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# Sea Treasures for a Healthier Life

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The BelleGuppy Digital Guide for better Fish and Sea Food recipes



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# How to Lose Weight Safely

Are you carrying a little extra weight around the middle? Maybe you've got more than just a little weight problem – maybe it's a rather large one and you need to get rid of the fat for health reasons. Rest assured that you're not alone!

Obesity in America is at an all-time high. One out of every three Americans is obese – a number that has doubled in just ten years. This epidemic is growing out of control in other countries as well as fast food franchises open in China, Japan, Germany, and other industrialized nations.

When you are overweight, it's a serious issue. Carrying extra weight can make you more susceptible to heart problems, diabetes, stroke, and various types of cancer. It can also affect your body image as well thus causing problems with your self-esteem.

You deserve to be healthier and take off some of that weight that is making you unhealthy. But what if you love food so you hate the idea of having to eat rice cakes and alfalfa sprouts or starving yourself just to help the weight come off.

Many people associate weight loss with being hungry all the time. They're afraid to start a weight loss plan because they want to avoid the frustrations of hunger.

Our natural instinct tells us to eat when we are hungry. Hunger is a signal telling the body that it needs to eat. It is also a signal to the body that it is in danger, that it needs food now. Our self-preservation instinct makes us scarf down everything in sight in response to feelings of starvation.

Our body doesn't care that we live in the modern world where food is plentiful. It acts the same as it would if we were living in a wild, having to hunt for our food. And it is not wise to go against the instinct that is designed to protect us from starvation death.

So, get ready for a surprise: you do not have to be hungry in order to lose weight. On the contrary, eating regular meals and keeping yourself full is what will actually help you stick to your healthy eating plan and reach your goals. Keeping your hunger in check will help you avoid overeating. It will also prevent you from feeling miserable, frustrated and out of control.

We'll briefly cover some tips and tricks toward successful weight loss. We'll examine some common weight loss myths and even give you some great recipes to try while you are on this journey. It won't be easy and you'll have to maintain your willpower to be successful, but losing weight without starving yourself is a goal YOU CAN achieve!

You likely know your metabolism is linked to your weight. Common belief holds that a slim person's metabolism is high and an overweight person's metabolism is low. But this isn't usually the case. Metabolism alone doesn't determine your weight.

Rather, weight is dependent on the balance of calories consumed versus calories burned. Take in more calories than your body needs, and you gain weight. Take in less and you lose weight. Metabolism, then, is the engine that burns these calories and is the scale that regulates your energy needs.

Stated simply, metabolism is the process by which your body converts food into energy. During this biochemical process, calories — from carbohydrates, fats and proteins — are combined with oxygen to release the energy your body needs to function.

The number of calories your body burns each day is called your total energy expenditure. The following three factors make up your total energy expenditure:

- Basic needs. Even when your body is at rest, it requires energy for the basics, such as fuel for organs, breathing, circulating blood, adjusting hormone levels, plus growing and repairing cells. Calories expended to cover these basic functions are your basal metabolic rate. Typically, a person's basal metabolic rate is the largest portion of energy use, representing two-thirds to three-quarters of the calories used each day. Energy needs for these basic functions stay fairly consistent and aren't easily changed.

- Food processing. Digesting, absorbing, transporting and storing the food you consume also takes calories. This accounts for about 10 percent of the calories used each day. For the most part, your body's energy requirement to process food stays relatively steady and isn't easily changed.
- Physical activity. Physical activity — such as playing tennis, walking to the store, chasing after the dog and any other movement — accounts for the remainder of calories used. You control the number of calories burned depending on the frequency, duration and intensity of your activities.

Weight gain is more likely due to an energy imbalance — consuming more calories than your body burns. To lose weight, then, you need to create an energy deficit by eating fewer calories, increasing the number of calories you burn through physical activity, or preferably both.

If you and everyone else were physically and functionally identical, it would be easy to determine the standard energy needs. But many factors influence calorie requirements, including body size and composition, age, and sex.

To function properly, a bigger body mass requires more energy (more calories) than does a smaller body mass. Also, muscle burns more calories than fat does. So the more muscle you have in relation to fat, the higher your basal metabolic rate.

As you get older, the amount of muscle tends to decrease and fat accounts for more of your weight. Metabolism also slows naturally with age. Together these changes reduce your calorie needs.

Men usually have less body fat and more muscle than do women of the same age and weight. This is why men generally have a higher basal metabolic rate and burn more calories than women do.

Your ability to change your basal metabolism is limited. However, you can increase daily exercise and activity to build muscle tissue and burn more calories. Your metabolism influences your energy needs, but it's your food intake and physical activity that ultimately determine your weight.

There are a few things about dieting and weight loss that most experts agree upon in general:

- First, you need to ***drink a lot of water***. Most individuals don't drink nearly enough water. Colas and coffee don't count! Yes, you really should drink eight 8-ounce glasses of water a day - maybe more, depending on your weight. Water is a natural appetite suppressant. If you drink a full glass of water before beginning your meal, your stomach simply doesn't hold as much food.

When you don't drink enough water throughout the day, your body gets dehydrated. When it does finally get water, it holds onto it and stores it for a future need. That's when we feel swollen, and bloated with water weight.

However, if you give your body enough water on a regular basis, it releases it naturally. Drinking enough water gives you the benefit of hydration and fullness.

- You should ***always eat a balanced meal***. This might be the one thing we learned in elementary school that we really can use in our adult life – the basic food groups.

Proteins and carbohydrates are essential to a healthy meal. Carbohydrates are the main source of energy in our diet, and proteins burn fat. At a bare minimum, each meal should consist of a protein and a carbohydrate.

- ***Do not skip meals***. One of the worst things we can do, in our attempt to lose weight, is to skip a meal. I've seen it countless times: Motivated to lose weight, an individual decides to eat just twice a day. But your metabolism needs the consistency of regular meals. With erratic eating schedules, the body thinks it's starving. So, everything it takes in – it stores as fat to be used for energy.
- Finally, ***exercise***. You just can't lose weight when you maintain a sedentary lifestyle. People who exercise live longer and feel better. And, they lose weight quicker. Thomas Jefferson said, "The sovereign invigorator of the body is exercise, and of all the exercises walking is the best."

Exercising in some form will help to burn calories that can be converted into fat and extra weight and it's never too late to get in shape. This is why you need to devise an effective workout plan that will fit into your abilities and interests.

Most people don't really like to exercise. For them, it seems too much like work. And it is work, but it doesn't have to be tedious work. There are ways to exercise doing things that you love to do.

Do you like riding your bike as the sun sets in the sky? Maybe swimming is more your idea of fun. Even a good round of golf can be a great form of exercise – but only if you leave the cart in the cart barn!

Once you find that activity, you need to pursue it at a minimum of three times a week for at least 30 minutes at a time. The more you exercise, the more calories you will burn, but you don't have to be fanatical about it!

Start slowly then increase your level when you feel stronger until you are at a point where you think you are at a high level of intensity. It's OK to rest at intervals to recharge your batteries, but get back up to that level again until your workout is complete.

The ideal exercise plan is going to involve some form of aerobic exercise sustained for 30 minutes at a time. This could be in the form of an aerobic class or something as simple as taking a walk. This will get your heart pumping effectively so that your body can burn the calories that you have consumed! Another great way to get an aerobic workout is to walk.

The secret to losing weight without going hungry is to make the right food choices. You need to ***choose food based on their weight-to-calorie ratio***. You want to eat food that weighs a lot but has few calories and avoid food that is light in weight but hefty in calories.

Fruits and vegetables are the big winners in the heavy weight-low calorie department. They weigh a lot because of their fiber and water content and yet do not have many calories.

Choose lower-fat choices of the same weight food. There can be a world of difference between the caloric consumption of two people eating the same weight and type of food. How is this possible? Easy, if you consider the way the food is cooked or prepared.

By making the right food choices, you can cut down on unnecessary calories without starving yourself and feeling deprived.

What you do need to do is begin with a “**baseline diet**” that dictates at least half of your calories come from vegetables, fruits, natural starches, and whole grains. The rest of your diet should consist of low-fat proteins like fish, chicken, and lean beef.

You need to balance out your carbs with your protein stay away from those carbs at night. You should also cut down somewhat on your carbs, but don't cut them out completely! Because effective weight loss depends on exercise and activity, without some carbs in your diet, you won't have the energy you'll need to effectively burn off calories.

When we talk about protein, many people wonder just how much is enough or how much is too much. In general, experts say you should eat 1 gram of protein for every pound of body weight per meal.

That might seem like a ridiculously large amount of protein, but remember, we're talking about LEAN proteins. Plus, eating protein speeds up your metabolism and accelerates weight loss.

This might be a good time to talk about portion sizes. As a general rule of thumb, you should never eat a serving that is larger than your clenched fist. The good news about this is that you'll be able to eat enough to get full without overdoing it.

Cravings might be the worst part about weight loss. You can indulge in your favorite foods as long as you keep it within reason.

Most experts agree that the traditional three square meals a day shouldn't be part of a healthy diet. In fact, you should eat more meals every day. The idea



here is that you overeat when you are overly hungry. To combat that hunger, you should eat more meals with smaller portions rather than fewer meals with larger portions.

For women, it is recommended you eat five meals a day and for men, you should eat six. Try to make these meals a minimum of 2 hours apart to insure you don't get too hungry.

The benefits will reveal themselves. By doing this, you are accomplishing the following benefits:

- *Faster metabolic rate*
- *Higher energy*
- *Less storage of body fat due to the smaller portions*
- *Reduced hunger and cravings*
- *Steadier blood sugar and insulin levels*
- *More calories available for muscle growth*
- *Better absorption and utilization of the nutrients in your food*

We can't possibly cover all of the foods that are acceptable to eat when you are trying to lose weight, that's why we'll touch the worst foods you shouldn't eat and give you some possible substitutions.

Stay away from anything with caffeine in it - don't forget that many sodas have caffeine. Caffeine has the same insulin-stimulating, weight-loss-inhibiting effect as aspartame. Unfortunately, this includes coffee. Stick to decaffeinated sodas, teas, and coffees.

Along the same lines, cut out any beverage that contains aspartame (Nutra Sweet), high fructose corn syrup, or refined sugar. Since you need to drink a lot of water in order to lose weight, try water with a slice of lemon or lime in it. It can be very refreshing and very satisfying!

Alcohol is a no-no in any weight loss plan. It's OK to have a glass of wine with dinner, just don't drink the whole bottle. Moderation is the key with alcoholic beverages!

In general, you should also stay away from Boxed Pre-Packaged Foods. If the ingredients are not pronounceable, you should avoid them. In other words, anything with a lot of chemicals on the ingredient list are not going to be good for your diet. White rice, while very filling, contains starches that can inhibit your weight loss. Stick to brown rice instead. Pasta mixes are usually also not good because of the starches they contain. Stick to whole grain pastas instead. They taste just as good and are much better for you!

For the same reasons as pasta and white rice, white breads should also be avoided. Whole grain breads provide you with the carbohydrates you need and are less processed than the white breads. If you love Mexican food, stick to whole wheat flour tortillas or corn tortillas when you choose your burritos, enchiladas, or soft tacos.

Again, anything that is canned or jarred needs to be free of excessive chemicals. If the label contains ingredients with more than four syllables or are hyphenated, it won't be good for your diet. Chicken broth can be very fatty, so stay away. So are many soup mixes. The good news is that there are plenty of light or low fat choices out there. Commercially-made tomato sauces or tomato based sauces contain ridiculously huge amounts of sugar and salt. A better choice is to make these sauces yourself where you can control what goes into it. Do not eat canned fruit or canned vegetables. If it's been canned, it's been cooked thus it loses some of its most beneficial nutrients. They can also contain processed or refined sugars, so stick to fresh fruits and veggies instead. If you have to have a little oil to cook your foods in, choose extra virgin olive oil over the vegetable or corn based oils.

Choose only lean meats to get your protein intake. It's commonly known that you should try to stay away from red meats like beef. If you love steak, choose a lean cut and don't make the portion any larger than your clenched fist. Choose fresh fish instead of canned and be sure it's of the lower fat variety. This includes salmon, tilapia, and cod. Don't bread your fish either, broil it or grill it to get rid of any residual fat that might remain. For Grilling, BelleGuppy Fish turner does a great job; its silicone handle is comfortable and offers high heat protection. White meat chicken breasts are better than dark meat because the darker meat contains more fat. The same applies to turkey.

Tuna is always a good choice – even if it's canned. Just be sure to get the tuna canned in water – not oil!

Regarding dairy, skim milk should be your first choice over whole milk or two percent. Avoid drinking too much milk, however, because it naturally contains some fats that can turn into unnecessary fat on you! Unfortunately, cheese on

a diet is also a big no-no. However, you can find low-fat or fat-free cheese in most grocery stores, so always pick these first. Fat-free sour cream is alright in moderation, but try to substitute with plain yogurt instead.

Eggs are all right on your diet, but you're better off to use only the whites instead of including the yolks. Egg substitutes are a great way to get your egg fix, so look for these in the store as well.

Almost all fresh vegetables are good for you. Be careful though of eating too many fruits that contain a lot of natural sugars like oranges and peaches. Because the sugar is naturally there, it's not horribly bad for you, but you don't want to overload on sugars because it can be converted to fat.

So how do you know how many calories you've taken in during a 24 hour period? Estimate! Count portions instead of each individual calorie. This is where effective meal planning comes in!

Almost all packaged foods will contain information about the caloric content of those foods, but what about those fruits and vegetables you consume. Maybe we should give you some ideas!

### **Food / Portion / Calories**

Apples / 1 medium / 125

Asparagus / 4 spears / 15

Avocado / 1 / 305

Banana / 1 / 105

Beef Roast, Lean / 3 oz. / 205

Beef Sirloin Steak / 3 oz. / 240

Blackberries / 1 cup / 75

Broccoli / 1 cup / 45

Cabbage / 1 cup / 30

Cantaloupe / ½ melon / 95

Carrots / 1 / 30

Celery / 1 stalk / 5  
Cherries / 10 / 50  
Chicken, Roasted Breast / 3 oz. / 140  
Chicken, Fried Breast / 4.6 oz. / 369  
Yellow Corn / 1 ear / 85  
Crab Meat / 1 cup / 135  
Cucumber / 6 slices / 5  
Egg, Fried / 1 egg / 90  
Egg, Hard Boiled / 1 egg / 75  
Egg, Scrambled / 1 egg / 100  
Flounder, Baked / 3 oz. / 120  
Pink Grapefruit / ½ fruit / 40  
Ground Beef, Broiled / 3 oz. / 230  
Halibut, Broiled / 3 oz. / 140  
Lamb Chop, Broiled / 2.8 oz. / 235  
Lamb Leg, Roasted / 3 oz. / 205  
Lettuce / 1 cup / 5  
Mushrooms / 1 cup / 20  
Nectarine / 1 / 65  
Okra, Cooked / 8 pods / 25  
Orange / 1 / 60  
Peaches / 1 / 35  
Pear / 1 / 100  
Peanuts, Salted / 1 cup / 71  
Pepper, Green or Red / 1 / 15  
Pineapple / 1 cup / 75  
Pistachios / 1 oz. / 165  
Pork Chop, Broiled / 2.5 oz. / 165  
Pork Chop, Fried / 3.1 oz. / 335  
Pork – Ham – Roasted / 3 oz. / 250

Pork Rib – Roasted / 3 oz. / 270  
Pork Bacon / 3 slices / 110  
Pork Sausage Link / 1 link / 50  
Potato – Baked / 1 / 220  
Raisins / 1 cup / 435  
Salmon – Smoked / 3 oz. / 150  
Spinach / 1 cup / 10  
Strawberries / 1 cup / 45  
Sweet Potato – Baked / 1 / 115  
Tangerine / 1 / 35  
Tomato / 1 / 25  
Turkey – Roasted / 1 cup / 240  
Walnuts / 1 cup / 770  
Watermelon / 1 cup / 50

Obviously, this is just a partial list, but it's a start for you to reference when choosing foods. As you can see, fruits and vegetables are almost all relatively low-calorie and can help you feel full without consuming a lot of calories. We can't stress this enough – read labels and take note of portion sizes!

