$ teaspoon finely chopped parsley and $\frac{1}{2}$ teaspoon minced onion. Cover with 5 or 6 slices of raw lean bacon and (if you have it) sprinkle 1 tablespoon grated cheese over the top. Place in moderately hot oven to bake 15 to 20 minutes, or until bacon is crisp. Serve piping hot. Serves 5.

Note: Autumn is the best time to buy mussels. After being scrubbed, let them soak several hours in cold water. Throw away all that float to the top.

See illustration on facing page

FRIED MUSSELS

Wash mussels, drain and dry well. Roll in flour which has been seasoned to taste with salt and pepper. Dip in slightly beaten egg, diluted with 1 tablespoon cold water. Roll in fine cracker or bread crumbs. Fry in shallow or deep, hot fat (375° F.) 3 to 4 minutes, until golden brown. Drain on soft paper.

Serve on a hot platter garnished with lemon wedges and parsley.

Note: For added flavor, sprinkle mussels with lemon juice before flouring.

**STEWED
MUSSELS**

Wash mussels clean in several waters. Put in a kettle and cover tightly. Steam until the shells are opened. (It takes only a minute or two.) When mussels are taken from shells the little crabs which may cling to them should be thrown away. Put 1 pint of mussels (after they are picked out) into a stewpan with 1 cup of the liquor they were cooked in. Add 1 teaspoon onion juice, a dash of nutmeg, 2 tablespoons butter blended with 1 tablespoon flour, salt and pepper. Stew gently for several minutes. Pour onto a platter and serve piping hot.

Split baking powder biscuits, butter them and toast in a hot oven or under the broiler until a rich brown. Place around the edge of the platter and serve with the stewed mussels.

Note: $\frac{1}{4}$ cup white wine can be added to give distinctive flavor.





SARDINE SURPRISE 1 tin of State of Maine sardines. Bone. Dry slightly on absorbent paper. Roll pie pastry $\frac{1}{8}$ " thick and cut into strips slightly wider than the length of the sardine.

Place a sardine on a strip of pastry. Sprinkle with lemon juice. Cut off enough pastry to wrap sardine and pinch edges together. Bake in a very hot oven (450° F.) for 10 to 15 minutes. Serve as an appetizer.

SARDINE-OLIVE SANDWICHES	1 dozen sardines, boned and mashed	$\frac{1}{2}$ dozen stuffed olives, mashed
	1 hard-cooked egg, mashed	salt, paprika and lemon juice

Mix sardines, egg and olives. Mix a little of the sardine oil with salt, paprika and lemon juice. Mix with the rest of the ingredients. Spread between buttered rye bread or slightly salted crackers.

SARDINE AND SHRIMP SNACKS	2 tins of sardines	1 can of shrimp or 1 cup
	1 lemon	fresh cooked shrimp

Cut lemon in half crosswise and cut each half in six lengthwise sections. Arrange in a small circle in center of large plate by standing on cut ends. Arrange rows of sardines around lemon with tails pointing towards center and leaving a space between each fish. Dip each shrimp in melted butter and sprinkle with finely chopped parsley. Insert a colored toothpick and arrange in between sardines on plate. Serve with saltines which have been pre-heated in oven a few minutes. Garnish fish plate with parsley.

SARDINE	1 can sardines	lemon
SALAD	lettuce	parsley
	1 small jar pimentos	

Place sardines clockwise on plate on leaves of lettuce. Between each sardine put a slice of pimento. 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.

MAINE	chopped lettuce and	2 cans sardines
SARDINE	watercress	(packed in oil)
SALAD	¼ lb. American cheese	French dressing or
	(slivered)	mayonnaise

Line a salad bowl with the lettuce, add cheese and sardines. Use either French dressing or favorite mayonnaise and toss lightly. Serves 4.

Note: Nice served with hot muffins.

Variations: Sprinkle with lemon juice. Add tomatoes or olives.

SARDINE SPIRALS Drain oil from 2 cans of sardines. Mash sardines and mix with 4 teaspoons lemon juice and ¾ 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.

