



Great Lakes Fish Cookery

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MICHIGAN STATE UNIVERSITY

Good Eating from the Cold Waters of Our Great Lakes

Great Lakes Fish Cookery

RECIPES FOR UNDERUTILIZED FISH SPECIES — ALEWIFE,
BURBOT, CARP, AND SUCKER

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(See References on Page 16.)

about fish

NOTE: "Cooked" fish refers to that which is poached, steamed, or leftover. "Flaked" fish refers to that which separates easily when touched with a fork and is translucent in appearance.

FROM THE PREHISTORIC AGE of the Paleo-Indian, through the days of the Algonquin, Iroquois and Sioux, when French explorers found the Chippewa in birchbark canoes netting whitefish from the St. Mary's River, on up to the present era of fuel shortages and space launches, the people of the Great Lakes have used this vast water resource as a source of food. Down through the generations, they have passed on a lively tradition of imaginative fish cookery.

Recipes in this collection have been developed for alewife, burbot, carp, sucker and smoked fish. They have been carefully tested for taste, appearance, convenience and nutrition.

Suggestions for care and preparation of the fish and recipes for sauces and stuffings are included to make these nutritious and economical dishes all the more interesting and attractive.*

**Very special thanks are expressed to Ms. Jean McFadden, Assistant Professor, Department of Food Science and Human Nutrition, MSU, for many hours, answers and suggestions, and to Dr. Peter I. Tack, Professor, Departments of Fisheries and Wildlife and Zoology, for fish preparation, smoking and canning procedures.*

Nutrition

Fish is low in sodium, low in cholesterol, and low in calories. One four ounce serving contains $\frac{1}{3}$ to $\frac{1}{2}$ the daily adult requirement of easily digested, complete protein. A good source of vitamin A, riboflavin, thiamine, and niacin, fish contains iron, calcium, phosphorus, potassium, manganese, copper, cobalt and zinc. Fish oils are rich in vitamin D and high in polyunsaturated fatty acids.

Economy and Availability

Fish is a "best buy"; it is versatile, inexpensive and contains very little waste. Frozen fish may be used interchangeably with fresh fish. Though supplies are seasonal and not unlimited, rapid transportation and improved freezing and icing techniques insure that most species are available throughout the year. Be sure to keep your own catch clean and iced prior to use.

Purchasing

When buying fresh fish, check to see that the eyes are bright, clear and bulging, that the gills are reddish pink and free from slime, that the flesh is

elastic but firm, and that the skin is shiny and the color not faded.

Make sure that frozen fish is frozen solid; that there is no discoloration or cottony appearance; that there is no, or only very slight, odor, and that the moisture-vapor proof wrapping is undamaged.

The quantity of fish to purchase depends on the market form and the number of people to be served. In order to obtain a 3- or 4-oz. cooked serving of fresh or frozen fish, one should allow:

- $\frac{3}{4}$ lb. whole fish
- $\frac{1}{2}$ lb. dressed fish
- $\frac{1}{3}$ lb. fish fillets or steaks
- $\frac{1}{3}$ lb. breaded fish sticks or portions

Storage

Wrap fresh fish to be cooked within a day in vapor-proof paper, or store it in a tightly covered dish in the coldest part of the refrigerator (below 40°F). Store frozen fish in vapor-proof package at 0°F or lower for not longer than 6 months. Once fish is thawed, do not refreeze.

Place cooked fish to be used within 2 to 3 days in a covered container in the refrigerator. Cooked fish may also be frozen for up to 3 months.

Cover photography: Michigan Department of Natural Resources

preparation

fresh fish

Burbot:

Burbot (lawyer, ling), a codfish which lives in the depths of the Great Lakes, has a mild flavored, firm, white, flaky flesh low in oil and surprisingly free from bones. Clean and dress it like any other lean-meated fish. You can use it in recipes which call for cod or haddock.

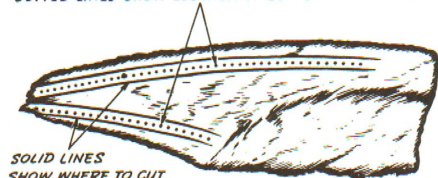
Sucker:

When taken from cold deep waters, suckers have a delicately flavored, lean, firm, flaky flesh. To dress suckers, scrape the scales from the fish and cut the head off close behind the fins below the gills. Open the abdomen full length, remove the viscera and wash out the cavity. Cut off the abdominal fins; cut along both sides of the remaining fins and pull them out.

To fillet the fish, cut flesh to the bone around the base of the head. Cut down to the ribs on both sides of the center of the back. Then cut the flesh away from the bones, one side at a time. Cut the flesh free from the tail and remove the abdominal fins.

Suckers are known for being "bony". This is because suckers contain two rows of small Y-shaped bones. If the fish is filleted, these small bones can be eliminated after cooking by simply cutting out the two narrow strips of flesh which contain the bones, as pictured below:

DOTTED LINES SHOW LOCATION OF BONES



SOLID LINES SHOW WHERE TO CUT

If the fish is to be pan-fried whole, make a series of cuts starting at the tail and proceeding forward two-thirds the length of the fish, $\frac{1}{4}$ inch apart across the back of the fish on both sides. Be careful that each cut goes through to the backbone and ribs. Frying the fish in a liberal amount of oil until well done will then crisp the small bones enough that they can be easily eaten.