# Fish: Cooking Guidelines

## Fish in the diet

FISH provides another class of high-protein or tissue-building food. As this term is generally understood, it includes both vertebrate fish that is, fish having a backbone such as salmon, cod, shad etc. and many other water animals such as lobsters, crabs, shrimp, oysters and clams. Fish can usually be purchased at a lower price than many other food items and for this reason possesses an economic advantage over them. Some varieties of fish are sought more than others, the popularity of certain kinds depending on the individual taste or the preference of the people in a particular locality.

As is well known, fish is an extremely perishable food. Therefore, when it is caught in quantities too great to be used at one time, it is preserved in various ways. The preservation methods that have proved to be the most satisfactory are canning, salting and drying, smoking and preserving in various kinds of brine and pickle. As such methods are usually carried out in the locality where the fish is caught, many varieties of fish can be conveniently stored for long periods of time and so distributed as to meet the requirements of the consumer. This plan enables persons far removed from the Source of supply to procure fish frequently.

## Composition and classes of fish

In general, the composition of fish is similar to that of meat, for both of them are high-protein foods. However, some varieties of fish contain large quantities of fat and others contain very little of this substance, so the food value of the different kinds varies greatly. Fish is however a very desirable substitute for meat. In fish, as well as in shell fish, a very large proportion of the food substances present is protein. This proportion varies with the quantity of water, bone, and refuse that the particular food contains, and with the physical structure of the food. The percentage of fat in fish varies from less than 1 per cent in some cases to a trifle more than 14 per cent in others. This variation affects the total food value proportionately. The varieties of fish that contain the most fat deteriorate most rapidly and withstand transportation the least. Fish containing a large amount of fat such as salmon, turbot, eel, herring, halibut, mackerel, mullet, butterfish and lake trout have a more moist quality than those which are without fat such as cod.

According to the quantity of fat it contains, fish may be divided into two classes, Dry, or lean fish, and Oily fish. Cod, haddock, smelt, flounder, perch, bass, brook trout, and pike are dry, or lean fish. Salmon, shad, mackerel, herring, eel, halibut, lake trout, and white fish are oily fish. This latter group contains from 5 to 10 per cent of fat.

Fish may also be divided into two classes, according to the water in which they live, fish from the sea being termed 'salt-water fish', and those from rivers and lakes are 'fresh-water fish'.

## Food value of fish

The total food value of fish, as has been shown, is high or low, varying with the food substances it contains. Therefore, since weight for weight, the food value of fat is much higher than that of protein, it follows that the fish containing the most fat has the highest food value.

Fat and protein, as is well known, do not serve the same function in the body, but each has its purpose and is valuable and necessary in the diet. So far as the quantity of protein is concerned, fish are valuable in their tissue-forming and tissue-building qualities.

Nutritive value of fish may be lost in its preparation, if proper methods are not applied. To obtain as much food value from fish as possible, the various points that are involved in its cookery must be thoroughly understood. When the value of fish as a food is to be determined, its digestibility must receive definite consideration. The ease with which fish is digested is influenced largely by the quantity of fat it contains. In addition to the correct cooking of fish and the presence of fat, a factor that largely influences the digestibility of this food is the length of the fibers of the flesh. It will be remembered that the parts of an animal having long fibers are tougher and less easily digested than those having short fibers.

## Preparation of fish for cooking

It is important to determine whether or not fish is fresh. Fish should not give off any offensive odor. The eyes should be bright and clear not dull or sunken. The gills should have a bright-red color and there should be no blubber

showing. The flesh should be so firm that no dent will be made when it is touched with the finger.

Fish may also be tested for freshness by placing it in a pan of water. If it sinks it may be known to be fresh, but if it floats it is not fit for use.

Fish is usually prepared for cooking at the market where it is purchased, but frequently a fish comes into the home just as it has been caught. In order to prepare such a fish properly for cooking, one must understand how to clean it. If fish is purchased in unclean condition, it should be cleaned at once. The first step for cleaning fish consists in removing the scales. With the fish scaled, proceed to remove the entrails. Make sure that the cavity formed by taking out the entrails is perfectly clean. Then cut off the head, fins and tail if desired and wash it in cold water. In the preparation of some kinds of fish, it is often desired to bone the fish; that is, to remove the backbone and the ribs. Some kinds of fish, especially those having no scales such as flounder, catfish and eels are made more palatable by being skinned. Many recipes require fish to be cut into fillets, that is, thick and flat slices from which the bone is removed.

The fish which is now properly prepared, may be cooked at once or placed in the refrigerator until time for cooking. Salted slightly inside and out, it should be kept in a covered enamel or porcelain dish and then put in the compartment of the refrigerator from which odors cannot be carried to foods in the other compartments.

## Methods of cooking fish

Fish may be boiled, steamed, baked, fried, broiled or sauted. The effect of these different methods is exactly the same on fish as on meat, since the two foods are the same in general construction.

The cookery method to select depends largely on the size, kind, quality and flavor of the fish. Just as an old chicken with well-developed muscles is not suitable for broiling, so a very large fish should not be broiled unless it can be cut into slices, steaks or thin pieces.

Some varieties of fish are more or less tasteless. These should be prepared by a cookery method that will improve their flavor or if the cooking fails to add flavor, a highly seasoned or highly flavored sauce should be served with them. The acid of vinegar or lemon seems to assist in bringing out the flavor of fish, so when a sauce is not used, a slice of lemon is often served with the fish.



No matter how you choose to cook the fish, but especially for grilling, baking and frying, BelleGuppy Fish Spatula comes in really handy. It's the perfect kitchen tool for flipping everything from whole fish to filets easily.

### ***BOILED FISH***

Boiling extracts flavor and, to some extent, nutriment from the food to which this cookery method is applied. Therefore, unless the fish to be cooked is one that has a very strong flavor and that will be improved by the loss of flavor, it should not be boiled. Much care should be exercised in boiling fish, because the meat is usually so tender that it is likely to boil to pieces or to fall apart.

When a fish is to be boiled, clean it and, if desired, remove the head. Pour sufficient boiling water to cover the fish well into the vessel in which it is to be cooked, and add salt in the proportion of 1 teaspoonful to each quart of water. Tie the fish in a strip of cheesecloth or gauze if necessary, and lower it into the vessel of slowly boiling water. Allow the fish to boil until it may be easily pierced with a fork; then take it out of the water and remove the cloth, provided one is used. Serve with a well-seasoned sauce, such as lemon cream, horseradish, etc.

### ***BOILED SALT SALMON***

Let salmon soak over night, and boil it slowly for two hours; eat it with drawn butter. To pickle salmon after it has been boiled, heat vinegar scalding hot, with whole peppers and cloves; cut the fish in small square pieces; put it in a jar, and pour the vinegar over. Shad may be done in the same way.

### ***BOILED COD***

A fish that lends itself well to boiling is fresh cod. In fact, codfish prepared according to this method and served with a sauce makes a very appetizing dish.

Scale, clean, and skin a fresh cod and wrap it in a single layer of gauze or cheesecloth. Place it in a kettle or a pan of freshly boiling water to which has been added 1 teaspoonful of salt to each quart of water. Boil until the fish may be easily pierced with a fork, take from the water, and remove the gauze or cheesecloth carefully so as to keep the fish intact. Serve with sauce and slices of lemon.

## ***BROILED FISH***

The best way in which to cook small fish, thin strips of fish, or even good-sized fish that are comparatively thin when they are split open is to broil them. Since in this method of cooking the flavor is entirely retained, it is especially desirable for any fish of delicate flavor.

To broil fish, sear them quickly over a very hot fire and then cook them more slowly until they are done, turning frequently to prevent burning. As most fish, and particularly the small ones used for broiling, contain almost no fat, it is necessary to supply fat for successful broiling and improvement of flavor. It is difficult to add fat to the fish while it is broiling, so, as a rule, the fat is spread over the surface of the fish after it has been removed from the broiler. The fat may consist of broiled strips of bacon or salt pork, or it may be merely melted butter or other fat.

## ***BROILED SCROD WITH POTATO BORDER***

Young cod that is split down the back and that has had the backbone removed with the exception of a small portion near the tail is known as scrod. Such fish is nearly always broiled, it may be served plain, but it is much more attractive when potatoes are combined with it in the form of an artistic border.

To prepare this dish, broil the scrod according to the directions given here, then place it on a hot platter and spread butter over it. Boil the desired number of potatoes until they are tender, and then force them through a ricer or mash them until they are perfectly fine. Season with salt, pepper, and butter, and add sufficient milk to make a paste that is a trifle stiffer than for mashed potatoes. If desired, raw eggs may also be beaten into the potatoes to serve as a part of the moisture. Fill a pastry bag with the potatoes thus prepared and press them through a rosette tube in any desired design on the platter around the fish. Bake in a hot oven until the potatoes are thoroughly heated and are browned slightly on the top.

## ***BROILED FRESH MACKEREL***

Probably no fish lends itself better to broiling than fresh mackerel, as the flesh of this fish is tender and contains sufficient fat to have a good flavor. To improve the flavor, however, strips of bacon are usually placed over the fish and allowed to broil with it.

Clean and skin a fresh mackerel. Place the fish thus prepared in a broiler, and broil first on one side and then on the other. When seared all over, place strips

of bacon over the fish and continue to broil until it is done. Remove from the broiler, season with salt and pepper, and serve.

### ***BROILED HALIBUT***

Season the slices with salt and pepper, and lay them in melted butter for half an hour, having them well covered on both sides. Roll in flour, and broil for twelve minutes over a clear fire. Serve on a hot dish, garnishing with parsley and slices of lemon. The slices of halibut should be about an inch thick, and for every pound there should be three table-spoonfuls of butter.

### ***BAKED FISH***

Good-sized fish, that is, fish weighing 4 or 5 pounds, are usually baked. When prepared by this method, fish are very satisfactory if they are spread out on a pan, flesh side up, and baked in a very hot oven with sufficient fat to flavor them well. A fish of large size, however, is especially delicious if its cavity is filled with a stuffing before it is baked.

When a fish is to be stuffed, any desired stuffing is prepared and then filled into the fish. With the cavity well filled, the edges of the fish are drawn together over the stuffing and sewed with a coarse needle and thread.

Whether the fish is stuffed or not, the same principles apply in its baking as apply in the roasting of meat; that is, the heat of a quick, hot oven sears the flesh, keeps in the juices, and prevents the loss of flavor, while that of a slow oven causes the loss of much of the flavor and moisture and produces a less tender dish. Often, in the baking of fish, it is necessary to add fat. This may be done by putting fat of some kind into the pan with the fish.

### ***BAKED HADDOCK***

As haddock is a good-sized fish, it is an especially suitable one for baking. However, it is a dry fish, so fat should be added to it to improve its flavor. When haddock is to be baked, select a 4 or 5-pound fish, clean it thoroughly, boning it if desired, and sprinkle it inside and out with salt. Fill the cavity with any desired stuffing and sew up. Place in a dripping pan, and add some fat or place several slices of high fat meat around it. Bake in a hot oven for about 1 hour. After it has been in the oven for about 15 minutes, baste with the fat that will be found in the bottom of the pan and continue to baste every 10 minutes until the fish is done. Remove from the pan to a platter using BelleGuppy Fish Spatula, garnish with parsley and slices of meat, and serve with any desired sauce.

## **BAKED HALIBUT**

Because of its size, halibut is cut into slices and sold in the form of steaks. Halibut slices are often sauted, but they make a delicious dish when baked with tomatoes and flavored with onion, lemon, and bay leaf.

*2 c. tomatoes*

*Few slices onion*

*1 bay leaf*

*1 tsp. salt*

*1/8 tsp. pepper*

*2 thin slices bacon*

*1 Tb. flour*

*2 lb. halibut steak*

Heat the tomatoes, onion, and bay leaf in water. Add the salt and pepper and cook for a few minutes. Cut the bacon into small squares, try it out in a pan, and into this fat stir the flour. Pour this into the hot mixture, remove the bay leaf, and cook until the mixture thickens. Put the steaks into a baking dish, pour the sauce over them, and bake in a slow oven for about 45 minutes. Remove with the sauce to a hot platter and serve.

## **BAKED SALMON TROUT**

This deliciously flavored game-fish is baked precisely as shad or white fish, but should be accompanied with cream gravy to make it perfect. It should be baked slowly, basting often with butter and water. When done have ready in a saucepan a cup of cream, diluted with a few spoonfuls of hot water, for fear it might clot in heating, in which have been stirred cautiously two tablespoonfuls of melted butter, a scant tablespoonful of flour, and a little chopped parsley. Heat this in a vessel set within another of boiling water, add the gravy from the dripping-pan, boil up once to thicken, and when the trout is laid on a suitable hot dish, pour this sauce around it. Garnish with sprigs of parsley.

## **BAKED BLUEFISH**

Take *2 lb Bluefish fillets, 1/2 c. Milk, 1 c. Bread crumbs, 1/4 lb Butter, 2 tb Lemon juice, 1/2 c Seafood seasoning, Salt and pepper to taste.* Preheat the oven to 450°. Dip fish in milk; sprinkle lightly with salt and pepper. Coat fish with the bread crumbs. Place 1/2 table-spoon butter on each fillet; sprinkle

with lemon juice and fish seasoning. Place fish in well buttered baking pan. Bake for ten to fifteen minutes.

### ***BAKED FILLETS OF WHITEFISH***

When whitefish of medium size can be secured, it is very often stuffed and baked whole, but variety can be had by cutting it into fillets before baking it. Besides producing a delicious dish, this method of preparation eliminates carving at the table, for the pieces can be cut the desired size for serving.

Prepare fillets of whitefish according to the directions given for filleting fish. Sprinkle each one with salt and pepper, and dip it first into beaten egg and then into bread crumbs. Brown some butter in a pan, place the fish into it, and set the pan in a hot oven. Bake until the fillets are a light brown, or about 30 minutes. Remove to a hot dish, garnish with parsley and serve with any desired sauce.