DEVILED	2 cans boneless sardines	1 teaspoon Worcestershire
SARDINES	2 tablespoons butter	½ cup fine cracker crumbs
	¼ teaspoon dry mustard	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.

*See color illustration of Sardine Recipes
on center spread*



**SARDINES WITH
STATE O' MAINE
SAUCE**

1 can sardines	1 tablespoon water
2 cloves garlic	2 tablespoons salad oil
1 tablespoon chopped onion	$\frac{1}{2}$ teaspoon salt
1 tablespoon minced green pepper	$\frac{1}{2}$ teaspoon celery salt
1 tablespoon prepared mustard	$\frac{1}{2}$ teaspoon paprika
1 teaspoon grated horseradish	$\frac{1}{2}$ 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.

**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
CANAPÉS**

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.

SARDINE**LUNCHEON DISH**

Boil 6 eggs slowly until hard-cooked; cool. Shell, and cut in halves lengthwise. Remove yolks and mash fine.

To the egg yolks add a little mustard*, pinch of salt, dash of pepper, 1 teaspoon Worcestershire sauce, a little mayonnaise and 6 tablespoons mashed sardines. Mix together thoroughly and fill the egg whites. Serve on crisp lettuce leaves and garnish with parsley. Serves 3.

*Only $\frac{1}{8}$ teaspoon dry mustard or $\frac{1}{2}$ teaspoon prepared. Or use a mustard salad dressing instead of mayonnaise.

Note: 1 tablespoon minced parsley may be blended into egg yolk mixture.

**SARDINES
FOR SANDWICH
OR APPETIZER**

$\frac{1}{2}$ cup mashed sardines	few drops Worcester- shire sauce
$\frac{1}{2}$ tablespoon lemon juice	$\frac{1}{4}$ teaspoon onion juice
2 tablespoons mayonnaise	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.

**BROILED
SARDINES
ON TOAST**

$\frac{1}{8}$ cup margarine	1 cup rich milk, warmed
$\frac{1}{8}$ cup bacon fat	salt and pepper
$\frac{1}{4}$ cup soft bread crumbs	1 can sardines
2 eggs, hard-cooked and chopped	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.

**HOT SARDINE
SANDWICH**

Spread slices of bread liberally with mayonnaise. Cover with sardines. Sprinkle with grated or shredded cheese (a Cheddar mixture preferred). Toast under broiler until thoroughly heated and cheese melts or browns very slightly.

Note: Excellent suggestion for luncheon or Sunday night supper.



**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° 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.

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

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



**CREAMED
SCALLOPS**

One pint fresh Maine scallops, washed and drained. Cut into small pieces and parboil in small amount of water until tender. Salt to taste. Drain scallops, reserving liquor.

CREAM SAUCE

1 tablespoon butter 1/4 teaspoon salt
1 rounded tablespoon flour 1 cup milk
1 can celery soup

Melt butter over low, direct heat, add flour, blend well and add salt and cold milk. Continue cooking and stirring, until thick, then add celery soup, and thin to desired consistency with liquor in which scallops were cooked. Add scallops and serve at once on toast or in patty shells. Serves 4.

Note: One cup cooked green peas or diced carrots may be added for color and extra servings.

**SCALLOP
CASSEROLE**

Cut 1 1/2 pints (or pounds) of scallops into 3/4 inch cubes. Melt 4 tablespoons margarine in a saucepan and add 1/2 onion, minced fine; sauté until golden and tender. Stir in 4 tablespoons flour mixed with 1 teaspoon salt and 1/4 teaspoon pepper. When well blended, slowly add 2 cups warm milk. Blend and stir until thickened. Add 1/2 teaspoon dry mustard, 1 tablespoon lemon juice, and 2 tablespoons minced parsley and chives. Cook and stir over low heat until smooth.

Add cubed scallops, and turn all into a greased baking dish. Sprinkle with buttered crumbs and paprika. Bake in a moderate oven (350° F.) about 20 minutes or until browned on top. Serves 6.