Carp:

When properly prepared, the flesh of carp is excellent. Prepare carp by skinning and then removing the dark streak which runs along either side of the fish. Dress and fillet carp as directed for sucker. Carefully separate the roe (eggs) from the female carp and save for cooking. Soak the meat in salt water for 2 to 6 hours prior to use.

Suggestion: Rub hands with salt or rinse in vinegar to remove fresh fish odor.

frozen fish

Do not thaw fish at room temperature. Place either in the refrigerator until portions separate easily, or, to hasten the process, under cold running water.

Frozen fillets may be cooked without thawing if additional cooking time is allowed. Do not thaw breaded fish before use.

suggestions

- Fish is too often overcooked. It is done when it separates easily from the bones and flakes when tested with a fork.
- Make it fish pizza tonight!
- Or fishburgers!
- Cook on a charcoal grill hot enough to mark the fish. Cover the grill with aluminum foil to protect the tender flesh and aid in clean-up!
- Use cooked fish (leftovers) in loaves, croquettes or patties, creamed dishes, salads, casseroles, sandwich spreads, hash and soups!

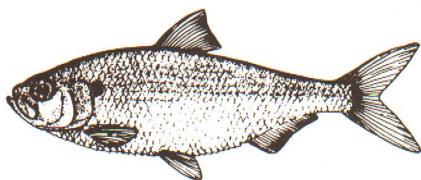
Use Herbs and Spices—basil, bay leaves, cayenne pepper, celery salt, celery seed, chervil, chives, curry, dill, fennel, garlic, filé powder, mace, marjoram, mint, paprika, parsley, rosemary, saffron, savory, tarragon, thyme. (Grow your own!)

Serve with Garnishes—capers, cheese, radishes, slices of cucumber, hard-cooked eggs, peaches, pickled beets or tomato, stuffed olives, watercress, wedges of lemon, lime, orange or pineapple.



recipes

alewife



CANNING ALEWIVES

Note: Fresh alewives should be kept on ice and canned within 6 hours of removal from water.

Wash, scale, behead, and remove entrails (including kidneys) from fresh alewives.

Rinse fish in tap water and place in a 50% salt brine for 25--30 min. to withdraw water from the flesh and make it firmer in the can. Rinse fish again and drain well (about 10 min.).

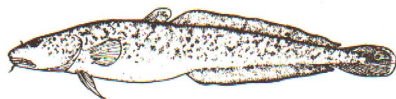
Cut and pack alewives into half-pint glass Ball jars, leaving a head space of 3/8--1/4" between the fish and the lid. Alternate head and tail ends to insure a tight pack. Place lids loosely on jars; place jars in hot water bath up to 1/4" of the lids. Bring water to a boil and hold there 10 min. Then remove jars and drain off all liquid. Add 1 T. salad oil and 1/4 t. salt to each jar and replace caps snugly, but not tightly.

Process fish at 10# pressure in a steam pressure cooker for 90 min.; remove cooker from heat. When pressure is zero, slowly open petcock, unfasten cover and take jars from canner. Allow jars to cool; wash, mark and store.

This same treatment can be used for other species, including smelt, lake whitefish and round whitefish.

Variations: For a less salty product, steam fish 10--15 min. and allow to cool thoroughly before packing in jars; add a smoked oil, such as red-arrow oil, to produce a smoked fish product.

burbot



top-of-stove dishes

STEAMED

- Season prepared fillets with salt and pepper.
- Place in cheesecloth in a steamer or a deep pan.
- Steam 20 min.

BOILED

- Simmer prepared fillets 18 min. in enough water to cover. Add 1 T. salt for each qt. of water used.
- Variation:* Add 1/2 T. lemon juice to water.

WHITE PINE PAN FRIED

- Sprinkle prepared fillets with salt and pepper.
- Roll in flour, cornmeal or mixture of the two.
- Heat 2 T. shortening in skillet.
- Place fillets, skin-side down, in skillet; brown on one side (8--10 min.) and turn.
- Reduce heat; if needed, add shortening.
- Cook 8--10 min. longer.
- Suggestion:* Cornmeal makes a crisper crust than does flour.

CRISPY KINDE

- Preheat deep fryer to 360°F.
- Cut prepared seasoned fillets into serving portions.
- Dip in egg batter.*
- Fry 4--5 min.
- Drain on paper towel.
- *Egg batter:* Mix together 1 slightly beaten egg, 1 c. milk, 1/2 t. salt, 1 t. melted shortening, and 1 c. flour.

GOODELLS GOLDEN PUFFS (6 servings)

3/4 lb. cooked flaked burbot fillet
1 1/2 c. mashed potatoes
3 t. paprika
3/4 t. salt
3 well-beaten egg yolks
3 stiffly-beaten egg whites
few grains pepper

- Preheat deep fryer to 340°F.
- Mix together all ingredients except egg white. Then fold in beaten whites.
- Drop by teaspoon into deep fryer; cook until browned (3--5 min.).
- Drain on paper towel.
- Serve hot, with lemon butter or tartar sauce.