### ***BAKED FINNAN HADDIE***

When haddock is cured by smoking, it is known as 'finnan haddie'. As fish of this kind has considerable thick flesh, it is very good for baking. Other methods of cookery may, of course, be applied to it, but none is more satisfactory than baking. To bake a finnan haddie, wash it in warm water and put it to soak in fresh warm water. After it has soaked for 1/2 hour, allow it to come gradually to nearly the boiling point and then pour off the water. Place the fish in a baking pan, add a piece of butter, sprinkle with pepper, and pour a little water over it. Bake in a hot oven until it is nicely browned. Serve hot.

### ***BAKED ROCK FISH***

Rub the fish with salt, black pepper, and a dust of cayenne, inside and out; prepare a stuffing of bread and butter, seasoned with pepper, salt, parsley and thyme; mix an egg in it, fill the fish with this, and sew it up or tie a string round it; put it in a deep pan, or oval oven and bake it as you would a fowl. To a large fish add half a pint of water; you can add more for the gravy if necessary; dust flour over and baste it with butter. Any other fresh fish can be baked in the same way. A large one will bake slowly in an hour and a half, small ones in half an hour.

### ***CREAMED CODFISH***

Since codfish is a rather dry fish, containing little fat, it is usually combined with some other food to make it more appetizing. In the case of creamed codfish, the cream sauce supplies the food substances in which the fish is lacking and at the same time provides a very palatable dish. When codfish is prepared in this way, boiled potatoes are usually served with it.

To make creamed codfish, freshen the required amount of codfish by pouring lukewarm water over it. Shred the fish by breaking it into small pieces with the fingers. Pour off the water, add fresh warm water, and allow the fish to stand until it is not too salty. When it is sufficiently freshened, drain off all the water. Melt a little butter in a frying pan, add the fish, and saute until slightly browned. Make a medium white sauce and pour it over the codfish. Serve hot with boiled potatoes.

### ***CREAMED TUNA FISH***

Combining canned tuna fish with a cream sauce and serving it over toast makes a dish that is both delicate and palatable one that will prove very satisfactory when something to take the place of meat in a light meal is desired.

*3 Tb. butter*

*3 Tb. flour*

*1/2 tsp. salt*

*1/8 tsp. pepper*

*1/8 tsp. paprika*

*1-1/2 c. hot milk*

*1-1/2 c. tuna fish*

*1 egg*

Melt the butter in a saucepan and add the flour, salt, pepper, and paprika. Stir well, pour in the milk, and when this has thickened add the tuna fish. Allow this to heat thoroughly in the sauce. Just before serving, add the slightly beaten egg and cook until this has thickened.

Pour over toast and serve. Sufficient to Serve Six.

### ***CREAMED SALMON WITH RICE***

A creamed protein dish is always more satisfactory if it is served on some other food, particularly one high in carbohydrate. When this is done, a better

balanced dish is the result. Creamed salmon and rice make a very nutritious and appetizing combination.

*1 c. salmon*

*1 c. medium white sauce*

*Steamed rice*

Break the salmon into moderately small pieces and carefully fold these into the hot white sauce. Serve this on a mound of hot steamed rice.

### **CREAMED FISH IN POTATO NEST**

Fish may also be combined with mashed potato to produce a most appetizing dish. Line a baking dish with hot mashed potato, leaving a good-sized hollow in the center. Into this pour creamed fish made by mixing equal proportions of cold fish and white sauce. Season well with salt and pepper, sprinkle with crumbs, and dot the top with butter. Bake until the crumbs are brown. Serve hot.

### **CODFISH BALLS**

One pound codfish; one and a half pound potatoes; one quarter pound butter; two eggs. Boil the fish slowly, then pound with a potato masher until very fine; add the potatoes mashed and hot; next add butter and one-half cup milk and the two eggs. Mix thoroughly, form into balls, and fry in hot fat.

### **CODFISH SOUP**

Take one-half pound of salt codfish that has been soaked, cut it up into squares, but not small. Prepare in a saucepan four tablespoons of good olive-oil, and one small onion cut into pieces. Cook the onion in the oil over a slow fire, without allowing the onion to become colored, then add a small bunch of parsley stems, a small piece of celery, a bay-leaf, and a small sprig of thyme. Cool for a few moments, then add two tomatoes, skinned and with the seeds removed, and cut into slices, two tablespoons of dry white wine, and one medium-sized potato, peeled and cut into slices, and, lastly, one cup of water. When the potato is half cooked, add the codfish, then one-half tablespoon more of olive-oil. Remove the parsley stems, and put in instead one-half tablespoon of chopped-up parsley; add a good pinch of pepper, and some salt, if needed. When the vegetables are thoroughly cooked pour the soup over pieces of toasted or fried bread, and serve.

### **DRESSING FOR SALMON MOLD**

*1 c. cream*  
*2 Tb. vinegar*  
*1/2 tsp. salt*  
*2 Tb. sugar*  
*1 c. finely chopped cucumber*

Whip the cream until it is stiff, and add the vinegar, salt, and sugar. Fold into this the finely chopped cucumber.

### **ESCALOPED FISH**

One pint of milk, one pint of cream, four table-spoonfuls of flour, one cupful of bread crumbs and between four and five pounds of any kind of white fish-cusk, cod, haddock, etc., boiled twenty minutes in water to cover and two table-spoonfuls of salt. Put fish on to boil, then the cream and milk. Mix the flour with half a cupful of cold milk, and stir into boiling cream and milk. Cook eight minutes and season highly with salt and pepper. Remove skin and bones from fish, and break it into flakes. Put a layer of sauce in a deep escalop dish, and then a layer of fish, which dredge well with salt (a table-spoonful) and pepper; then another layer of sauce, again fish, and then sauce. Cover with the bread crumbs, and bake half an hour.

This quantity requires a dish holding a little over two quarts, or, two smaller dishes will answer. If for the only solid dish for dinner, this will answer for six persons; but if it is in a course for a dinner party, it will serve twelve. Cold boiled fish can be used when you have it. Great care must be taken to remove every bone when fish is prepared with a sauce, because one cannot look for bones then as when the sauce is served separately.

### **EEL SOUP**

The small white Eels are the best. Having cut off their heads, skin the fish, and clean them, and cut them in three. To twelve small eel allow a pound and a half of chicken. Cut the chicken into small pieces, or slice it very thin, and scald it two or three times in boiling water, lest it be too salt. Chop together a bunch of parsley and some sweet marjoram stripped from the stalks. Put these ingredients into a soup kettle and season them with pepper: the chicken will make it salt enough. Add a head of celery cut small, or a large table-spoonful of celery seed tied up in a bit of clear muslin to prevent its dispersing.



Put in two quarts of water, cover the kettle, and let it boil slowly till every thing is sufficiently done, and the fish and chicken quite tender. Skim it frequently. Boil in another vessel a quart of rich milk, in which you have melted a quarter of a pound of butter divided into small bits and rolled in flour. Pour it hot to the soup, and stir in at the last the beaten yolks of four eggs. Give it another boil, just to take off the rawness of the eggs, and then put it into a tureen, taking out the bag of celery seed before you send the soup to table, and adding some toasted bread cut into small squares. In making toast for soup, cut the bread thick, and pare off all the crust.

### ***FRESH FISH FRY***

Have the fish well scalded, washed and drained; cut slits in the sides of each; season them with salt and pepper, and roll them in corn flour; have in your frying-pan hot lard or bacon drippings; if the fish have been kept several days, dip them in egg before rolling them in corn flour, to keep them from breaking; fry them light brown on both sides.

### ***FRESH HERRING***

Scale and wash them well; cut off the heads and fins, and season them with salt, pepper and cloves; pack them neatly in a large jar, and pour on enough cold vinegar to cover them; put a plate over the top of the jar, and set it in a moderately warm oven, or on the top of a stove, in a pan of hot water, for five or six hours; they will keep in a cool place several weeks, and are an excellent relish. The jar or pan should be of stone ware, or fire-proof yellow ware.

### ***FILLET OF FLOUNDER***

In appearance, flounder is not so attractive as many other fish, but it is a source of excellent flesh and is therefore much used. A very appetizing way in which to prepare flounder is to fillet it. Secure a flounder and fillet it in the manner explained earlier. Cut each fillet into halves, making eight pieces from one flounder. Cut small strips of any high fat meat, roll the pieces of flounder around these, and fasten with a toothpick. Place in a baking dish with a small quantity of water, and bake in a hot oven until a good brown. Serve hot.

### ***FISH STUFFING***

The stuffing not only helps to preserve the shape of the fish, but also provides a means of extending the flavor of the fish to a starchy food, for bread or cracker crumbs are used in the preparation of most stuffings.

*1/4 c. butter*

*1/2 c. hot water*

*1/2 tsp. salt*

*1/8 tsp. pepper*

*1 tsp. onion juice*

*1 Tb. chopped parsley*

*2 c. fine bread crumbs*

Melt the butter in the hot water, add the salt, pepper, onion juice, and parsley, and pour over the crumbs. Mix thoroughly and use to stuff the fish.

### **FISH SALAD**

*1 can salmon or tunny (or tuna) fish*

*1 cupful shredded cabbage or sliced celery*

Drain the oil from the fish; remove the bone and bits of skin. Add the cabbage or celery, and Mayonnaise or Cream Salad Dressing. Arrange on lettuce and garnish as desired. If Cream Dressing is used with salmon, the oil drained from the salmon may be used for the fat of Cream Dressing. The salmon may be marinated before adding the other ingredients. When this is done, the salad dressing may be omitted. Salmon contains so much fat that it is not well to add more oil after marinating.

### **FISH SALAD WITH VINAIGRETTE**

If the boiled fish is whole, take off the head and skin, and then place it in the centre of a dish. Have two cold hard-boiled eggs, and cut fine with a knife or spoon. Sprinkle the fish with this, and garnish either with small lettuce leaves, water-cresses, or cold boiled potatoes and beets, cut in slices. Place tastefully around the dish, with here and there a sprig of parsley. Serve the vinaigrette sauce in a separate dish. Help to the garnish when the fish is served, and pour a spoonful of the sauce over the fish as you serve it. This makes a nice dish for tea in summer, and takes the place of a salad, as it is, in fact, a kind of salad.

### **FISH BALLS**

One pint of finely-chopped cooked salt fish, six medium-sized potatoes, one egg, one heaping table-spoonful of butter, pepper, two table-spoonfuls of cream, or four of milk. Pare the potatoes, and put on in boiling water. Boil half an hour. Drain off all the water, turn the potatoes into the tray with the fish,

and mash light and fine with a vegetable masher. Add the butter, pepper, milk and eggs, and mix all very thoroughly. Taste to see if salt enough.

Shape into smooth balls, the size of an egg, and fry brown in boiling fat enough to float them. They will cook in three minutes. If the potatoes are very mealy it will take more milk or cream to moisten them, about two spoonfuls more. If the fat is smoking in the centre, and the balls are made very smooth, they will not soak fat; but if the fat is not hot enough, they certainly will. Putting too many balls into the fat at one time cools it. Put in say four or five. Let the fat regain its first temperature, then add more.

### ***FISH CHOWDER***

An excellent way in which to utilize a small quantity of fish is afforded by fish chowder. In addition, this dish is quite high in food value, so that when it is served with crackers, little of anything else need be served with it to make an entire meal if it be luncheon or supper. Cod, haddock, or fresh-water fish may be used in the accompanying recipe.

*2 lb. fish*

*1 small onion*

*1 c. sliced potatoes*

*1/2 c. stewed tomatoes*

*1-1/2 tsp. salt*

*1/8 tsp. pepper*

*2 Tb. butter*

*1-1/2 c. milk*

Skin the fish, remove the flesh, and cut it into small pieces. Simmer the head, bones, and skin of the fish and the onion in water for 1/2 hour. Strain, and add to this stock the fish, potatoes, tomatoes, salt, and pepper. Simmer together until the potatoes are soft. Add the butter and milk. Serve over crackers.

### ***FISH CROQUETTES***

*1-1/2 c. cold fish*

*1 c. cold steamed rice*

*1 c. thick white sauce Salt and pepper*

*1 egg*

*Crumbs*

Mince the fish into small pieces, mix with the rice, and add the white sauce. Season with salt and pepper and shape into croquettes. Dip into slightly beaten egg, roll in crumbs, and fry in deep fat. Drain and serve with any desired sauce.

### ***FISH AU GRATIN***

Take any kind of light fish that is, cod, cusk, flounder, etc. Skin the fish by starting at the head and drawing down towards the tail; then take out the bones. Cut the fish into pieces about three inches square, and salt and pepper well. Butter such a dish, as you would use for escolloped oysters. Put in one layer of fish, then moisten well with sauce; add more fish and sauce, and finally cover with fine bread crumbs. Bake half an hour. The dish should be rather shallow, allowing only two layers of fish.

### ***FISH SOUP***

Ingredients: 3 pints Fish Stock, 1 pint Milk, Cornflour, Vegetables and Fish. Remove all the fat from the fish stock and put it into a saucepan with six white peppercorns, an onion, one slice of turnip, a fagot of herbs, and some carrot. Boil this together for twenty minutes, then strain out the vegetables and pour back into the saucepan. Mix a tablespoonful of cornflour smoothly with the milk and stir it in; continue stirring till it boils. Skin and fillet the fish and cut it into dice, put these pieces of fish into the soup, and simmer for ten minutes. Just before serving add a few drops of lemon juice, and salt to taste. Pour into a tureen and sprinkle a little chopped parsley on top.

### ***FISH FRY***

Most of the smaller fish (generally termed pan-fish) are usually fried. Clean well, cut off the head, and, if quite large, cut out the backbone, and slice the body crosswise into five or six pieces; season with salt and pepper. Dip in Indian meal or wheat flour, or in beaten egg, and roll in bread or fine cracker crumbs (trout and perch should not be dipped in meal); put into a thick bottomed frying pan, the flesh side down, with hot lard or drippings; fry slowly, turning when lightly browned. Use BelleGuppy fish spatula to turn the fish and drain the grease. Serve with tomato sauce; garnish with slices of lemon.

### ***FRICASSEE SALMON***

This way of cooking fresh salmon is a pleasant change from the ordinary modes of cooking it. Cut one and one-half pounds of salmon into pieces one inch square; put the pieces in a stewpan with half a cupful of water, a little salt, a little white pepper, one clove, one blade of mace, three pieces of sugar, one shallot and a heaping teaspoonful of mustard mixed smoothly with half a teacupful of vinegar. Let this boil up once and add six tomatoes peeled and cut into tiny pieces, a few sprigs of parsley finely minced, and one wine-glassful of sherry. Let all simmer gently for three-quarters of an hour. Serve very hot, and garnish with dry toast cut in triangular pieces. This dish is good, very cold, for luncheon or breakfast.

### ***HALIBUT CUTLETS***

Cut halibut into steaks or cutlets about an inch thick. Wipe them with a dry cloth, and season them with salt and cayenne pepper. Have ready a pan of yolk of egg well beaten, and a large flat dish of grated bread crumbs. Put some fresh lard or clarified beef dripping into a frying pan, and hold it over a clear fire till it boils. Dip your cutlets into the beaten egg, and then into the bread crumbs. Fry them of a light brown. Serve them up hot, with the gravy in the bottom of the dish. Halibut cutlets are very fine cut quite thin and fried in the best sweet oil, omitting the egg and bread crumbs.