**SCALLOP
SALAD**

1 pint scallops	1 cup diced celery
1 quart boiling water	1/4 cup chopped
1 tablespoon lemon juice	sweet pickle
1/2 tablespoon salt	lettuce or chicory
1 cup mayonnaise	

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.

SCALLOP BROTH

1 pint scallops, cut fine	1 teaspoon salt
1 tablespoon lemon juice	$\frac{1}{8}$ teaspoon pepper
1 cup cold water	$\frac{1}{16}$ teaspoon nutmeg
4 cups milk, scalded	$\frac{1}{4}$ cup heavy cream, whipped
1 tablespoon butter	$\frac{1}{16}$ teaspoon salt

Place the finely cut scallops in a bowl and sprinkle with lemon juice.

Let them stand for 15 minutes. Turn into a saucepan with the water and set over a low flame, slowly bringing to the boiling point. Add the scalded milk, butter and seasonings, but keep below the boiling point.

Serve the broth in heated cups with a puff of salted whipped cream in each. Serves 4.

**"DOWN
EAST"****BAKED****SCALLOPS**

1 onion	1 pint of scallops
1 green pepper	2 cups cream sauce or 1 can
6 stalks celery	mushroom soup, sea-
6 mushrooms	soned with salt, paprika,
(canned or fresh)	nutmeg and lemon juice
2 tablespoons butter or	grated cheese for topping
margarine	(optional)

Cut onion, pepper, celery and mushrooms into small pieces and cook until tender in 2 tablespoons butter or margarine. To this add the scallops and warm thoroughly over low heat.

Pour in the hot cream sauce or mushroom soup, heated. Mix gently.

Pour into a well-buttered baking dish and cover with buttered crumbs and a generous layer of grated Swiss cheese and bake in a moderate oven (350° F.) 25 to 30 minutes or until golden brown. Serves 4.

Buttered crumbs may be substituted for cheese topping.

**SCALLOPS
AU GRATIN**

Wash and drain 1 quart of scallops. Cover with cold water, heat slowly to boiling and drain. Line a greased baking dish with a thin layer of bread crumbs. Add scallops in layers.

Sprinkle each layer with salt, minced green pepper, and finely chopped celery until all the scallops are used. Pour over the dish 1 cup rich milk, warmed. Top with bread crumbs to which have been added 2 tablespoons grated Parmesan cheese and bake in a moderate oven (350° F.) 30 minutes. Serves 5.

**SAVORY
SCALLOPS**

1 $\frac{1}{4}$ lbs. scallops
1 teaspoon vinegar
2 tablespoons butter
2 tablespoons flour

$\frac{1}{3}$ cup mayonnaise
 $\frac{1}{2}$ teaspoon thyme
salt to taste

Parboil scallops in water to which the vinegar has been added; drain and cut in quarters. To this liquor add enough water to make 1 $\frac{1}{3}$ cups. Melt the butter in a separate saucepan and add flour slowly. Cook and stir until well blended. Add fish liquor gradually while stirring. Bring to boiling point. Place over low heat and add the mayonnaise gradually. Then add scallops, thyme and salt. Heat through, but do not allow to boil. Serve on toast. Serves 4-5.

**SCALLOP
CAKES**

1 pint scallops
2 eggs
2 cups flour

2 teaspoons baking powder
milk
salt and pepper

Cut scallops (if they are large) and parboil them. Drain and chop very fine. Beat eggs slightly, add flour sifted with baking powder. Mix with enough milk to make a batter to drop easily from a spoon. Beat well together and add scallops. Heat drippings in a spider, drop batter by spoonfuls into the hot grease. Sprinkle with seasonings. Brown, turn and brown on other side. Serves 4.

**STATE OF MAINE
SCALLOP STEW**

Cut 1 pound of scallops in half-inch pieces, and sauté gently in 3 tablespoons butter or margarine for 15 minutes. Add 1 tablespoon pimento, chopped, 1 quart whole milk, slightly warmed, and salt and pepper to taste. Heat just to boiling point and serve in heated bowls. Serves 4.