CHARLEVOIX STEW (6 servings)

1 1/2 c. medium white sauce or diluted cream of mushroom (or celery) soup
1 c. steamed flaked burbot
1 c. cooked diced carrots
1 c. cooked peas
1/2 c. cooked diced celery
4 t. chopped parsley
2 T. grated onion

- Prepare white sauce or heat soup; mix with remaining ingredients.
- Season to taste.
- Heat 10 min.
- Serve hot on buttered toast, biscuits, fried noodles or waffles.

TANGY CREOLE MERRITT (8 servings)

- 3 c. hot boiled rice
- 2 sliced onions
- 4 stalks celery, chopped
- 2 T. shortening or salad oil
- 1 T. flour
- 1 t. salt
- 2 t. chili powder
- 3/4 c. water
- 2 c. cooked peas
- 2 c. canned tomatoes (with liquid)
- 1 T. vinegar
- 1 t. sugar
- 2 c. cooked flaked burbot

- Fry onions and celery in shortening until lightly browned.
- Add flour and mix until smooth.
- Gradually add salt, chili powder and water, and cook 15 min.
- Add tomatoes, peas, vinegar, sugar and fish.
- Cook until thoroughly reheated.
- Serve in a rice ring or on rice.

HARBOR BEACH HASH (6--8 servings)

- 3 c. deboned burbot simmered in water with celery tips and sliced lemon
- 6 small potatoes, cooked
- 3 carrots, cooked
- salt and pepper
- 1 1/2 onions
- 4--6 T. shortening
- 1 1/2 t. dehydrated parsley flakes

- Run fish, potatoes, carrots and onion through food chopper.
- Add parsley and mix well.
- Season to taste.
- Heat shortening in skillet.
- Add other ingredients and cook slowly, until heated thoroughly.

oven dishes

SUNSHINE SOUFFLÉ LINCOLN (4 servings)

- 1/2 T. butter or shortening
- 1 T. flour
- 1 T. minced parsley
- 1 c. milk
- 1 small onion, finely chopped
- 4 T. undiluted condensed tomato soup or tomato puree
- 1 t. salt
- 1 1/2 c. cooked flaked burbot
- 1/2 c. cooked rice
- 3 well-beaten egg yolks
- 3 stiffly-beaten egg whites

- Preheat oven to 350°F.
- Melt butter and blend with flour.
- Gradually, stirring constantly, add milk.
- Cook until sauce thickens.
- Add parsley and onion; cook a few minutes longer.
- Add tomato soup, salt, rice and fish.
- Carefully add egg yolks and egg whites.
- Place in greased baking dish.
- Set dish in pan of hot water.
- Bake 45--60 min. or until mixture does not stick to a knife when thrust into the center of the dish and pulled out again; serve at once.

GREENSTONE CASSEROLE (2 servings)

- 1 c. milk, heated
- 3 T. butter
- 2 T. flour
- 1 c. steamed burbot fillet broken into bite-sized pieces
- 4 T. lemon juice
- 1/2 t. salt
- 1/2 t. chopped parsley
- dash cayenne

- Preheat oven to 350°F.
- Melt butter in double boiler.
- Add flour and blend well.
- Gradually add hot milk; stir until thickened and smooth.
- Remove from heat.
- Slowly add salt, cayenne, lemon juice and fish.
- Place in well-greased casserole or ramekins, cover with sauce and bake 30 min.

GREAT LAKES ROLL WITH CHEESE SAUCE (2 servings)

- 3 t. chopped pimento
- 3 t. chopped green pepper
- 1 c. steamed flaked burbot
- 3 t. chopped celery
- salt and pepper

Biscuit Dough:

- 3/4 c. all purpose flour
- 1/2 t. salt
- 1 t. baking powder
- 2 T. shortening
- 5 T. milk

Sauce:

- 6 T. butter or margarine
- 6 T. flour
- 3 c. hot milk
- 3/4 t. salt
- 1/2 c. grated American or cheddar cheese