### ***MACKEREL SALAD***

Pour boiling water over a large mackerel and let stand for ten minutes; take out and dry thoroughly by draining on a sieve or clean towel. Remove the head, tail and fins, and skin and bones. Shred the fish finely and mix with one large onion, well chopped. Add mustard, vinegar, and pepper to taste. Serve as salad, with young lettuce leaves, and garnish with hard-boiled eggs, sliced. This is a delightful relish with thin-sliced bread and butter.

### ***PICKLED SALMON***

Take a fine, fresh salmon, and, having cleaned it, cut it into large pieces, and boil it in salted water as if for eating. Then drain it, wrap it in a dry cloth, and set it in a cold place till next day. Then make the pickle, which must be in proportion to the quantity of fish.

To one quart of the water in which the salmon was boiled, allow two quarts of the best vinegar, one ounce of whole black pepper, one nutmeg grated and a dozen blades of mace. Boil all these together in a kettle closely covered to prevent the flavor from evaporating. When the vinegar thus prepared is quite

cold, pour it over the salmon, and put on the top a tablespoonful of sweet oil, which will make it keep the longer. Cover it closely, put it in a dry, cool place, and it will be good for many months.

### ***PLANKED FISH***

Like planked steak, planked fish, which is a dish that appeals to the eye and pleases the taste. The fish is baked on the plank and then surrounded with a border of potatoes, the fish and potatoes making an excellent food. To prepare planked fish, thoroughly clean and bone a medium-size whitefish, shad, haddock, or any desired fish. Grease a plank and place the fish on it. Lay some strips of bacon across the top of the fish, place in a hot oven, and bake for about 30 minutes or a little longer if necessary. Boil potatoes and prepare them for piping by mashing them, using 4 tablespoonfuls of milk, 1 tablespoonful of butter, and one egg to each 2 cupfuls of potato. Then, with a rosette pastry tube, pipe a border of potatoes around the edge of the plank. Likewise, pipe rosettes of potatoes on the strips of chicken placed on top of the fish. Then replace the plank with the fish and potatoes in the oven, and bake until the potatoes are brown. Garnish with parsley and serve.

### ***ROCK FISH STEW***

Rub the fish with salt and pepper, and a little cayenne on the inside; put it in an oval stew-pan. To a fish that weighs six pounds, put a pint of water; when it is about half done; season it well with salt and pepper, and a little mace or cloves; rub a quarter of a pound of butter in a half a tea-cup of flour, with a little parsley and thyme; stir this in with a pint of oysters. Serve it with the gravy in the dish. A large fish should be allowed an hour, small ones half an hour.

### ***SALT FISH WITH DROPPED EGGS***

One pint of cooked salt fish, one pint of milk or cream, two table-spoonfuls of flour, one of butter, six eggs, pepper. Put milk on to boil, keeping half a cupful of it to mix the flour. When it boils, stir in the flour, which has been mixed smooth with the milk; then add the fish, which has been flaked. Season, and cook ten minutes. Have six slices of toasted bread on a platter. Drop six eggs into boiling water, being careful to keep the shape. Turn the fish and cream on to the toast. Lift the eggs carefully from the water, as soon as the whites are set, and place very gently on the fish. Garnish the dish with points of toast and parsley.

### ***SALT CODFISH IN POTATOE PUREE***

Six large potatoes, one pint and one cupful of milk, two table-spoonfuls of butter, a small slice of onion, one pint of cooked salt codfish, salt, pepper, one large table-spoonful of flour. Pare the potatoes and boil half an hour; then drain off the water, and mash them light and fine. Add the salt, pepper, one table-spoonful of butter, and the cupful of milk, which has been allowed to come to a boil. Beat very thoroughly, and spread a thin layer of the potatoes on the centre of a hot platter. Heap the remainder around the edge, making a wall to keep in the cream and fish, which should then be poured in. Garnish the border with parsley, and serve.

To prepare the fish: Put the pint of milk on to boil with the onion. Mix flour and butter together, and when well mixed, add two table-spoonfuls of the hot milk. Stir all into the boiling milk, skim out the onion, add the fish, and cook ten minutes. Season with pepper, and if not salty enough, with salt. This is a nice dish for breakfast, lunch or dinner.

### ***SALT FISH SOUFFLE***

One pint of finely-chopped cooked salt fish, eight good-sized potatoes, three-fourths of a cupful of milk or cream, four eggs, salt, pepper, two generous table-spoonfuls of butter. Pare the potatoes and boil thirty minutes. Drain the water from them, and mash very fine; then mix thoroughly with the fish. Add butter, seasoning and the hot milk. Have two of the eggs well beaten, which stir into the mixture, and heap this in the dish in which it is to be served. Place in the oven for ten minutes. Beat the whites of the two remaining eggs to a stiff froth, and add a quarter of a teaspoonful of salt; then add yolks. Spread this over the dish of fish; return to the oven to brown, and serve.

### ***SAUTED FISH***

Without doubt, the most popular way to prepare fish is to saute them. This method may be applied to practically the same kinds of fish that are fried or broiled, and it is especially desirable for the more tasteless varieties. It consists in browning the fish well in a small quantity of fat, first on one side and then on the other. If fat of good flavor is used, such as bacon or ham fat, the flavor of the fish will be very much improved. Before sauteing, the fish or pieces of fish are often dipped into slightly beaten egg and then rolled in flour, very fine cracker crumbs, or corn meal, or the egg is omitted and they are merely covered with the dry, starchy material. The effect of this method of cooking is very similar to that of deep-fat frying, except that the outside tissues are apt to become, very hard from the application of the hot fat because of the coating that is generally used.

### ***SAUTED PICKEREL***

A variety of fresh-water fish that finds favor with most persons is pickerel. When this fish is to be sauted, scale and clean it and cut it crosswise into 2-inch strips. Then roll each piece in flour, sprinkle it with salt and pepper, and saute the slices in hot fat. When one side is sufficiently brown, turn and brown on the other side.

### ***SAUTED SALT MACKEREL***

When an extremely tasty dish that will afford a change from the usual daily routine of meals is desired, sauted salt mackerel will be found very satisfactory. Freshen salt mackerel that is to be sauted by putting it into a saucepan and covering it with cold water. Place this over the fire, and allow the water to heat to almost the boiling point. Pour off the water, and saute the fish in butter or other fat until nicely browned. If desired, pour a small amount of thin cream over the mackerel just before removing it from the pan, allow this to heat, and serve it as a sauce with the mackerel.

### ***STEWED FISH***

Like boiling, stewing extracts flavor and nutriment from fish. The process differs, however, in that the fish is cooked gently by simmering. This cookery method is employed for fish that is inclined to be tough. Usually, vegetables, such as carrots and onions, are cooked with the fish in order to impart flavor. To prevent the fish from falling apart, it may be wrapped in cheesecloth or gauze.

### ***STEWED FRESH HERRING***

When fresh herring can be obtained, it can be made into a delicious dish by stewing it with onions, parsley, and carrots. In this method of preparation, the herring should not be permitted to stew rapidly; it will become more tender if it simmers gently. As herring are rather small fish, weighing only about 1/2 pound, it will usually be necessary to obtain more than one for a meal. Clean the required number of fresh herring, place them in a saucepan, and sprinkle them with salt and pepper. Brown some slices of onion in butter, and add the same number of slices of carrots and a generous quantity of parsley. Add enough boiling water to these vegetables to cover them and the fish, and pour both over the fish. Place all on the fire and simmer gently until the fish is tender. Remove the fish from the water and serve. The vegetables are used merely to add flavor, and they will have practically boiled away by the time the fish is cooked.



## **STEAMED FISH**

The preparation of fish by steaming is practically the same as that by boiling, and produces a dish similar to boiled fish. The only difference is that steamed fish is suspended over the water and is cooked by the steam that rises instead of being cooked directly in the water. Because the fish is not surrounded by water, it does not lose its nutriment and flavor so readily as does boiled fish.

If fish is to be cooked by steaming, first clean it thoroughly. Wrap in a strip of gauze or cheesecloth and place in a steamer. Steam until tender, and then remove the cloth and place the fish on a platter. As steaming does not add flavor, it is usually necessary to supply flavor to fish cooked in this way by adding a sauce of some kind.

## **SARDINE SALAD**

*1/2 tin Sardines*

*2 Eggs*

*1 Lettuce*

*Salad Dressings*

Split the sardines open and remove the bone. Break some of the lettuce into a bowl, lay on this the sardines. Chop up one of the eggs and sprinkle over them, pour on the dressing. Cover with the rest of the lettuce, and garnish with the other egg cut in slices, and a little watercress or beetroot.

## **SMOKED SALMON**

Cut the fish up the back; clean, and scale it, and take out the roe, but do not wash it. Take the bone neatly out. Rub it well inside and out with a mixture of salt and fine Havanna sugar, in equal quantities, and a small portion of saltpetre. Cover the fish with a board on which weights are placed to press it down, and let it lie thus for two days and two nights. Drain it from the salt, wipe it dry, stretch it open, and fasten it so with pieces of stick. Then hang it up and smoke it over a wood fire. It will be smoked sufficiently in five or six days. When you wish to eat it, cut off slices, soak them awhile in lukewarm water, and broil them for breakfast.

## **SALMON MOLD**

A change from the usual way of serving salmon can be had by making a salmon mold. Besides being a delicious dish and providing variety in the diet, salmon mold is very attractive.

*2 c. salmon*  
*2 Tb. vinegar*  
*1/2 tsp. salt*  
*1/8 tsp. pepper*  
*1 Tb. gelatine*  
*1-1/2 c. boiling water*

Remove all skin and bones from the salmon when it is taken from the can, and mince it thoroughly with a fork. Add the vinegar, salt, and pepper. Prepare the gelatine by dissolving it in the boiling water. Add the seasoned salmon to the prepared gelatine. With cold water, wet a ring-shaped mold having an open space in the center. Pour the salmon- and-gelatine mixture into this mold, and allow it to stand until it solidifies. Arrange a bed of lettuce leaves on a chop plate, turn the mold out on this, and fill the center with dressing. Serve at once. Sufficient to Serve Six.

### ***SALMON PUDDING***

Remove the bone, skin and oil from two pound cans of salmon. Boil together two cupfuls of white bread crumbs and one cupful of milk. Take from the fire, and add one cupful of boiled rice, a teaspoonful of salt, a saltspoonful of pepper, a teaspoonful of onion juice, and four eggs slightly beaten. Mix and work in the fish. Press the whole through a colander, and pack it at once into a mold. Cover and steam three-quarters of an hour. Serve hot with cream sauce. This will serve twelve persons.

### ***SALMON PATTIES***

Delicious patties can be made from salmon by combining it with bread crumbs and using a thick white sauce to hold the ingredients together. These may be either sauted in shallow fat or fried in deep fat.

*2 c. finely minced salmon*  
*1 c. fresh bread crumbs*  
*1 c. thick white sauce*  
*1/2 tsp. salt*  
*1/8 tsp. pepper*  
*Dry bread crumbs*

With the salmon, mix the fresh bread crumbs and the white sauce. Season with salt and pepper. Shape into round patties, roll in the dry bread crumbs, and fry in deep fat or saute in shallow fat. Serve hot with or without sauce.

### ***SALMON TIMBALE OR LOAF***

*1 can salmon*

*1 cupful soft bread crumbs*

*1 1/2 teaspoonfuls chopped parsley*

*1/2 teaspoonful salt*

*Pepper*

*1 or 2 eggs*

*1 tablespoonful lemon juice*

*1/4 to 1/2 cupful milk*

Mix all the ingredients thoroughly, adding enough milk to moisten. Pour into buttered timbale molds or into one bowl. Place on a rack in a pan, surround with hot water, and cover. Bake in the oven or cook on top of the range until the fish mixture is firm and is heated thoroughly. Turn out, and serve with White Sauce to which chopped parsley has been added. Peas in White Sauce make a pleasing addition to Salmon Timbale. Tuna fish or other cooked fish may be used instead of salmon.

### ***SALMON SALAD***

Persons who are fond of salmon will find salmon salad a very agreeable dish. In addition to affording a means of varying the diet, this salad makes a comparatively cheap high-protein dish that is suitable for either supper or luncheon.

*2 c. salmon*

*1 c. diced celery*

*1/4 c. diced Spanish onion*

*3 or 4 sweet pickles, chopped fine*

*French dressing*

*Salad dressing*

*Lettuce*

Look the salmon over carefully, removing any skin and bones. Break into medium-sized pieces and mix carefully with the celery, onion, and chopped pickles. Marinate this with the French dressing, taking care not to break up the

salmon. Drain and serve with any desired salad dressing on salad plates garnished with lettuce.

### ***SALMON DRESSING***

Take a piece of fresh Salmon, and wash it clean in a little Vinegar and water, and let it lie a while in it, then put it into a great Pipkin with a cover, and put to it some six spoonfuls of water and four of Vinegar, and as much of white-wine, a good deal of Salt a handful of sweet herbs, a little white Sorrel, a few Cloves, a little stick of Cinamon, a little Mace; put all these in a Pipkin close, and set it in a Kettle of seething water, and there let it stew three hours.

### ***SALMON PICKLE***

Take two or three quarts of water, a jill of vinegar, a little Jamaica pepper and whole pepper, a large handful of salt, boil them altogether, and when it is cold put in your salmon, so keep it for use.

### ***SALMON CROQUETTES***

One pound of cooked salmon (about one and a half pints when chopped), one cup of cream, two tablespoonfuls of butter, one tablespoonful of flour, three eggs, one pint of crumbs, pepper and salt; chop the salmon fine, mix the flour and butter together, let the cream come to a boil, and stir in the flour and butter, salmon and seasoning; boil one minute; stir in one well-beaten egg, and remove from the fire; when cold make into croquettes; dip in beaten egg, roll in crumbs and fry. Canned salmon can be used.

### ***SALMON AND CAPER SAUCE***

Take two slices of salmon, one-quarter pound butter, one-half teaspoonful of chopped parsley, one shallot; salt and pepper to taste. Lay the salmon in a baking dish, place pieces of butter over it, and add the other ingredients, rubbing a little of the seasoning into the fish; place it in the oven and baste it frequently; when done, take it out and drain for a minute or two; lay it in a dish, pour caper sauce over it and serve. Salmon dressed in this way, with tomato sauce, is very delicious.

### ***SALMON BAKED IN SLICES***

Take out the bone and cut the flesh into slices. Season them with cayenne and salt. Melt two ounces of butter that has been rolled in flour, in a half pint of water, and mix with it two large glasses of port wine, two table-spoonfuls of

catchup, and two anchovies. This allowance is for a small quantity of salmon. For a large dish you must proportion the ingredients accordingly. Let the anchovies remain in the liquid till they are dissolved. Then strain it and pour it over the slices of salmon. Tie a sheet of buttered paper over the dish, and put it into the oven. You may bake trout or carp in the same manner.