One tablespoon chopped parsley may be substituted for pimento, or sprinkle parsley over each serving.

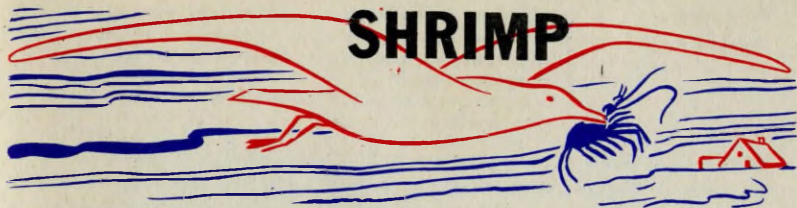
SCALLOP STEW

1 quart milk
 $\frac{1}{2}$ pint light cream
 $\frac{1}{3}$ cup butter

1 tablespoon sugar
 $\frac{1}{2}$ teaspoon Worcestershire
1 lb. scallops

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.

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	10 drops Tabasco sauce
2-4 tablespoons fresh grated horseradish or to taste	1 tablespoon Worcestershire sauce
or $\frac{1}{4}$ cup prepared horseradish	2 tablespoons lemon juice
	$\frac{1}{4}$ teaspoon salt

Mix ingredients and serve in small cocktail glasses.

SHRIMP AND ONION DELIGHT

12 small white onions	3 cups warm milk
$4\frac{1}{2}$ tablespoons margarine	2 egg yolks
$4\frac{1}{2}$ tablespoons flour	$2\frac{1}{2}$ cups cooked shrimp
$\frac{3}{4}$ teaspoon salt	$2\frac{1}{2}$ cups hot mashed potatoes
$\frac{1}{8}$ teaspoon pepper	$\frac{1}{2}$ cup grated cheese
$\frac{1}{2}$ teaspoon celery salt	

Peel onions and cook rapidly until tender, but not falling apart. Prepare a white sauce by melting the margarine over direct heat; combine flour with seasonings and add slowly, cooking and stirring until mixture is well blended and bubbling. Gradually add the milk, stirring constantly. When smooth and thickened, remove from heat and add a little of the hot sauce to slightly beaten egg yolks. Combine the two mixtures, stir well, then return to low heat and cook 2 minutes.

Add shrimp and drained onions and turn into a greased heat-resistant serving dish. Arrange a narrow border of hot mashed potatoes around the edge of the dish; sprinkle grated cheese over all. Slide under the broiler until brown, or place in a hot oven. Serves 6.

STATE OF MAINE

FROM THE COLD WATERS
OF THE NORTH ATLANTIC

SEAFOODS

MADE IN U.S.A. PAT. 2017

**SHRIMP
WIGGLE
WITH MILK**

3 tablespoons butter or
margarine
3 tablespoons flour
2 cups warm milk
1 cup peas (cooked or
canned)

1 can shrimp or 1 cup
cooked shrimp
½ medium sized onion,
not sliced
salt and pepper to taste

Prepare a medium white sauce by melting the butter over direct heat and blending in the flour; cook and stir until smooth and well blended, adding milk gradually. Stir constantly. When this has slightly thickened remove to a double boiler and add the peas (drained), the shrimp (cleaned of the black vein) and the ½ onion (unsliced). Allow to heat thoroughly 15 to 20 minutes. Remove the onion and season with salt and pepper to taste. Serve very hot over crisp crackers. Serves 6 generously.

Caution: White sauce should not be too thick.

**SHRIMP
CHOWDER**

¼ cup chopped onion
¼ 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.

**MAINE
SHRIMP PUFFS**

2 cups flour
½ teaspoon salt
3 teaspoons baking
powder

1 egg
1 cup milk
½ pound prepared
shrimp

Sift together flour, salt and baking powder. Beat egg and add to milk and shrimp. Stir into the flour mixture, and mix thoroughly.

Have a kettle of hot fat ready. Drop the shrimp mixture from a large spoon into the fat and fry to a delicate brown.