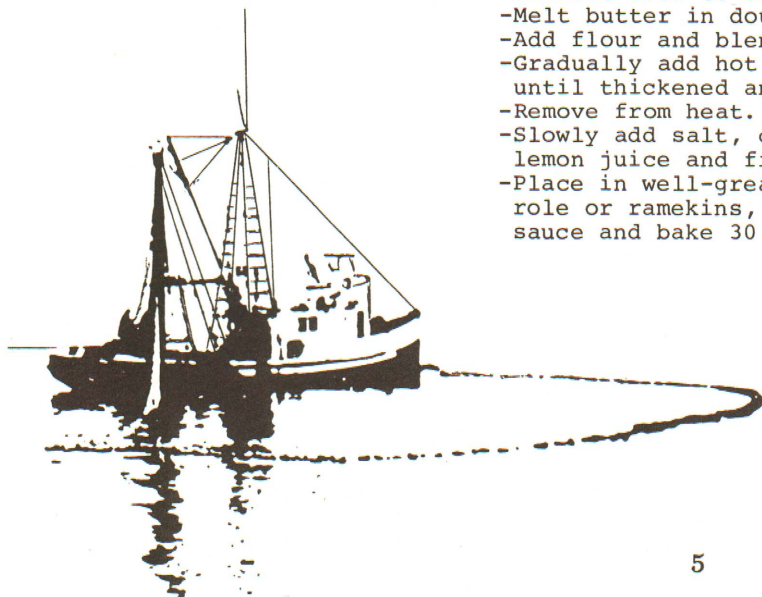
- Preheat oven to 400°F.
- Blend fish, pimento, green pepper, and celery.
- Add enough cheese sauce to make mixture spreadable.
- Season to taste with salt and pepper.
- Cut shortening into dry ingredients for biscuit dough.
- Add milk, mix well, and knead on floured board.
- Roll biscuit dough into rectangle 1/4" thick.
- Spread burbot mixture over dough.
- Roll up like a jelly roll.
- Place in greased tin and slash top.
- Bake 30 min. or until done.
- Serve hot with cheese sauce.
- To prepare cheese sauce, melt butter in double boiler with flour, milk and salt.
- Stir until thickened.
- Add grated cheese.

Variation: Cut roll into 1" slices and bake, cut-side down, 10--15 min.

JIFFY JASPER JAMBOREE (6 servings)

- 2 c. steamed flaked burbot
- 1/2 c. cracker crumbs
- 1 c. milk
- 2 well-beaten eggs
- 1/2 c. condensed tomato soup
- 1/2 c. water
- salt and pepper

- Preheat oven to 350°F.
- Combine milk and eggs; then add crumbs and mix well.
- Fold in fish and season with salt and pepper.
- Shape into loaf, place in greased loaf tin and bake 10 min.
- Dilute soup with water.
- Pour over loaf and continue baking 20 min.



EUREKA (6 servings)

2 T. butter or margarine
1/2 c. bread crumbs
1 c. cream
1/2 t. dry mustard
2 c. steamed flaked burbot
2 well-beaten egg yolks
1 t. salt
1/2 t. cayenne pepper
few drops tabasco sauce
1/2 c. bread crumbs for topping

- Preheat oven to 375°F.
- Heat butter in pan.
- Add bread crumbs, cream and mustard; mix well.
- Add remaining ingredients.
- Place in 6 shells or ramekins.
- Sprinkle with crumbs.
- Dot with butter and brown in oven.

BURR OAK TWIRL (4 servings)

1 lb. burbot fillet(s)

Dressing:*

1 1/2 c. dried bread crumbs
2 T. melted butter
1/4 t. salt
few grains pepper
6 T. hot water
1/4 c. diced celery
1/2 t. chopped parsley
1/4 c. butter
2 T. lemon juice

*Or dressing of your choice.

- Preheat oven to 350°F.
- Mix together all dressing ingredients.
- Cut fillet crosswise into 2" strips.
- Sprinkle with salt; spread with dressing.
- Roll like a jelly roll and fasten with skewers.
- Place, cut-side down, in greased baking dish.
- Bake 30--40 min.
- Baste frequently with lemon-butter mixture.



STUFFED TOMATO SENEY (6 servings)

1 1/2 c. steamed flaked burbot
3 t. chopped parsley
6 T. bread crumbs
6 T. fish broth
salt and pepper
3 large or 6 medium tomatoes
1/4 c. butter
1/8 c. water

- Preheat oven to 350°F.
- Combine fish, parsley, crumbs and broth; season to taste.
- Cut large tomatoes in half (leave medium whole), remove seeds and pulp, and fill with fish mixture.
- Place in greased baking dish; bake 20 min.
- Baste with water-butter mixture.

broiler dishes

BROILED FILLETS

- Preheat oven to 450°F.
- Cut prepared fillets into serving portions.
- Season with salt and pepper.
- Brush with melted butter.
- Place, skin-side down, on aluminum foil-covered pan or greased broiler tray.
- Cook 6" from heat, 10--14 min.
- Variations:* Cover fillet with finely chopped onion, bacon strip or tomato sauce with grated cheese prior to broiling.

WATERTOWN WHARF SANDWICH (1 serving)

1/4 c. steamed flaked burbot
1 t. grated onion
1 t. chopped stuffed olives
1 t. chopped hard-cooked egg
2--3 T. mayonnaise
salt and cayenne pepper
2 slices bread
butter
Swiss cheese slices

- Blend all ingredients.
- Season to taste; chill.
- Preheat broiler.
- Butter bread; cover with sliced cheese.
- Spread filling onto fish.
- Place on broiler pan 5" from heat.
- Broil until cheese is melted and fish browned; serve immediately.

other dishes

SPRING LAKE ZEST (6--8 servings)

2 c. cooked flaked burbot
1/2 T. salt
1 1/2 T. sugar
1/2 T. flour
1 t. dry mustard
few grains cayenne
2 T. chopped green pepper
2 egg yolks
1 1/2 T. melted butter
3/4 c. milk
1/4 c. mild vinegar
3/4 T. gelatin, soaked in
2 T. cold water
4 T. catsup

- Mix together dry ingredients.
- Add egg yolks, butter, milk and vinegar.
- Cook, stirring constantly, over boiling water until mixture thickens.
- Add soaked gelatin and stir until dissolved.
- Add catsup and green pepper; fold in burbot.
- Pour into mold and chill.