### ***SALMON STEAKS***

Split the salmon and take out the bone as nicely as possible, without mangling the flesh. Then cut it into fillets or steaks about an inch thick. Dry them lightly in a cloth, and dredge them with flour. Take care not to squeeze or press them. Have ready some clear bright coals, such as are fit for beef-steaks. Let the gridiron be clean and bright, and rub the bars with chalk to prevent the fish from sticking. Broil the slices thoroughly, turning them with steak tongs. Send them to table hot, wrapped in the folds of a napkin that has been heated. Serve up with them anchovy, or prawn, or lobster sauce.

### ***SMELTS A LA TARTARE***

Clean the smelts by drawing them between the finger and thumb, beginning at the tail. This will press out the insides at the opening at the gills. Wash them, and drain in the colander; salt well, and dip in beaten egg and bread or cracker crumbs (one egg and one cupful of crumbs to twelve smelts, unless these are very large). Dip first in the egg, and then roll in the crumbs. Fry in boiling fat deep enough to float them. They should be a handsome brown in two minutes and a half. Take them up, and place on a sheet of brown paper for a few moments, to drain; then place on a hot dish. Garnish with parsley and a few slices of lemon, and serve with Tartare sauce in a separate dish; or, they may be served without the sauce.

### ***TUNA SALAD***

*1 c. tuna fish*

*1/2 c. diced celery*

*1 c. diced cucumber*

*Salt and pepper*

*Vinegar*

*Lettuce Mayonnaise*

Open a can of tuna fish, measure 1 cupful, and place in a bowl. Dice the celery and cucumber, mix with the fish, and sprinkle with salt and pepper. Dilute some vinegar with water, using half as much water as vinegar, and sprinkle

enough of this over the mixture to flavor it slightly. Allow the mixture to stand for about 1/2 hour in a refrigerator or some other cold place and just before serving pour off this liquid. Heap the salad on lettuce leaves, pour a spoonful of mayonnaise over each portion, and serve.

### ***TURBOT A LA CREME***

Boil five or six pounds of haddock. Take out all bones, and shred the fish very fine. Let a quart of milk, a quarter of an onion and a piece of parsley come to a boil; then stir in a scant cupful of flour, which has been mixed with a cupful of cold milk, and the yolks of two eggs. Season with half a teaspoonful of white pepper, the same quantity of thyme, half a cupful of butter, and well with salt. Butter a pan, 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 for an hour in a moderate oven.

## Recipes for fish sauces

Sauces are generally served with fish to improve their flavor and increase their nutritive value.

### ***SAUCE FOR SALMON AND OTHER FISH***

One cupful of milk heated to a boil and thickened with a tablespoonful of cornstarch previously wet up with cold water, the liquor from the salmon, one great spoonful of butter, one raw egg beaten light, the juice of half a lemon, mace and cayenne pepper to taste. Add the egg to thickened milk when you have stirred in the butter and liquor; take from the fire, season and let it stand in hot water three minutes, covered. Lastly put in lemon juice and turn out immediately. Pour it all over and around the salmon.

### ***LEMON CREAM SAUCE***

*2 Tb. butter*

*2 Tb. flour*

*1 c. thin cream*

*Salt and pepper*

*Juice of 1 lemon or 1 Tb. vinegar*

Melt the butter in a saucepan, stir in the flour, and continue stirring until the two are well mixed. Add to this the thin cream and stir until the mixture is thick and boils. Season with salt, pepper, and the juice of the lemon or the vinegar.

## *SPANISH SAUCE*

*2 Tb. butter*

*1 slice of onion*

*2 Tb. flour*

*1 tsp. salt*

*1/8 tsp. pepper*

*1 c. milk*

*1/4 c. tomato puree*

*1/4 c. chopped pimiento*

Brown the butter with the onion, add the flour, salt, and pepper, and stir until well blended. Add the milk and allow the mixture to cook until it thickens. To this add the tomato and pimiento. Heat thoroughly and serve.

## *NUT SAUCE*

*1 Tb. butter*

*2 Tb. flour*

*2 Tb. peanut butter 1/2 tsp. salt*

*1/8 tsp. pepper*

*1 c. meat stock*

Melt the butter and add the flour and peanut butter. When they are well mixed, allow them to brown slightly. Add the salt and pepper to this mixture and pour into it the meat stock. Bring to the boiling point and serve.

## *HORSERADISH SAUCE*

*1/2 c. cream*

*1/4 c. boiled salad dressing*

*2 Tb. grated horseradish*

*1/2 tsp. salt*

*1/4 tsp. paprika*

*1/4 tsp. mustard*

Whip the cream until stiff; then add the salad dressing, horseradish, salt, paprika, and mustard. When well blended, the sauce is ready to serve.

## *EGG SAUCE*

*2 Tb. butter*

*2 Tb. flour*

*3/4 c. milk*

*1/2 tsp. salt*

*1/8 tsp. pepper*

*2 Tb. vinegar*

*1 egg*

*1 Tb. chopped parsley*

Melt the butter, add the flour, and stir until well blended. Add the milk, salt, and pepper, and cook until the mixture thickens. To this add the vinegar, the egg chopped fine, and the chopped parsley. Heat thoroughly and serve.

## *TOMATO SAUCE*

*2 c. tomato puree*

*1 small onion, sliced*

*1 bay leaf*

*6 cloves*

*2 Tb. butter*

*2 Tb. flour*

*1 tsp. salt*

*1/8 tsp. pepper*

Strain stewed tomato to make the puree. Put this over the fire in a saucepan with the sliced onion, the bay leaf, and the cloves. Cook slowly for about 10 minutes. Strain to remove the onion, bay leaf, and cloves. Melt the butter, add the flour, salt, and pepper, and into this pour the hot tomato. Cook until it thickens and serve.



## *MUSHROOM SAUCE*

*2 Tb. butter*

*1 slice of carrot*

*1 slice of onion Sprig of parsley*

*1/2 tsp. salt*

*1/8 tsp. pepper*

*2 Tb. flour*

*1 c. meat stock*

*1/2 c. mushrooms*

*2 tsp. lemon juice*

Put the butter in a frying pan with the carrot, onion, parsley, salt, and pepper, and cook together until brown. Remove the onion, carrot, and parsley. Stir in the flour, brown it slightly, and then add the meat stock. Cook together until thickened. Just before removing from the fire, add the mushrooms, chopped into fine pieces, and the lemon juice. Allow it to heat thoroughly and then serve.

## *SHELLFISH COCKTAIL SAUCE*

*1/4 tsp. grated horseradish*

*Juice of 1/4 lemon*

*12 drops tobasco sauce*

*10 drops Worcestershire sauce*

*1 Tb. tomato catsup*

# Shellfish: Preparation Techniques & Recipes

## Nature, Varieties and Use of Shell Fish

Besides the varieties of fish that have already been considered, the general term fish also includes SHELL FISH. Fish of this kind are different in structure from bony fish, for they are aquatic animals that are entirely or partly encased in shells. They include 'mollusks', or 'bivalves', such as oysters, clams, and scallops, and 'crustaceans', such as lobsters, crabs, and shrimp.

The popularity of the edible varieties of mollusks and crustaceans mentioned depends largely on whether they can be easily obtained and whether they are pleasing to the local or individual taste. As they are found in salt rivers, bays, and other shallow salt-water sources, their greatest use is among people living near the seashore, but they are much favored where they can be procured in edible condition. They are not so cheap as many other fish foods; that is, a certain amount of money will not purchase so great a quantity of shell fish, lobster for instance, as some of the well-known varieties of fish proper, such as halibut or whitefish. Lobsters and crabs are usually more expensive than oysters and clams; consequently, they are used more often to provide a delicacy or to supply something more or less uncommon for a special meal.

Shell fish lend themselves admirably to a large variety of dishes, including soups, entrees, salads, and substitutes for meat dishes. They possess a great deal of distinctive flavor, their food value is comparatively high, and, provided they are in good condition and are properly prepared, they are healthful and easily digested. It can therefore be seen that shell fish have much to recommend their use. There is considerable danger, however, in using any varieties that are not perfectly fresh or freshly cooked. In the case of mollusks, or bivalves, much harm has resulted from the use of those which have been grown or bred in unsanitary surroundings. Because of these facts, it is of the utmost importance that great care be exercised in selecting and preparing shell fish. With the exception of clams and lobster, which can be obtained all the year around, shell fish have particular seasons; that is, there is a certain time of the year when they are not suitable for food.

## Oysters, Clams and Scallops

OYSTERS, CLAMS, and SCALLOPS are salt-water fish that belong to the family of mollusks, or soft-bodied animals. They are entirely encased in hard shells, which, though of the same general shape, differ somewhat from each other in appearance. Oysters are larger than clams and have a rough, uneven shell, whereas clams have a smooth, roundish shell. The protein of oysters, like that found in other foods, is coagulated by heat. Long heat, provided it is sufficiently intense, makes oysters tough, and in this condition they are neither agreeable to eat nor readily digested. When they are to be cooked at a high temperature, therefore, the cooking should be done quickly. If they are to be cooked at a temperature below the boiling point, they may be subjected to heat for a longer time without becoming so tough as when a high temperature is used. Cooking quickly at a high temperature, however, is preferable in most cases to long, slow cooking. For example, in the preparation of oyster stew, long cooking produces no better flavor than short cooking at a high temperature and renders oysters far less digestible.

Unless OYSTERS are bought already opened, it becomes necessary to open them in the home before they can be served raw or cooked. To open oysters is not difficult, and with a little experience the work can be done with ease. It will be well to note that the two shells of an oyster, which are called 'valves', are held together by a single muscle, known as the 'adductor muscle', that lies near the center, and that this muscle must be cut before the shell will open readily.

Before attempting to open oysters, however, they should be scrubbed with clean water, so as to remove any sand that may be on the shells. If the oysters that are being opened are to be cooked before serving, simply drop them with their liquid into a suitable vessel and discard the shells. Before using the oysters, remove them from the liquid, look them over carefully to see that no small particles of shells cling to them, and wash them in clean, cold water to remove any sand that may be present. Also, strain the liquid through a cloth, so that it will be free from sand when used in the preparation of the dish for which the oysters are to be used or for the making of soup or broth.

### **OYSTER STEW**

*1 cupful milk*

*1 pint oysters*

*1 tablespoonful butter*

*Salt and pepper*

Heat the milk in a double boiler; add the seasonings and butter. Clean the oysters; cook them in a saucepan until they become plump and the edges curl. Add the hot milk and serve at once. The milk may be thickened with 1 tablespoonful of flour. Serve crackers or bread with Oyster Stew.

### **CREAMED OYSTERS**

Another nutritious way in which to prepare oysters and at the same time produce a dish that is pleasing to most persons is to cream them. After being creamed, oysters may be served over toast or in timbale cases.

*2 Tb. butter*

*24 oysters*

*1-1/2 c. medium white sauce*

*Salt and pepper*

*6 slices toast or 6 timbale cases*

Melt the butter in a frying pan, add the oysters, and heat them in the butter until the edges begin to curl slightly. Pour the hot oysters into the hot white sauce, season to taste with salt and pepper, and serve over toast or in timbale cases.

### **SCALLOPED OYSTERS**

*1 pint oysters*

*1/2 teaspoonful salt*

*3 cupfuls soft bread crumbs*

*3 tablespoonfuls butter or substitute*

*1/4 cupful oyster juice or milk Cayenne*

Wash the oysters, strain the juice, and butter the crumbs. Add the seasoning to the oysters. Place one fourth of the buttered crumbs in the bottom of a buttered baking-dish. Add one half of the oysters, another fourth of the crumbs, then the remainder of the oysters, the liquid, and finally the remaining half of the buttered crumbs. Bake in a moderate oven from 30 to 40 minutes. If baked in individual baking-dishes, only 15 minutes will be required for baking.

## **FRIED OYSTERS**

Of all the dishes prepared from oysters, fried oysters undoubtedly find favor with the greatest number of persons. However, unless care is taken in frying the oysters, they are likely to be somewhat indigestible. Deep fat should be used for this purpose, and it should be hot enough to brown a 1-inch cube of bread a golden brown in 40 seconds.

*24 large oysters*

*1 egg*

*1/4 c. milk*

*Fine cracker crumbs*

*Salt*

*Pepper*

Thoroughly dry the oysters by laying them on one end of a soft cloth and patting them with the other. Beat the egg and add the milk to it. Dip the oysters into the cracker crumbs, then into the egg-and-milk mixture, and again into the crumbs. Fry in deep fat until brown. Remove from the fat, drain well, and place on oiled paper. Sprinkle with salt and pepper and serve hot.

## **OYSTER SALAD**

*1 bottle Oysters*

*1 Lettuce*

*Half a Lemon*

*Mayonnaise or Salad Dressing*

Strain away the liquor from a bottle of oysters; put it into a saucepan, and when it boils put in the oysters and cook for five minutes; let them get cold in the liquor. Wash and break up the lettuce and put some of the bottom of a bowl. Strain the liquor from the oysters and mix a little with the dressing, stir in the oysters and spread over the lettuce. Cover with more lettuce and garnish with slices of lemon and red radishes.

## **OYSTER PIE**

Baking oysters into a pie is another means of combining a protein food with foods that are high in other food substances. As oyster pie is somewhat *hearty, it may be used as the main dish of a heavy meal.*

*1 pt. oysters*

*1 c. medium white sauce*

*Salt and pepper*

*Baking-powder biscuit dough*

Cut each of the oysters into three or four pieces, and place them in a greased baking dish. Pour over them the hot white sauce and the juice from the oysters. Season with salt and pepper. Over the top, place a layer of the biscuit dough rolled about 1/4 inch thick. Set in a hot oven and bake until the crust is brown.

### **OYSTER FRITTERS**

Variety may also be secured in the use of oysters by making oyster fritters. When such fritters are nicely browned and served with an appetizing sauce, an attractive as well as a tasty dish is the result.

*1 pt. oysters*

*1 egg muffin batter*

Clean the oysters and cut each into four or five pieces. Make a one-egg muffin batter and to it add the cut oysters. Drop the mixture by spoonfuls into deep fat and fry until brown. Remove from the fat, drain, and sprinkle with salt and pepper. Serve with a desired sauce.

### **OYSTER SOUP**

Two quarts of oysters, one quart of milk, two tablespoonfuls of butter, one teacupful of hot water; pepper, salt. Strain all the liquor from the oysters; add the water, and heat. When near the boil, add the seasoning, then the oysters. Cook about five minutes from the time they begin to simmer, until they "ruffle." Stir in the butter, cook one minute, and pour into the tureen. Stir in the boiling milk and send to table. Some prefer all water in place of milk.

### **ROASTED OYSTERS ON TOAST**

Take eighteen large oysters, or thirty small ones, one teaspoonful of flour, one table-spoonful of butter, salt, pepper, three slices of toast. Have the toast buttered and on a hot dish. Put the butter in a small sauce-pan, and when hot, add the dry flour. Stir until smooth, but not brown; then add the cream, and let it boil up once. Put the oysters (in their own liquor) into a hot oven, for three minutes; then add them to the cream. Season, and pour over the toast. Garnish the dish with thin slices of lemon, and serve very hot. It is nice for lunch or tea.