Note: Lobster or crabmeat can be prepared by this method.

*See Recipe for Sardine and
Shrimp Snacks on page 30*

**FRESH
SHRIMP
NEWBURG**

1 pound shrimp
6 tablespoons butter
2 tablespoons flour
 $\frac{1}{3}$ cup sherry
4 egg yolks

2 cups rich milk
 $\frac{1}{2}$ teaspoon salt
few grains cayenne
few grains nutmeg

Boil shrimp in usual way and cool, removing shells and membrane. Sauté in butter 2 minutes. Remove shrimp. Add flour to butter in pan and stir until smooth over low heat. Add sherry gradually, stir and cook 2 minutes. Combine egg yolks and milk and add to mixture in pan. Cook in double boiler over hot water above low heat, stirring until sauce thickens. Add seasonings and shrimp, and serve in patty shells or on toast. Serves 8.

Note: See recipe for Boiled Shrimp on page 44.

**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.

**SHRIMP
WIGGLE**

Place 1 tablespoon butter in top of double boiler. Add: 1 tablespoon chopped onion, 1 cup boiled rice, $\frac{1}{2}$ can tomato soup, dash of red pepper, little salt. Cook until onion is done. (Have it cooking while shrimp is being cleaned.)

Then add: 1 cup cream, 2 cans cleaned shrimp, cut up, or 2 cups cooked prepared shrimp, 2 cups small peas (cooked or canned). Reheat thoroughly, but do not boil! Stir and serve on crisp crackers on toast, or in patty shells. 6 generous servings.

Simple addition multiplies appeal: Tomato Soup has a way with Shrimp Wiggle and the addition of rice makes this a substantial main dish.

**JELLIED
SHRIMP
AND
EGG**

1/2 teaspoon pickle spice
1 cup boiling water
1 pkg. lemon gelatin
1 cup cold water
juice of 1 lemon
1 cup cooked shrimp

1 green pepper, minced
1/2 cup celery, minced
1/2 pimento, minced
3 hard-cooked eggs
parsley for garnish

Add spice to boiling water, cook 5 minutes and strain. Pour over gelatin. Stir well. When gelatin is dissolved, add cold water and lemon juice. Rub individual molds with salad oil and place 1 whole shrimp in the bottom of each mold. Arrange layers of the remaining shrimp, quartered, with the green pepper, celery and pimento in the molds. Pour in the gelatin mixture, chill and when firm serve garnished with the chopped or sliced hard-cooked eggs and parsley.

Variations: Cooked vegetables, such as green peas, diced carrots or beets, may be used in this combination salad. Small cubes of pineapple are tempting with shrimp and celery in molded gelatin.

See illustration on facing page

**BOILED
SHRIMP**

1 tablespoon salt and 1
tablespoon lemon juice
or vinegar to one quart
water
1 bunch celery and tops,
chopped fine

2 doz. allspice and 1 doz.
whole cloves
4 sprigs of thyme, parsley,
chives (or bit of onion)
1 pod red pepper, dash of
cayenne, black pepper

Combine all ingredients and simmer for 15 minutes. Add 1/2 pound shrimp and simmer for 8 minutes longer. Set aside to partially cool, in the cooking water. Freshen in cold water and drain. Serve on platter of cracked ice (boiled shrimp are never served hot) as preliminary to meal.

SHORT CUT METHOD

Shrimp is so easily over-cooked that many experts advocate the following method of preparation:

Wash and shell shrimp, removing intestinal vein under running water; add (uncooked) to all dishes that require cooking, such as Fried Shrimp, Shrimp Wiggle, Baked Shrimp or Shrimp Pie. For use in salads and cocktails, boil shelled shrimp 5 minutes in a minimum of seasoned water, drain and chill using pot liquor for soups and sauces.





MACKEREL

and POLLOCK*

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 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
1/2 cup cracker crumbs, not too fine
1/2 cup sweet milk
1/2 teaspoon salt

1/4 teaspoon pepper
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.