LAKELAND COCKTAIL (6--8 servings)

2 lb. burbot fillet(s)
1 qt. water
1 T. salt
1/2 T. lemon juice
1/2 c. catsup

Sauce:

1 t. prepared mustard
1 T. lemon juice
1 T. Worcestershire sauce

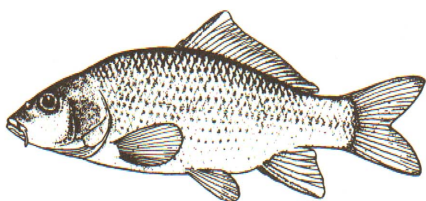
- Simmer fillet in water seasoned with salt, lemon juice, and catsup 20 min.
- Cool, remove bones and break fillet into bite-sized pieces.
- Place on lettuce in cocktail glasses and chill.
- Serve with cocktail sauce.
- To prepare cocktail sauce, mix together all ingredients and chill.

SUPERIOR POTATO SALAD

1 c. steamed flaked burbot
1 c. cooked diced potatoes
1 t. salt
2 T. mayonnaise
1 T. diced green pepper
1 cooked diced slice bacon or 1/4 c. bacon bits
4 T. diced cucumbers
few grains pepper
1 T. chopped onions
4 T. chopped celery

- Mix together all ingredients.
- Season to taste; chill.
- Serve on leaf of lettuce.

carp



top-of-stove dishes

FLAKED

- Place enough water in pot to cover fish; add 2 T. each of salt and vinegar.
- Place dressed fish, whole or in pieces, in boiling stock, and reduce heat.
- Simmer until cooked thoroughly (25 min. for 3 lb. fish; 12--15 min. for fillet).
- Chill. Separate flesh from bones.
- Add some of each of the following groups: sliced onion, carrot or celery; chopped celery top or parsley; whole black pepper, cloves or mixed spices; bay leaf.
- Boil together for a few min.

CAMDEN CUTLET CAPER (6 servings)

1 c. thick white sauce
2 c. cooked flaked carp
1/2 small grated onion
1/4 c. chopped celery or green pepper
1 t. salt
few grains pepper
1 c. dry sifted bread crumbs
1 egg beaten with
2 T. cold water

- Prepare white sauce.
- Mix fish with vegetables, seasonings and sauce; chill.
- Mold into flat cakes.
- Roll in crumbs, dip in egg, and roll again in crumbs.
- Fry in heavy skillet until brown on both sides.
- Serve with a sauce or garnished with parsley.

PRESQUE ISLE FISH FRY

- Fillet fish if longer than 4" head to tail.
- Wash, dry and season with salt and pepper.
- Leave plain or roll in corn-meal, flour or bread crumbs.
- Heat 2--4 T. shortening in heavy skillet.
- Brown fish over low flame first on one side, and then the other.
- If flesh is thick, cover pan for a few minutes after turning, and then cook again on either side to crisp.

NORTHPORT POACH (6 servings)

1 lb. skinned carp fillet(s)
1 small onion, chopped
2 t. salt
1/4 t. pepper
dash nutmeg or mace
1 well-beaten egg
2 T. melted butter
1/4 c. bread crumbs
1/2 c. milk

Sauce:

2 1/2 c. milk
3 T. shortening
4 T. flour
salt and pepper
2 T. chopped parsley

- Run fillet through food chopper 3 times.
- Soak crumbs in milk.
- Add onion, seasonings, egg, melted butter and crumbs.
- Shape into fish balls.
- Scald 2 1/2 c. milk in double boiler.
- Add fish balls; cook 15 min.
- Serve warm.

- To prepare sauce, melt shortening in sauce pan.
- Gradually, while stirring, add flour, and then hot milk.
- Season with salt and pepper.
- Pour sauce over fish balls and garnish with chopped parsley.

Variation: Place mixture in loaf pan, cover with bacon strips and bake at 350°F 50--60 min. to make a loaf.

oven dishes

PETOSKEY PAPRIKA BAKE (2 servings)

1 lb. filleted carp
salt and pepper
1 medium onion, sliced
1/3 c. evaporated milk or sour cream
1/2 t. paprika
1 T. butter

- Preheat oven to 350°F.
- Salt and pepper fillets.
- Place in greased baking dish and cover with onion slices.
- Blend paprika with milk; pour over fish.
- Dot with butter and bake 30--40 min.

KALKASKA CREOLE (2--3 servings)

1 1/2--2 lb. filleted carp
salt and pepper
1/4 c. melted butter
2 T. tomato sauce

- Preheat oven to 350°F.
- Season fillets with salt and pepper, and brush with butter.
- Bake 25 min.
- Pour sauce over fish and continue baking 10 min.

DETOUR VILLAGE DRESSED (4--6 servings)

1--1 1/2 lb. whole or filleted carp
salt
2--4 T. melted butter
2 strips bacon

Stuffing:*

2 c. moist bread crumbs
3 T. shortening
1 small onion, finely chopped
1/2 c. diced celery
1/2 t. thyme
1/8 t. pepper
1/4 c. chopped parsley

*Or stuffing of your choice.