### **OYSTERS PANNED IN THEIR OWN LIQUOR**

Eighteen large, or thirty small, oysters, one table-spoonful of butter, one of cracker crumbs, salt and pepper to taste, one teaspoonful of lemon juice, a speck of cayenne. Put the oysters on in their own liquor, and when they boil up, add seasoning, butter and crumbs. Cook one minute, and serve on toast.

### **OYSTER SAUTE**

Two dozen large, or three dozen small, oysters, two table-spoonfuls of butter, four of fine cracker crumbs, salt, pepper. Let the oysters drain in the colander. Then season with salt and pepper and roll in the crumbs. Have the butter very hot in a frying-pan, and put in enough of the oysters to cover the bottom of the pan. Fry crisp and brown, being careful not to burn. Serve on hot, crisp toast.

### **OYSTER SAUCE**

Plump the oysters for a few minutes over the fire; take them out and stir into the liquor some flour and butter mixed together, with a little mace and whole pepper, and salt to your taste; when it has boiled long enough, throw in the oysters, and add a glass of white wine, just as you take it up. This is a suitable sauce for boiled fowls.

### **OYSTERS ROASTED IN THE SHELL**

Wash the shells clean, and wipe dry. Place in a baking pan, and put in a hot oven for about twenty minutes. Serve on hot dishes the moment they are taken from the oven. Though this is not an elegant dish, many people enjoy it, as the first and best flavor of the oysters is retained in this manner of cooking. The oysters can, instead, be opened into a hot dish and seasoned with butter, salt, pepper and lemon juice. They should be served immediately.

### **CREAMED OYSTERS**

A pint of cream, one quart of oysters, a small piece of onion, a very small piece of mace, a table-spoonful of flour, and salt and pepper to taste. Let the cream, with the onion and mace, come to a boil. Mix flour with a little cold milk or cream, and stir into the boiling cream. Let the oysters come to a boil in their own liquor, and skim carefully. Drain off all the liquor, and turn the oysters into the cream. Skim out the mace and onions, and serve.

## **CROUSTADE OF OYSTERS**

Have a loaf of bread baked in a round two-quart basin. When two or three days old, with a sharp knife cut out the heart of the bread, being careful not to break the crust. Break up the crumbs very fine, and dry them slowly in an oven; then quickly fry three cupfuls of them in two table-spoonfuls of butter. As soon as they begin to look golden and are crisp, they are done. It takes about two minutes over a hot fire, stirring all the time. Put one quart of cream to boil, and when it boils, stir in three table-spoonfuls of flour, which has been mixed with half a cupful of cold milk. Cook eight minutes. Season well with salt and pepper. Put a layer of the sauce into the 'croustade' then a layer of oysters, which dredge well with salt and pepper; then another layer of sauce and one of fried crumbs. Continue this until the 'croustade' is nearly full, having the last layer a thick one of crumbs. It takes three pints of oysters for this dish, and about three teaspoonfuls of salt and half a teaspoonful of pepper. Bake slowly half an hour. Serve with a garnish of parsley around the dish.

## **ESCALOPED OYSTERS**

Two quarts of oysters, half a cupful of butter, half a cupful of cream or milk, four teaspoonfuls of salt, half a teaspoonful of pepper, two quarts of stale bread crumbs, and spice, if you choose. Butter the escalop dishes, and put in a layer of crumbs and then one of oysters. Dredge with the salt and pepper, and put small pieces of butter here and there in the dish. Now have another layer of oysters, seasoning as before; then add the milk, and, finally, a thick layer of crumbs, which dot with butter. Bake twenty minutes in a rather quick oven. The crumbs must be light and flakey. The quantity given above is enough to fill two dishes.

## **OYSTER CHARTREUSE**

One quart of oysters, one pint of cream, one small slice of onion, half a cupful of milk, whites of four eggs, two table-spoonfuls of butter, salt, pepper, two table-spoonfuls of flour, one cupful of fine, dry bread crumbs, six potatoes. Pare and boil the potatoes. Mash fine and light, and add the milk, salt, pepper, one spoonful of butter, and then the whites of the eggs, beaten to a stiff froth. Have a two-quart charlotte russe mould well buttered, and sprinkle the bottom and sides with the bread crumbs (there must be butter enough to hold the crumbs). Line the mould with the potato, and let stand for a few minutes. Put the cream and onion on to boil. Mix the flour with a little cold milk or cream--about one-fourth of a cupful--and stir into the boiling cream. Season well with salt and pepper, and cook eight minutes. Let the oysters come to a boil in their own liquor. Skim them, and drain of all the juice. Take the piece of onion from the sauce, and add the oysters. Taste to see if seasoned enough, and turn gently into the mould. Cover with the remainder of the potato, being



careful not to put on too much at once, as in that case the sauce would be forced to the top. When covered, bake half an hour in a hot oven. Take from the oven ten minutes before dishing time, and let it stand on the table. Place a large platter over the mould and turn both dish and mould at the same time. Remove the mould very gently. Garnish the dish with parsley, and serve. A word of caution: Every part of the mould must have a thick coating of the mashed potato, and when the covering of potato is put on no opening must be left for sauce to escape.

### **OYSTER PICKLE**

Take 100 Oysters. Drain off the liquor from the oysters, wash them and put to them a table-spoonful of salt, and a tea-cup of vinegar; let them simmer over the fire about ten minutes, taking off the scum as it rises; then take out the oysters, and put to their own liquor a table-spoonful of whole black pepper, and a tea-spoonful of mace and cloves; let it boil five minutes, skim, and pour it over the oysters in a jar.

CLAMS are bivalves similar to oysters in both form and composition. Because of the similarity in composition, they are utilized in much the same ways as oysters, being used extensively for food in parts of the country where the supply is large. There are numerous varieties of clams, and some of them differ slightly from each other in appearance, color, and flavor. Preference for the different varieties is largely a matter of individual taste.

Clams may be purchased loose or in the shell and they may be served in or out of the shell. However, when bought in the shell, they must be purchased alive and must be subjected to the same tests as are oysters. Their preparation for cooking is similar to that of oysters. If clams are to be opened in the home, first wash the clams to remove the sand, and then place a clam on a hard surface so that the pointed edge is up. Insert the thin edge of a knife into the very slight groove between the shells, or valves, and with a heavy utensil of some kind strike the top of the knife several times so as to separate the valves. Then, as in opening oysters, spread the shells apart, as shown, and loosen the clam from the shell it adheres to.

### **STEAMED CLAMS**

To prepare steamed clams, scrub the shells of the clams until they are perfectly clean. Place the desired number thus cleaned in a saucepan and add enough water to cover the bottom of the pan about 1 inch. Allow this to cook until the shells of the clams open. Remove the clams from the pan and serve them in the shells. Provide each person with a small dish of melted butter into

which to dip the clams as they are removed from the shells to be eaten. The liquid found in the clams may be poured from the shell before the clams are served, and after being well seasoned may be served as clam broth.

### ***BAKED CLAMS***

Another very appetizing way in which to prepare clams is to combine them with bread crumbs, season them well, and then bake them until they are well browned. Select several good-sized clams for each person to be served. Scrub the shells well and open them. Remove the clams and chop them into small pieces. To each cupful of chopped clams, add 2 cupfuls of buttered bread crumbs, 1 tablespoonful of chopped parsley, 1 tablespoonful of chopped pimiento, and 1 tablespoonful of onion juice. Season the mixture with salt and pepper and fill the shells with it. Place these in a shallow pan and bake in a very hot oven until the crumbs are well browned on top. Serve hot.

### ***FRIED CLAMS***

As oysters make a very desirable dish when fried in deep fat, so clams may be treated in this way, too. Remove the desired number of clams from the shells, wash them thoroughly, and dry them on a clean towel. Dip them into beaten egg, and finally into the crumbs. Fry in deep fat until they are a golden brown. Serve with slices of lemon.

### ***CLAMS STEW***

Strain the liquor and stew them in it for about twenty minutes; make a thickening of flour, water and pepper; stir this in and let it boil up; have some bread toasted and buttered in a deep dish, and pour the clams over. Clam soup may be made by putting an equal quantity of water with the liquor, and putting in toasted bread, crackers or dumplings.

### ***CLAM SOUP***

Mince two dozen hard shell clams very fine. Fry half a minced onion in an ounce of butter; add to it a pint of hot water, a pinch of mace, four cloves, one allspice and six whole pepper corns. Boil fifteen minutes and strain into a saucepan; add the chopped clams and a pint of clam-juice or hot water; simmer slowly two hours; strain and rub the pulp through a sieve into the liquid. Return it to the saucepan and keep it lukewarm. Boil three half-pints of milk in a saucepan (previously wet with cold water, which prevents burning) and whisk it into the soup. Dissolve a teaspoonful of flour in cold milk, add it to the soup, taste for seasoning; heat it gently to near the boiling point; pour

into a tureen previously heated with hot water, and serve with or without pieces of fried bread.

SCALLOPS, which are another form of bivalves, are less commonly used for food than oysters and clams. Scalloped dishes get their name from the fact that scallop shells were originally used for their preparation. Not all of the scallop is used for food; merely the heavy muscle that holds the two shells together is edible. Scallops are slightly higher in protein than oysters and clams and they also have a higher food value than these two mollusks. The most common method of preparation for scallops is to fry them, but they may also be baked in the shells.

### **FRIED SCALLOPS**

If scallops are properly fried, they make an appetizing dish. As they are a rather bland food, a sauce of some kind, preferably a sour one, is generally served with them. Select the desired number of scallops and wash thoroughly. Dip first into either fine bread crumbs or cracker crumbs, then into beaten egg, and again into the crumbs. Fry in deep fat until a golden brown, remove, and drain. Serve with lemon or a sour sauce, such as horseradish or tomato sauce.

### **BAKED SCALLOPS**

If a tasty as well as a slightly unusual dish is desired to give variety to the diet, baked scallops will undoubtedly find favor. As shown in the accompanying recipe, mushrooms are one of the ingredients in baked scallops and these not only provide additional material, but improve the flavor. To prepare baked scallops, clean the desired number, parboil for 15 minutes, drain, and cut into small pieces. For each cupful of scallops, melt 2 tablespoonfuls of butter in a frying pan, saute in it 1 tablespoonful of chopped onion, and add 1/2 cupful of chopped mushrooms. When these have browned, add 2 tablespoonfuls of flour and 1 cupful of milk. Cook until thick and then add the scallops. Fill the scallop shells with the mixture, sprinkle with buttered bread crumbs, place in the oven, and bake until the crumbs are brown.

## **Lobsters, Crabs and Shrimp**

The shell fish, LOBSTERS, CRABS, and SHRIMP, come under the head of crustaceans; that is, animals consisting of jointed sections, each of which is covered with a hard shell. Their flesh is similar in composition to that of other fish, but it is tougher and harder to digest. However, it is popular because of

its unique and delicate flavor. In fact, whenever these varieties of fish can be obtained along the seacoast or within a reasonable distance from the place where they are caught, they are considered a delicacy. If they can be shipped alive to any point, they are perfectly safe to use, although quite high in price because of their perishable nature. Unless such shell fish can be procured alive in the markets, the use of a good brand of any of them canned is recommended. In fact, canned lobster, crab, and shrimp are very satisfactory and may be substituted for any of the fresh cooked varieties in the recipes that follow. It must be remembered that the ptomaine poisoning that is sometimes caused by eating canned foods is not due to the fact that the foods come in tin cans, but that they are allowed to stand in the cans after they are opened. Upon their being exposed to the air, putrefaction sets in and causes the harmful effect.

Lobsters, crabs, and shrimp are very similar in composition, shrimp being slightly higher in protein and total food value than the others. If they are not prepared in an indigestible way, they are comparatively easy to digest. It has been proved a fallacy that lobster and ice cream are a dangerous combination, for if both are in good condition they may be combined with no ill effects to the normal individual.

To prepare a LOBSTER, which should be alive, grasp it firmly by the back, plunge it quickly, head first, into a kettle of rapidly boiling water, and then submerge the rest of the body. Be sure to have a sufficient amount of water to cover the lobster completely. Boil rapidly for 5 minutes; then lower the flame or remove to a cooler part of the stove and cook slowly for 1/2 hour. Remove from the water and allow to cool. After being prepared in this way, a lobster may be served cold or it may be used in the preparation of various made dishes. If it is to be used without further preparation, it is often served from the shell, which is usually split open. Mayonnaise or some other sauce is generally served with lobster. The flesh is removed from the shell with a small fork as it is eaten. The majority of the dishes made from lobster require that the flesh be removed from the shell.

### **LOBSTER COCKTAIL**

Practically all varieties of shell fish make most satisfactory cocktails, and lobster is no exception. To make a lobster cocktail, shred or cut into small pieces the flesh of a lobster that has been prepared according to the directions just given. Chill the shreds or pieces and then serve them in stemmed cocktail glasses with any desirable cocktail sauce.

## **SCALLOPED LOBSTER**

Persons who care for the flavor of lobster will find scalloped lobster a very attractive dish. When prepared in this way, it is suitable either for luncheon or for dinner.

*1 c. lobster meat*

*1 c. medium white sauce*

*2/3 c. buttered bread crumbs*

*1 hard-cooked egg*

*Salt and Pepper*

Mix the lobster with the medium white sauce. Butter a baking dish, place half of the crumbs in the bottom, and pour over them the lobster and white sauce. Slice the hard-cooked egg over the top of the lobster, season the whole well with salt and pepper, and sprinkle the remainder of the crumbs over the top. Place in a hot oven and bake until the crumbs are brown. Transfer from cooking vessel to plate using BelleGuppy Fish Spatula. Garnish with sprays of parsley and serve at once.

## **LOBSTER SOUP**

Have ready a good broth made of three pounds of veal boiled slowly in as much water as will cover it, till the meat is reduced to shreds. It must then be well strained.

Having boiled one fine middle-sized lobster, extract all the meat from the body and claws. Bruise part of the coral in a mortar, and also an equal quantity of the meat. Mix them well together. Add mace, cayenne, salt and pepper, and make them up into force meat balls, binding the mixture with the yolk of an egg slightly beaten. Take three quarts of the veal broth and put it into the meat of the lobster cut into mouthfuls. Boil it together about twenty minutes.

Then thicken it with the remaining coral (which you must first rub through a sieve), and add the force meat balls and a little butter rolled in flour. Simmer it gently for ten minutes, but do not let it come to a boil, as that will injure the color. Serve with small dice of bread fried brown in butter.

## **LOBSTER SALAD**

Lobster meat may be either fresh or canned, but, of course, fresh lobster meat is more desirable if it can be obtained.

*2 c. lobster meat*

*1 c. diced celery French dressing*

### *Lettuce Mayonnaise*

*1 hard-cooked egg*

Chill lobster meat and add the diced celery. Marinate with French dressing, and allow this mixture to stand for 1/2 hour or so before serving. Keep as cold as possible. Drain off the French dressing and heap the salad mixture on garnished salad plates or in a salad bowl garnished with lettuce. Pour mayonnaise dressing over the top, garnish with slices of hard-cooked egg, and serve. Sufficient to Serve Six.