**Pollock are sometimes known as BLUEFISH*

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 $\frac{1}{2}$ 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 $1\frac{1}{2}$ cups canned tomatoes, 1 green pepper, thinly sliced, 1 medium onion, thinly sliced and $\frac{1}{2}$ 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 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 45 minutes longer. Serve with Egg Sauce and lemon slices.

PLAIN STUFFING

1 cup bread crumbs	$\frac{1}{2}$ cup hot water
$\frac{1}{2}$ cup melted butter or margarine	
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ onion, minced
$\frac{1}{2}$ teaspoon sage	$\frac{1}{8}$ teaspoon pepper

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

EGG SAUCE

4 tablespoons butter	$\frac{1}{2}$ teaspoon salt
4 tablespoons flour	$\frac{1}{8}$ teaspoon pepper
2 cups scalded milk	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.

**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.

**BAKED
STUFFED
POLLOCK**

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

1½ cups bread crumbs
¼ teaspoon salt
1 teaspoon poultry
seasoning

2 tablespoons melted fat
½ cup milk or water
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.

See illustration on facing page



**BRESLIN BAKED
POLLOCK**

Split and bone pollock. Clean and wipe dry. Rub inside with salt. Place on a well-buttered sheet and cook 20 minutes in a hot oven (about 400° F.).

Cream $\frac{1}{4}$ cup of butter or butter substitute. Add the slightly beaten yolks of 2 eggs and when well mixed add 2 tablespoons each onion, capers, pickles and parsley, finely chopped. Then stir in 1 tablespoon vinegar, $\frac{1}{2}$ teaspoon salt, $\frac{1}{3}$ teaspoon paprika, 2 tablespoons lemon juice. Blend well. Spread fish with the mixture and continue the baking until fish is done.

Remove to the serving dish and garnish with potato balls, cucumber ribbons, lemon cut in fancy shapes and parsley.

**POLLOCK
FILLETS
WITH
DRESSING**

2 cups soft bread crumbs
 $\frac{1}{4}$ cup chopped onion
1 tablespoon chopped
parsley
salt and pepper
6 pollock fillets

2 tablespoons butter or
substitute
2 tablespoons flour
1 cup warm water
juice of $\frac{1}{2}$ lemon

Make a dressing of the first 4 ingredients and mold the dressing into long pats, the size and shape of fish fillets. Arrange the sections of dressing on a greased heat-proof platter and cover them with the fish fillets. Sprinkle with salt and pepper. Make a sauce by melting the butter (or substitute) in a saucepan over direct heat and blending in flour. Cook and stir, adding water gradually. After mixture has thickened slightly, add the lemon juice and pour the sauce around the fish on the platter. Bake in hot oven (400° F.) 20 minutes. Serve with wedges of lemon cut very thin. Serves 6.

**SMOTHERED
MACKEREL****Using the Canned Fish**

3 medium sized onions
2 tablespoons butter
1 can mackerel

$\frac{1}{2}$ cup boiling water
salt and pepper
prepared horseradish

Slice onions quite thin and sauté them in butter until transparent. Place in a baking dish. Roll mackerel in flour and put on top of the onions. Pour on boiling water. Season with salt, pepper and horseradish. Cover tightly and bake for an hour in a slow oven (325° F.). Serves 4.

Note: Large canned herring are also good this way.

**BAKED
SALT MACKEREL**

Wash 1 salt mackerel and soak at least 24 hours in cold water, changing water several times. Drain, rinse, wipe with cheesecloth, 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 tablespoon chopped parsley
1 large carrot	or 1 teaspoon parsley flakes
1/2 green pepper	1/4 teaspoon minced thyme
3/4 cup vinegar	1 bay leaf
1/2 teaspoon salt	*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.



**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.

Note: For White Sauce directions see Shrimp Wiggle Recipe, page 42

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.



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 36*

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.

GROUND FISH 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.