- Preheat oven to 350°F.
- Cook onion and celery in butter until tender.
- Add crumbs, seasonings and parsley; mix thoroughly.
- Wash and dry fish; salt inside and out.
- Make several crosswise cuts in skin.
- Place stuffing inside fish and sew or skewer opening.
- Brush fish with melted butter; place on greased baking dish.
- Lay bacon strips over top of fish; bake 50--60 min.

MAPLE RAPIDS VEGETABLE MEDLEY
(4--6 servings)

2 lb. filleted skinned carp
1 sliced onion
1/2 c. diced celery
1 c. diced carrots
1 No. 2 can peas
1 t. salt
1 T. butter
1/4 t. pepper
paprika
lemon and parsley

Sauce:

1 1/2 T. shortening
1 1/2 T. flour
1 c. milk

- Preheat oven to 350°F.
- Cook raw vegetables in liquid from canned peas 10 min.
- Pour in greased casserole.
- Lay fillets on top and dot with butter.
- Season with salt, pepper and paprika; bake 30--40 min.
- Meanwhile, melt shortening in saucepan and blend in flour.
- Gradually add milk and stir until thickened.
- Pour sauce over fish and vegetables; garnish with lemon and parsley.

MISSAUKEE RICE LOAF (6--8 servings)

3 c. cooked flaked carp
2 c. cooked rice
2 T. grated onion
2 T. melted butter
1 T. minced parsley
1 T. lemon juice
1 1/2 t. salt
few grains pepper
1/4 c. milk
2 well-beaten eggs

- Preheat oven to 350°F.
- Combine all ingredients.
- Place in greased loaf pan and bake 40 min.
- Serve with egg sauce or creamed peas.

LEELANAU DUMPLIN'S (6--8 servings)

2 c. cooked flaked carp
2 T. shortening
1 chopped onion
1/2 c. diced celery
1 1/2 c. diced raw potatoes
1 1/2 c. diced raw carrots
2 c. boiling water
1 t. salt
1/4 t. pepper
1 T. flour
1 c. milk
1 T. chopped parsley
8 biscuits (your own or pkg.)

- Preheat oven to 450°F.
- Cook onion in shortening.
- Add water, raw vegetables and salt; cook until tender.
- Blend flour and milk together and add to vegetables.
- Place fish and parsley in greased casserole.
- Pour mixture over fish.
- Place biscuits on top of fish.
- Bake 15--20 min. or until biscuits are done.

ESCALLOPED NAUBINWAY (6--8 servings)

2 c. cooked flaked carp
1/2 small onion, chopped
3 T. shortening
3 T. flour
1/2 t. paprika
1 t. salt
2 c. milk
1 sliced hard-cooked egg
1/4 c. buttered bread crumbs

- Preheat oven to 350°F.
- Cook onion in shortening until tender.
- Add flour, paprika and salt.
- Gradually add milk and stir until thickened.
- Place fish and egg in greased casserole.
- Cover with the sauce; sprinkle with crumbs.
- Bake 20 min., or until crumbs are browned.

broiler dishes

BUTTER BROILED

- Preheat broiler to 450°F.
- Cut carp fillets into serving portions.
- Season with salt and pepper, and brush with melted butter.
- Place, skin-side down, on greased broiler tray.
- Cook near flame 10--20 min.
- If flesh is very thick, turn the fish.

Variations: Sprinkle with finely chopped onion, place thin strip of bacon on fillet, or cover with tomato sauce, grated cheese and chopped onion after fish has been broiled 10 min.

more dishes

CHIPPEWA CHOWDER (4 servings)

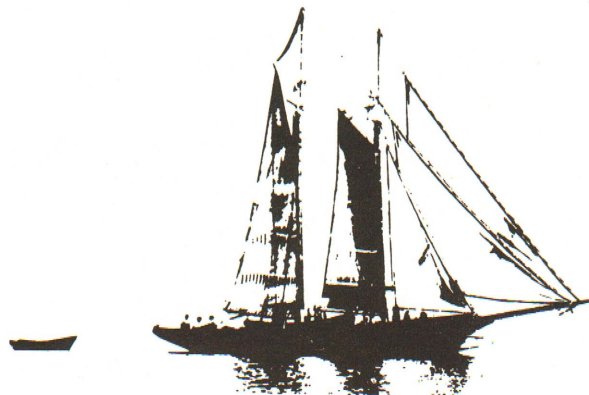
1 c. cooked flaked carp
1 c. cooked diced potatoes
1 chopped onion
1 T. chopped parsley
1 T. shortening
1 T. flour
2 c. milk
salt and pepper

- Brown onion and parsley in shortening until tender.
- Add flour.
- Gradually add milk and stir until slightly thickened.
- Add fish and potatoes, and heat thoroughly.