### **DEVILED LOBSTER**

A dish that is delicious and at the same time very attractive is deviled lobster. After removing the flesh from the shell, the shell should be cleaned thoroughly, as it is to be used as a receptacle in which to put the lobster mixture for baking. When removed from the oven, this dish can be made more attractive by garnishing it with the lobster claws and tail.

*1 Tb. chopped onion*

*2 Tb. butter*

*2 Tb. flour*

*1 tsp. salt*

*Dash of Cayenne pepper*

*1/8 tsp. paprika*

*1/8 tsp. pepper*

*1 Tb. lemon juice*

*1 Tb. chopped parsley*

*1 c. milk*

*2 c. lobster meat*

*1/4 c. buttered cracker crumbs*

Saute the onion in the butter, and to this add the flour, salt, Cayenne pepper, paprika, pepper, lemon juice, and parsley. Mix well and add the milk. When the whole has cooked until it is thick, add the lobster. Pour the mixture into the clean shell of the lobster, sprinkle with cracker crumbs, and place in the oven long enough to brown the crumbs. Remove from the oven, place on a serving dish, garnish with the claws and tail of the lobster, if desired, and serve at once.

## **LOBSTER A LA NEWBURG**

When lobster a la Newburg is mentioned, one naturally thinks of a chafing dish, for this is one of the dishes that is very often made in a chafing dish and served at small social gatherings. However, it can be made just as satisfactorily on the kitchen stove and is a dish suitable for a home luncheon or small dinner.

*2 Tb. butter*

*1 Tb. flour*

*2 c. lobster*

*1/2 tsp. salt*

*Few grains of Cayenne pepper*

*1/2 c. milk*

*1/2 c. thin cream*

*1 tsp. vinegar*

*1 Tb. lemon juice*

*2 egg yolks*

Melt the butter in a saucepan, add the flour, and into this pour the lobster meat cut into rather large pieces. Add the salt, pepper, milk, and cream; cook together until thick, and then pour in the vinegar and lemon juice. Beat the egg yolks and stir them into the cooked mixture, using care to prevent them from curdling. When the mixture has thickened, remove from the stove and serve over toast.

## **LOBSTER CROQUETTES**

Probably the most attractive dish that can be made out of lobster is the one explained in the accompanying recipe. As this is artistically garnished, and at the same time extremely appetizing, it is suitable for a meal that is intended to be very nice, such as a dainty luncheon. If the elaborate garnishing here suggested is not desired, the croquettes may be served with merely a suitable sauce.

*1 c. thick white sauce*

*2 eggs*

*2 c. diced lobster meat*

*1/2 tsp. salt*

*1/8 tsp. pepper*

### *Fine bread crumbs*

Prepare the white sauce and allow it to cool. Add one beaten egg and the lobster meat. Season with the salt and pepper. Shape into croquettes, roll in beaten egg, then in crumbs, and fry in deep fat until an even brown. Drain, stick a lobster claw into the end of each, and arrange on a platter with the claws around the outside. Pour a medium white sauce over the opposite ends and the centers of the croquettes and over this sprinkle the lobster coral and hard-cooked egg yolks, which have been forced through a sieve. In the center of the platter, arrange a small mound of parsley and one of the large claws of the lobster.

### **BROILED LOBSTER**

Split the meat of the tail and claws, and season well with salt and pepper. Cover with soft butter and dredge with flour. Place in the broiler, and cook over a bright fire until a delicate brown. Arrange on a hot dish, pour Bechamel sauce around, and serve.

### **BREADED LOBSTER**

Split the meat of the tail and claws, and season well with salt and pepper. Dip in beaten egg and then in bread crumbs, which let dry on the meat; and then repeat the operation. Place in a frying-basket, and plunge into boiling fat. Cook till a golden brown--about two minutes. Serve with Tartare sauce.

### **STEWED LOBSTER**

The meat of a two and a half pound lobster, cut into dice; two table-spoonfuls of butter, two of flour, one pint of stock or water, a speck of cayenne, salt and pepper to taste. Let the butter get hot, and add the dry flour. Stir until perfectly smooth, when add the water, gradually, stirring all the while. Season to taste. Add the lobster; heat thoroughly, and serve.

### **LOBSTER CUTLETS**

A lobster weighing between two and a half and three pounds, three table-spoonfuls of butter, half a cupful of stock or cream, one heaping table-spoonful of flour, a speck of cayenne, salt, two eggs, about a pint of bread crumbs, twelve sprigs of parsley. Cut the meat of the lobster into fine dice, and season with salt and pepper. Put the butter on to heat. Add the flour, and when smooth, add the stock and one well-beaten egg. Season. Boil up once, add the lobster, and take from the fire immediately. Now add a table-spoonful of lemon juice. Butter a platter, and pour the mixture upon it, to the thickness of about



an inch. Make perfectly smooth with a knife, and set away to cool. When cool, cut into chops, to resemble cutlets. Dip in beaten egg and then in bread crumbs, being sure to have every part covered. Place in the frying-basket and plunge into boiling fat. Cook till a rich brown. It will take about two minutes. Drain for a moment in the basket; then arrange on a hot dish, and put part of a small claw in each one, to represent the bone in a cutlet. Put the parsley in the basket and plunge for a moment into the boiling fat. Garnish with this, or, pour a white or Bechamel sauce around the dish, and garnish with fresh parsley. The quantity given will make six or seven cutlets.

Numerous varieties of CRABS are obtained along the seashores of the United States, and most of them measure not more than 5 or 6 inches across. Shell fish in this form are used for food both before the shells have hardened, when they are known as 'soft-shelled crabs', and after the shells have grown hard, when they are called 'hard-shelled crabs'. To be at their best, crabs should be as heavy as lobsters in proportion to their size. Their flesh should be firm and stiff and their eyes should be bright. The male crab has a smaller body and longer claws than the female. In food value, crabs are quite similar to lobsters.

Before either soft-shelled or hard-shelled crabs can be used as food, a certain amount of preparation is necessary. In the case of hard-shelled crabs, plunge them alive into hot water, allow them to come to the boiling point, and cook slowly for 1/2 hour. It is a good plan to add 1 tablespoonful of salt for each crab that is being boiled. While the crabs are cooking, remove the scum that rises to the top. When they are sufficiently cooked, open the shells and take out the meat, being careful to remove all the meat from the claws. Soft-shelled crabs require a somewhat different kind of preparation. With this variety, lift up the points on each side of the back shell and remove the spongy substance that is found under them. In addition, take off the apron, which is the small piece that occurs at the lower part of the shell and that terminates in points. The crabs are then ready for frying, which is the method of cooking that is usually applied to this variety.

### **CRAB SALAD**

Crab meat may be either fresh or canned, but, of course, fresh crab meat is more desirable if it can be obtained.

*2 c. crab meat*

*1 c. diced celery*

*French dressing*

## *Lettuce Mayonnaise*

*1 hard-cooked egg*

Chill crab meat and add the diced celery. Marinate with French dressing, and allow this mixture to stand for 1/2 hour or so before serving. Keep as cold as possible. Drain off the French dressing and heap the salad mixture on garnished salad plates or in a salad bowl garnished with lettuce. Pour mayonnaise dressing over the top, garnish with slices of hard-cooked egg, and serve.

## **CRAB-FLAKE COCKTAIL**

Crab meat is used for cocktails in the same way as oysters, clams, and lobster. In fact, no better appetizer to serve at the beginning of a meal can be found. To make crab-flake cocktail, remove the meat from the shells of cooked hard-shelled crabs in the way just explained, and chill it. Then place it in stemmed glasses and serve with cocktail sauce.

## **DEVILED CRABS**

Variety in the cooking of hard-shelled crabs can be secured by deviling them according to the accompanying directions. As will be observed, this is done in practically the same way that lobster is deviled.

*2 Tb. butter*

*4 crabs*

*1 c. cream sauce*

*1 Tb. onion juice*

*1/2 tsp. salt*

*Dash Cayenne pepper*

*1/8 tsp. pepper*

*1 egg*

*Cracker crumbs*

Put the butter in a frying pan, add the meat from the four crabs, and pour into this the cream sauce. Season with the onion juice, salt, Cayenne pepper, and pepper. Add the well-beaten egg and allow the mixture to cook until the egg has thickened, being careful not to let it curd. Fill the back shells of the crabs with this mixture, sprinkle with cracker crumbs, place in a hot oven, and bake until brown. Serve hot or cold.

## ***SOFT-SHELL CRABS***

Lift the shell at both sides and remove the spongy substance found on the back. Then pull off the "apron," which will be found on the under side, and to which is attached a substance like that removed from the back. Now wipe the crabs, and dip them in beaten egg, and then in fine bread or cracker crumbs. Fry in boiling fat from eight to ten minutes, the time depending upon the size of the crabs. Serve with Tartare sauce. Or, the egg and bread crumbs may be omitted. Season with salt and cayenne, and fry. When broiled, crabs are cleaned, and seasoned with salt and cayenne; are then dropped into boiling water for one minute, taken up, and broiled over a hot fire for eight minutes. They are served with butter or Tartare sauce.

## ***CREAMED CRAB MEAT***

When the meat of hard-shelled crabs is creamed, it makes a very dainty dish, especially if it is served over toast or in timbale cases. To give a touch of color and at the same time add a little flavor, chopped pimiento is generally added. Boil the desired number of hard-shelled crabs and remove the meat from the shells. For each cupful of crab meat, prepare 1 cupful of medium white sauce. Add the crab meat, season well, and, if desired, add some chopped pimiento. Serve hot over toast or in timbale cases.

## ***BISQUE OF CRAB***

Boil one dozen crabs; pick them in flaky pieces as much as possible; remove the meat from the claws and the fat from the back. Reserve some of the nicest pieces and put them aside for the soup after it is done. Boil a chicken or veal bone; put it into two quarts of cold water; let it come to a boil and skim well, adding a cup of rice; let all boil together until the ingredients are reduced to one quart; add an onion, a piece of celery (or a teaspoon of celery salt); pass the stock and rice, together with the other parts of the crab, through a sieve; mash the chicken or veal bone well, and add some of the stock. Mash again and scrape from the bottom of the sieve, obtaining all the puree possible; add this to the broth, together with the meat of the crabs. Let a pint of sweet cream come to a boil, adding it to the soup just as it is being served; also two tablespoons of butter, celery salt and pepper.

## **Shrimp, Prawn, Crawfish**

SHRIMP are similar to crabs and lobsters in composition and in the methods of preparation. They differ considerably in appearance, however, and are smaller in size. When alive, shrimp are a mottled greenish color, but upon being dropped into boiling-hot water they turn red. When they have cooked

sufficiently, the meat, which is very delicious, may be easily removed from the shells. After the meat of shrimp is thus prepared, it may be used cold in a salad or a cocktail or it may be utilized in a number of ways for hot dishes. Very often a chafing dish is used in the preparation of such dishes, but this utensil is not necessary, as they may be cooked in an ordinary utensil on a stove of any kind.

### **CREAMED SHRIMP**

The usual way of preparing shrimp is to cook it with mushrooms and then serve it over toast, or in timbale cases. Creamed shrimp is dainty in appearance, pleasing to the taste, and highly nutritious.

*1 c. medium white sauce*

*1 c. diced shrimp*

*1 c. chopped mushrooms*

*1/2 tsp. salt*

*1/8 tsp. pepper*

Heat the white sauce, and to it add the shrimp, mushrooms, salt, and pepper. Beat a little butter into the mixture to improve the flavor, heat, and serve in timbale cases, as shown, or over toast.

### **SHRIMP SALAD**

Shrimps may be used in an attractive salad in the manner. Persons who care for sea food find this a most appetizing dish. Like lobster and crab, shrimp may be purchased in cans, and so it is possible to have this salad at any season.

First marinate the shrimps with French dressing and then heap them on a plate garnished with lettuce leaves. Add thin slices of hard-cooked egg whites, and place a tender heart of celery in the center of the plate. If desired, some thin slices of celery may be marinated with the shrimp. Serve with mayonnaise dressing.

### **PRAWN SALAD**

*1 pint Prawns*

*6 Tomatoes*

*Mayonnaise or Salad Dressing*

Pick the prawns, leaving the skin on a few fine ones for a garnish. Peel and slice up the tomatoes and arrange them on a dish; put over them the prawns,

and pour over all some mayonnaise or salad dressing. Place the other prawns round as a garnish with a few lettuce leaves broken up.

### ***CRAWFISH PIE***

Take a large onion, 3 stalks of celery, 6 cloves of garlic, 1 can of cream of mushroom soup, 1 can of evaporated milk, 1 pound of crawfish tails, 5 table-spoons of cornstarch and pie crust for 2-crust pie. Preheat the oven to 350°. fry onions, celery and garlic in butter or olive oil. Add milk and soup; bring to medium boil. Add crawfish, bring to medium boil again then add corn starch. Lower heat and cook for another 10 minutes or until thick. Grease pie shell w/ butter and place pie shell in bottom of pan then add thickened mixture. Put on top shell and bake at 350° for 22 minutes.

### ***TERRAPINS STEW***

Wash four terrapins in warm water; then throw them in a pot of boiling water, which will kill them instantly; let them boil till the shells crack; then take them out, and take off the bottom shell; cut each quarter separate; take the gall from the liver; take out the eggs; put the pieces in a stew-pan, pour in all the liquor, and cover them with water; put in salt, cayenne, and black pepper, and a little mace; put in a lump of butter the size of an egg, and let them stew for half an hour; make a thickening of flour and water, which stir in a few minutes before you take it up, with two glasses of wine; serve it in a deep covered dish; put in the eggs just as you dish it.

# Fish & Shellfish Masterpiece Dishes

## *Cajun Barbeque Shrimp*

*2 fluid ounces Cajun barbecue -butter, \*See Recipe*

*7 large shrimp, peeled & -deveined*

*1 fluid ounce beer*

*1 fluid ounce chicken bouillon*

*1 oz butter,Unsalted*

Melt the Cajun Barbeque Butter, in a medium skillet, over medium-high heat. Add the shrimp and saut until they begin to turn pink. Add the beer and chicken bouillon and cook until the shrimp are done. Add the unsalted butter and shake the pan to melt and incorporate the butter.

Pour the shrimp and butter into a calamari dish and serve hot.

NOTE: For ease of preparation, mix the beer and chicken bouillon together.

## ***Cajun Barbeque Butter***

*1 1/2 lb unsalted butter,softened*

*1T cayenne*

*1 T black pepper*

*2 t salt*

*1 T red pepper,Crushed*

*1 T thyme,Dried*

*1 T basil,Dried*

*1 t oregano,Dried*

*1 1/2 oz fresh garlic,minced*

*2 T Worcestershire sauce*

Whip butter until smooth. Add remaining ingredients and blend completely. Put into a storage container and chill until needed

## *Baked Lobster Savannah*

*2 oz butter*  
*2 c mushrooms, sliced*  
*1 c bell peppers, diced*  
*1 T Spanish paprika*  
*1 1/2 c sherry*  
*1 ds salt, to taste*  
*1 ds black pepper, to taste*  
*4 c Locke-Ober Cream Sauce, \*See Recipe*  
*1/2 c pimientos, diced*  
*4 3-pound whole lobsters -boiled and cooled*  
*4 t Parmesan cheese, grated*

NOTE: If you are using lobsters smaller than three pounds each, you will need enough smaller lobsters to produce a total of about 8 cups of meat after boiling and cooling.