See Recipe for My Special Lobster Salad, page 12

**HALIBUT
AU GRATIN**

Have salted water boiling rapidly in a deep saucepan; allow $\frac{1}{2}$ 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	$\frac{1}{2}$ cup hot water 6 stuffed olives, chopped
2 tablespoons minced onion	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup minced green pepper	$\frac{1}{8}$ teaspoon paprika
1 can tomato soup*	

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.

**HALIBUT LOAF
WITH
LOBSTER SAUCE**

2 cups cream or top
milk
2½ 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 1½ hours.

Serve sliced with Lobster Sauce. Serves 8.

LOBSTER SAUCE

3 tablespoons butter ⅛ teaspoon pepper
3 tablespoons flour 1 cup milk
1 teaspoon salt ½ cup cream

1 to 1½ cups freshly cooked lobster. (Canned lobster may be substituted.)

Melt butter, add flour and seasonings and stir steadily until blended. Pour in gradually milk and cream, and boil 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
½ teaspoon salt
⅛ teaspoon pepper
1 tablespoon chopped
parsley

2 tablespoons butter or
margarine, melted
2 slices halibut, cut ½ 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. 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 ⅓ of a pound of fish for each serving.

See illustration on facing page



**CREAMED
CODFISH IN
POTATO RING**

$\frac{1}{2}$ 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, since the eggs add servings and nourishment. Paprika or chopped parsley may be added for color.

**HALIBUT
SALAD MOLD**

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

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

$1\frac{1}{2}$ tablespoons flour
 $\frac{1}{2}$ teaspoon salt
2 teaspoons mustard
2 teaspoons sugar
1 egg
 $\frac{1}{2}$ cup evaporated milk

5 tablespoons lemon juice
1 tablespoon gelatine
 $\frac{1}{4}$ cup cold water
 $\frac{1}{4}$ teaspoon celery salt
1 cup flaked, cooked halibut
 $\frac{1}{2}$ 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 $\frac{1}{2}$ 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.

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° F).

BAKED FISH TURBOT

Most any type of fish may be used in this baked dish—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° F.).

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

**For White Sauce directions see Shrimp Wiggle Recipe, page 42*

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.

**HADDOCK
FILLETS
WITH OYSTER
STUFFING
AND SAUCE**

1/2 cup chopped oysters
1/2 cup dried bread
crumbs
2 tablespoons chopped
celery
1/2 teaspoon salt

1/8 teaspoon pepper
2 tablespoons melted
butter
2 haddock fillets
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° 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
1/4 teaspoon salt lemon juice
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**

1/4 lb. salt pork, cubed
4 cups of diced raw
potatoes
1 teaspoon salt
3 lbs. of fresh skinned
haddock with bones in it

3 onions, sliced
1 can evaporated milk (13
oz.) or 1 cup rich milk,
scalded
1 tablespoon butter
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 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.

**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 (weigh-
ing 1 to 1½ lbs.)
milk to cover fish
2 tablespoons butter
1 small green pepper
(sweet) diced

1 medium onion (diced)
4 tablespoons flour
(level)
⅛ 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 ½ 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 ½ cup cold milk the following dry ingredients: 1 heaping teaspoon dry mustard, 2 heaping tablespoons flour, ½ 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.

**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	
1 stalk celery	2 tablespoons flour
salt and pepper	1 teaspoon chopped parsley
1½ lbs. halibut	½ lb. shrimp
1 bouillon cube (chicken)	½ lb. scallops
2 tablespoons butter	rich pie crust

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.

MAINE'S BEST SEAFOOD RECIPES are published as a part of the State's program to aid its commercial fishermen and lobstermen; seafood dealers, shippers, canners and processors.

Maine's fishing industry is an important one not only to the State—but to the nation. The huge tonnage of fresh fish caught in our waters and shipped to market from our many coastal towns is vital to the nourishment of a large segment of the country's population.

We are proud, too, of the many seafood specialties for which Maine has long been famous, our lobsters, crab-meat, scallops, clams, shrimp and mussels, which, aside from their rich food values, give such delight to the discerning palates of epicures everywhere.

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