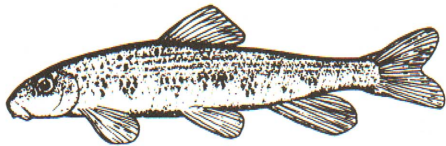
SILVER CITY SWEET AND SOUR
(4--6 servings)

1 c. vinegar
1 1/2 c. water
1 sliced onion
1 sliced lemon
12 raisins
6 whole cloves
1 bay leaf
2 lb. filleted carp
salt
2 T. brown sugar

- Combine first seven ingredients in saucepan and bring to a boil.
- Cut fillets into crosswise strips, salt, and add to pan.
- Reduce heat and simmer until fish is done; remove fish.
- Add sugar to the liquid and bring to a boil.
- Pour over the fish.
- Chill and serve.



sucker



top-of-stove dishes

HUNTERS CREEK HOME FRIED (3--4 servings)

2 lb. sucker fillet(s)
1/2 c. flour
1 c. cornmeal
4 t. salt
1/2--1 c. milk
1/4 c. shortening or salad oil

- Mix together flour, cornmeal, and salt.
- Dip fillet in milk; then roll in mixture.
- Heat shortening to smoking point in heavy skillet.
- Place fish, skin-side down, in skillet and brown.
- Turn fish, cover, and cook 5 min. over low flame.

TASTY FRONTIER FRITTERS (8 servings)

3 c. steamed flaked sucker
2 T. milk
2 beaten eggs
1/2 t. salt
1/2 c. fine bread crumbs
1 medium onion, grated
few grains pepper
1 c. bread crumbs for dipping
1/4--1/2 c. shortening or salad oil

- Combine and mix thoroughly all ingredients.
- Chill 2--3 hours.
- Shape into flattened cakes.
- Dip into bread crumbs, egg, and again into bread crumbs.
- Brown in shortening.
- Serve with a sauce.
- Variation:* Omit bread crumbs, shape into a loaf and bake at 350°F for 40 min.

GRAND TRAVERSE CREAM (4--5 servings)

2 c. steamed flaked sucker
2 T. chopped onion
1/4 c. green pepper
4 T. shortening
4 T. flour
1 t. salt
2 c. milk
dash cayenne
1/2 c. chopped mushrooms

- Melt shortening in heavy skillet, add and cook onion and green pepper 2 min.
- Blend in flour and seasonings.
- Slowly add milk and cook until thickened.
- Carefully add mushrooms and fish, and heat thoroughly.

MARENGO MUSTARD MAGIC (4--5 servings)

2 c. steamed flaked sucker
4 T. shortening
4 T. flour
1 t. salt
2 c. milk
3 t. prepared mustard

- Melt shortening in double boiler.
- Blend in flour and salt.
- Slowly add milk and cook until thickened; then add mustard and mix thoroughly.
- Carefully stir in fish, and heat 12--15 min.

oven dishes

BAY VIEW BUDGET BAKE (3--4 servings)

1 1/2--2 lb. whole sucker
2 sliced onions
1--2 T. shortening or salad oil
1/4--1/2 c. bread crumbs

- Preheat oven to 350°F.
- Clean, wash, and salt fish, inside and out.
- Fry onions in shortening.
- Place fish in greased pan, cover with onions and sprinkle with bread crumbs.
- Bake 30--35 min.

MILKY WAY MIDLAND (3--4 servings)

3/4--1 lb. fresh sucker fillet
1/2 T. salt
1/2 c. evaporated milk
1/2 c. fine bread crumbs
1/4 c. melted butter

- Preheat oven to 500°F.
- Add salt to milk.
- Dip fillet in milk, then in bread crumbs.
- Place fillet in shallow greased pan, sprinkle with butter, and bake 10 min.

MACATAWA BAKE (4--5 servings)

2 c. cooked flaked sucker
1 T. chopped onion
1 T. chopped green pepper
3 T. shortening or butter
3 T. flour
1/4 t. paprika
2 c. milk
1 t. salt
1--1 1/2 c. buttered bread crumbs

- Preheat oven to 350°F.
- Cook onion and green pepper in butter until tender.
- Add flour and seasonings to make a paste.
- Gradually add milk and cook until thickened.
- Lay fish flakes in greased baking dish; cover with sauce.
- Sprinkle with buttered crumbs and bake 20 min.

COOKS CORNERS ORIGINAL (3--4 servings)

2 lb. sucker fillet(s)
salt and pepper
1/2 c. butter
1 small onion, chopped
1/4 c. chopped celery
1/4 c. chopped green pepper
2 T. shortening or salad oil
2 c. canned tomatoes, drained
1 t. sugar

- Preheat oven to 325°F.
- Place fillets in greased pan; sprinkle with salt, pepper, and butter; bake 15 min.
- Meanwhile, cook onion, celery and green pepper in shortening 2 min.; then add tomatoes.
- Season with sugar, salt and pepper, and simmer 10 min.
- Spread; bake 6 min.

MOHAWK LANDING (4--6 servings)

1 lb. steamed flaked sucker
2 T. diced onion
1 c. cooked diced carrots
1 c. cooked sliced potatoes
1/4 c. flour
1/4 c. shortening
2 c. milk
1 c. buttered bread crumbs

- Preheat oven to 350°F.
- Cook onion in shortening; blend in flour.
- Gradually add milk and cook until thickened.
- Mix in potatoes, carrots and fish.
- Place mixture in greased casserole; top with crumbs; bake 30 min.