STEP ONE: The Sauce- Heat butter to melting point in a large saucepan, add mushrooms and green pepper. Cook until tender. Add paprika and stir in sherry. Cook until liquid is reduced by half. Salt and pepper to taste; add cream sauce and pimientos and blend well. Bring to a simmer.

STEP TWO: The Lobster- This can be done while vegetables are cooking. Remove claws and knuckles from lobster. Hold lobster with its top side up. With kitchen shears, cut an oval opening in top of shell from tip of tail to base of head. Remove meat from body, claws, and knuckles. Cut in a large dice.

STEP THREE: Add meat to sauce and simmer slowly for 10 minutes. Divide mixture evenly and spoon back into lobster shell. Dust with grated parmesan cheese and brown in a 375-degree oven for 15 minutes. Serve.

### ***Locke-Ober Cream Sauce***

*4 T butter*  
*4 T flour*  
*1 c whole milk*  
*1 c light cream*  
*1 pn salt*

STEP ONE: The Roux- In a double boiler, over lightly simmering water, melt butter, stir in flour, blend, and let cook for 10 minutes.

STEP TWO: Heat milk and cream together in a separate pan and stir slowly with a wire whisk bit by bit into flour and butter roux. Add salt and cook slowly for 45 minutes.

VARIATIONS: An alternate method is to place sauce in a covered ovenproof dish and cook in a 275-degree oven for 45 minutes. For a thinner sauce, more warm milk may be added.

## *Crab Cakes With Sweet Peppers And Capers*

*2 large eggs*

*1 c flour*

*1 c whole milk*

*1 t fresh thyme, chopped*

*1 scallion, minced*

*1 T fresh parsley, chopped ds Tabasco sauce*

*16 oz dungeness crab meat, cooked*

*1 pn salt, to taste*

*1 pn black pepper, to taste*

*2 t double-acting baking powder*

*7 oz clarified butter*

*1 c beurre blanc, \*See Recipe*

*1/4 c red, yellow, and green bell peppers, julienned, 2" long*

*1 T fresh chives, minced*

*4 t capers*

STEP ONE: Making the Batter- Using a small whisk, combine the flour with the eggs and milk. Strain through a fine strainer to remove any lumps. Add the following ingredients: thyme, scallion, parsley, and Tabasco. Season with salt and pepper. Mix well.

NOTE: Batter can be made a few hours in advance up to this point. Cover and keep under refrigeration, until ready to use. Just before cooking the crab cakes, add crab meat and baking powder to the batter, combining gently, using a wooden spoon.



STEP TWO: Cooking the Crab Cakes- Heat two ounces of clarified butter in a large frying pan, at medium heat. Using a two-ounce ladle, make a batch of three cakes. Fry gently on one side for two minutes, turn over and cook another two minutes. Keep cakes warm, while cooking the various batches.

STEP THREE: Serving the Cakes- Spread 1/4 cup warm Beurre Blanc on each plate, arrange three cakes per serving and top off with the julienned peppers and chives. Sprinkle some capers around the cakes and serve.

### ***Beurre Blanc (White Butter Sauce)***

*1 c heavy whipping cream*

*1/8 c shallots,minced*

*1/2 c white wine*

*1/8 c lemon juice*

*1/4 lb unsalted butter,cut in -small cubes*

*1/2T salt*

*1/4 T white pepper*

*1/8 c blond roux*

In a large pot, cook shallots in wine, until wine is reduced by 1/4.

Add cream and salt and bring to a boil, then reduce heat. Watch it very closely because it will boil over quickly. Add the blond roux and whisk well.

Whisk in butter piece by piece until all is incorporated. Add lemon juice, salt, and pepper. Keep warm in a bain marie.

NOTE: When bringing cream to a boil, it MUST be watched. It will boil over very rapidly.

### ***Charbroiled Swordfish With Citrus Salsa***

*4 5-ounce swordfish steaks -(center cut),grilled*

*1 ruby red grapefruit, peeled -& sectioned*

*2 oranges, peeled & sectioned*

*2 limes, peeled & sectioned*

*1 lemon, peeled & sectioned*

*1 c red,green, and yellow bell -peppers,cut in fine strips*

*1 md red onion, finely chopped*  
*1T cilantro, chopped 1 T mint, chopped*  
*1 oz Tequila*  
*1T corn oil*  
*1 ds salt*  
*1 ds black pepper*

STEP ONE: Prepare the Citrus Salsa- Mix all ingredients except swordfish, corn oil, salt, and pepper and let marinate for a couple of hours.

STEP TWO: Grill the Swordfish- Season the swordfish steaks with salt and pepper to personal taste. Brush lightly with one tablespoon corn oil. Grill. Use BelleGuppy stainless steel fish turner; its edged-end acts like a knife, if needed.

STEP THREE: Spoon the Citrus Salsa over the charbroiled swordfish steaks. Garnish with mint sprigs. Serve with saffron rice, fresh asparagus, and baby carrots.

Serving Ideas : Serve with saffron rice, fresh asparagus and baby carrots.

### *Grilled Red Snapper Burger With Mango Ketchup*

*1 lb fresh red snapper*  
*3 egg whites*  
*2 T green onions, chopped*  
*1T white Worcestershire sauce*  
*1 T Thai fish sauce*  
*1/4 c mango ketchup, \*See Recipe*  
*1/4 lb spinach*  
*1/2 c bread crumbs*  
*1 t dill, chopped*  
*1 loaf French bread*

STEP ONE: Chop the red snapper by hand or with a steel blade in a food processor. Place the snapper into a large stainless steel bowl. Add the egg white, Worcestershire sauce, fish sauce, green onion, and dill. Mix together well. Add to this mixture enough bread crumbs to bind mixture together. Form into 4 burger shapes, 1/2- inch thick, and let chill for about 1/2 hour in the refrigerator.

STEP TWO: Heat a grill or broiler until very hot. Meanwhile, clean and dry the spinach. Drizzle a little olive oil over the burgers just before grilling. Grill the

burger over high heat for about 1-1/2 minutes, being careful not to overcook the fish.

STEP THREE: Serve the burger immediately on French bread with the spinach leaves and dressed with Mango Ketchup.

### ***Mango Ketchup***

*4 md mangos*

*2 oz vinegar*

*1 T ginger*

*1 ds cinnamon*

*1 t salt*

*1/2 c raw sugar*

*1/2 c white wine*

*1/2 t allspice*

*1/2 t cayenne pepper*

*1 whole clove*

STEP ONE: Peel and clean the mango. Remove the pulp. Put the pulp in food processor fitted with a stainless steel blade.

STEP TWO: Add the remaining ingredients and pulse together.

STEP THREE: In a heavy-sided saucepan, cook the mixture over a slow heat for 1 hour until well-reduced and thickened. Remove from the heat and let cool.

STEP FOUR: Strain through a fine sieve. Refrigerate for 24 hours before using.

# Pairing Wine with Fish and Seafood

In general the rule of thumb for serving wine is white wine with white meats and red wines with red meat. When you are eating or serving fish you want to say with a dry, crisp white wine. But there is an exception to that. You could also serve red wine with fish. It's important to choose one that does not contain any tannins since the presence of tannins in the wine you serve with fish may give the wine a metallic taste. Though the taste itself is not going to cause any harm, one drinks wine for the flavor thus having a metallic taste takes away from that. To avoid this possibility either serve white wine with fish or make sure the red wine you serve is free of tannins.

Sweet seafood such as lobster are quite tasty with sweet white wine instead of red wine. The rules are not always ironclad, and there may be reasons you choose to change the protocol such as serving a White Bordeaux with bluefish. Sometimes you have to make choices that are out of the ordinary realm of things for various reasons, so don't think you are doing anything wrong. The rules for serving white wine with white meat and red wine for red meat are not in stone and are therefore subject to change as circumstances dictate.

Another thing to remember when serving wine is to avoid serving any wine when you are serving salad. The reason for this is because vinegar and wine do not mix well together. Even with your appetizers you have to consider the ingredients in order to choose the proper wine to serve.

According to [www.thehealthyfish.com](http://www.thehealthyfish.com), a glass of wine with a delicious seafood lunch or dinner is almost cliché, but the two are paired for a reason. Whether white or red, rosé or brut, the right wine takes your seafood experience to another level.

When considering your seafood, you have to know three things: the intensity of flavor, the texture of the meat and if it's a heavy or light fish. For the wine, you also need to know the color, the sweetness and whether or not you want sparkling or still.

Based on these traits, the following are perfect pairings you can impress your friends with at your next dinner party:

### ● ***Dry Riesling With Smoked Salmon***

Smoked salmon is rich in flavor. Considering the notes of fire and smoke that accompany it, smoked salmon should be paired with something dry that has a truly balanced acidity. A dry riesling is the perfect companion. The refreshing white wine enriches the smoked salmon's earthy flavor rather than overwhelming it with sweet, acidic notes. Still, avoid medium dry and sweeter rieslings.

### ● ***Sauvignon Blanc With Zesty Tilapia***

When it comes to light, zesty Tilapia, try pairing it with a sauvignon blanc. Depending on the ripeness of the grapes, the wine will carry hints of green apple, passion fruit and white peach. With such green and herbaceous flavors, this wine pairs seamlessly with a bright Tilapia recipe such as Regal Springs' spicy ceviche. Elements of the wine should always share similar characteristics with the food on your plate, and when it comes to citrus and acidity, a sauvignon blanc will be your ideal match.

### ● ***Pinot Noir with Oven Roasted Herring***

Herring, much like tuna, is a heavy fish. It can almost be compared to steak, which is why a medium to full bodied wine is ideal for pairing. With its warm, fruity flavors, a medium bodied pinot noir works well with an oven-roasted herring. While it may seem like a heavy meal, the pairing allows for the wine and herring to balance each other out without leaving you feeling too full.

### ● ***Gamay with Grilled Salmon***

Grilled salmon during the summer should be a backyard staple for anyone who enjoys seafood. Gamay is a light- to medium-bodied wine that contains low tannins and high acid. As long as whatever you're cooking comes off a grill and is mildly sweet in flavor, this wine is ideal. Not feeling salmon? Try this recipe for grilled Tilapia with mango salsa. For a lighter, more traditional pairing, choose a zinfandel or rosé that will complement the char and smokiness of the grilled fish.

### ● ***Chenin Blanc with Calamari (Squid)***

For fried calamari, choose a fruity Chenin Blanc from California or an Italian Pinot Grigio. For calamari cooked in tomato sauce, try a pungent Sauvignon Blanc from New Zealand or California.

- ***White Bordeaux with Clams***

For simple steamed clams, serve a white Bordeaux, Sauvignon Blanc from the Loire or a dry rosé. For clams in cream sauce, try a mid-range white Burgundy from France or a medium-oaked California Chardonnay. Clams in tomato sauce require an acidic Sauvignon Blanc from New Zealand or Muscadet from the Loire in France. For clams in wine sauce, drink a better version of the wine used in the sauce.

- ***Pinot Blanc with Cod***

With broiled cod, try Pinot Blanc from California or a white Bordeaux from France. With dried cod (Bacalão), serve Pinot Gris from Oregon or Sauvignon Blanc from California.

- ***Chardonnay with Crab***

Chardonnay from California or the state of Washington are both superb matches with fresh boiled crab or mild crab cakes.

- ***Sauvignon Blanc with Flounder***

Serve an unoaked Sauvignon Blanc from California or Chardonnay from the Finger Lakes region of New York.

- ***Pinot Grigio with Halibut***

With broiled halibut, try an Italian Pinot Grigio, a California Pinot Blanc, or a lightly oaked Chilean or California Chardonnay.

- ***White Burgundy with Lobster***

For boiled lobster, buy the best white Burgundy from France or California Chardonnay you can afford. For lobster Newburgh, open a crisp Chardonnay from New York, or a light Pinot Noir from Oregon or the Russian River Valley in California.

- ***Viognier with Mackerel***

With broiled mackerel, try a California Viognier or an Oregon Pinot Gris.

- ***Pinot Noir with Monkfish***

Serve a lightly oaked Chardonnay or Pinot Noir from California, or a fresh and fruity French Beaujolais.

- ***Dry Riesling with Mussels***

For plain steamed mussels, choose a dry Riesling from Alsace, or an unoaked Sauvignon Blanc or Pinot Blanc from California. With mussels in cream sauce, try a lightly oaked California Chardonnay or a German Riesling; in tomato sauce, serve an herbal, high-acid Sauvignon Blanc; and for wine sauce, open a better version of the wine used in the sauce.

- ***Chablis with Oysters***

With raw oysters, serve Chablis from France, dry Riesling from Alsace, a good California sparkling wine, unoaked Sauvignon Blanc or a light California Pinot Noir.

- ***Merlot with Red Snapper***

With grilled snapper, try Pinot Noir or a light Merlot from California.

- ***Albariño with Sardines***

Try grilled or baked sardines with a Spanish Albariño or a dry Orvieto from Italy.

- ***Chardonnay with Scallops***

Serve a buttery California or Australian Chardonnay, or a young Merlot from the state of Washington.

- ***Merlot with Shrimp and Prawns***

For shrimp in garlic sauce, serve a light to medium-weight red, such as a Merlot from Washington state. For fried or grilled shrimp (or prawns), try Sauvignon Blanc from the Loire in France or from California.

- ***Gewürztraminer with Smoked Fish***

Serve Gewürztraminer, Pinot Gris or Riesling from Alsace, or a grassy Sauvignon Blanc from California or New Zealand.

• ***Chablis with Sole***

French Chablis or a lightly oaked California Sauvignon Blanc makes a good pairing with this delicate fish.

• ***White Burgundy with Swordfish***

Serve grilled swordfish with California Chardonnay or French c.

• ***Chardonnay with Trout***

Freshwater trout is rather delicate. Serve with an unoaked Chardonnay from California or Oregon, an Albariño from Spain or a Pinot Grigio from Italy. Sea trout can take Chardonnay or Viognier from California.

• ***Zinfandel with Tuna***

This fish has red wine potential. Try a southern Rhône from France, young Zinfandel, Pinot Noir or Merlot from California. For whites, open a big, buttery Chardonnay from California or Australia.

If you can't decide or everyone at the table is eating something different, order a bottle of nice Champagne—it's one of the most food-friendly of wines. It could be Pierre Gimonnet & Fils, Veuve Clicquot, Pol Roger, Bollinger, and Taittinger. It's hard to go wrong with any of them.

Seafood and wine go together like peanut butter and jelly—so long as you choose the right one. Remember to sip slowly and let the flavors do all the work.



# Conclusion

*How about all those fish and shellfish tasty recipes?*

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