PELLSTON CASSEROLE PIQUANT
(4--6 servings)

2 c. steamed flaked sucker
1 1/2 c. medium white sauce
1/2--3/4 c. chili sauce
4 hard-cooked eggs, diced
1/2--1 c. buttered bread crumbs
few grains pepper
1/2 t. salt

- Preheat oven to 400°F.
- Mix together chili sauce and white sauce.
- Carefully combine fish, eggs, sauce, salt and pepper.
- Place in greased baking dish; top with crumbs.
- Bake 20--25 min.

GRAND RIVER GAMBOL (5--6 servings)

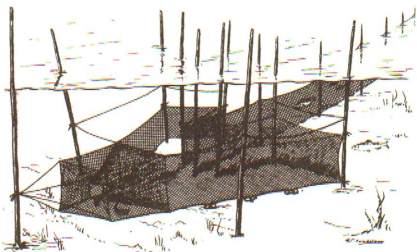
4 oz. (dry) macaroni
1 can undiluted condensed tomato soup
1/2--3/4 c. water
1 1/2 c. steamed flaked sucker
1--2 medium onions, diced
few grains pepper
1 t. salt
1 c. grated cheddar, parmesan or American cheese

- Cook macaroni until tender.
- Preheat oven to 350°F.
- Combine water and soup.
- Add remaining ingredients.
- Place mixture in greased baking dish.
- Sprinkle with cheese.
- Bake 30 min.

WATERFRONT CASSEROLE (6 servings)

2 c. steamed flaked sucker
3--4 cooked diced carrots
1 finely diced onion
few grains pepper
1/2 t. salt
1 can undiluted condensed tomato soup
1/2--3/4 c. water
1/2--1 c. buttered bread crumbs

- Preheat oven to 350°F.
- Place carrots in layers alternating with fish in greased baking dish.
- Add onion, seasonings and water to soup.
- Pour soup mixture over carrots and fish, and sprinkle with bread crumbs.
- Bake 30 min.



PIERPURT DRESSED (5--6 servings)

2 lb. sucker fillet

*Dressing:**

3 c. dry bread crumbs
1/4 c. melted butter
3/4 c. finely diced celery
few grains each of thyme and sage
1/4 t. salt
few grains pepper
3/4 c. hot water

**Or dressing of your choice*

- Preheat oven to 325°F.
- Mix together all ingredients except fish.
- Cut fillet in half; place one piece in greased baking dish.
- Cover with stuffing and top with remaining fish.
- Brush with melted butter; season with salt.
- Bake 30 min.
- Variation:* Fish may be stuffed whole if desired.

cold dishes

CANNING SUCKERS

- Cut cleaned fish into pieces of desired size.
- Make brine of 1 c. salt to 1 gal. water.
- Salt fish in brine for one hour only.
- Pack into jars and cover (to shoulder of jar) with tomato juice.
- Add 1 T. vinegar to each qt. jar.
- Place 1 T. prepared mustard on top of fish (it need not be stirred in) in each jar.
- Add enough tomato juice to bring liquid up to within 1" of top of jar.
- Seal and process -- 100 min. at 10# pressure.

MERRIWEATHER MARINADE

 (4--5 servings)

2 c. steamed flaked sucker
*Marinade**
1/4 c. chopped green pepper
1/2 c. diced celery
2 hard-cooked eggs, diced
salt
1/2--1 c. mayonnaise

**Marinade:*

1 c. salad oil
1/4 c. vinegar
1/4 c. lemon juice
1 t. grated onion
few grains cayenne
1 t. salt

- Let fish stand in marinade one hour; then drain well.
- Combine with green pepper, celery and eggs.
- Carefully toss the mixture.
- Season to taste, moisten with mayonnaise, and chill.

- For marinade, combine and mix thoroughly all ingredients.
Suggestion: Marinade not used with the fish may be refrigerated for use as a French dressing.

CALUMET COMBO

 (5--6 servings)

1 c. steamed flaked sucker
1 T. unflavored gelatin
1/4 c. cold water
1 c. boiling water
salt
1/2 c. chili sauce
1/2 c. salad dressing
2 hard-cooked eggs, diced

- Soak gelatin in cold water 5 min.; then dissolve in boiling water.
- While hot, add salt, chili sauce and salad dressing; mix well.
- Chill until mushy; then fold in eggs and fish.
- Place mixture in lightly greased mold and chill.
- Serve on lettuce with mayonnaise or salad dressing.

broiler dishes

AuSable Broil

 (4--6 servings)

1 1/2--2 lb. sucker fillet(s)
1 T. melted butter or margarine
salt and cayenne
1/2 c. finely cut onion

- Place fillets on preheated, greased broiler rack.
- Butter fish, season with salt and cayenne, and sprinkle with onion.
- Broil 15 min., or until tender.

DOLLARVILLE STEAK NO. 1

 (2 servings)

2--2 1/2 lb. skinned sucker fillet(s)
1/2 t. dry mustard
salt and pepper
2 T. chili sauce
1/4 t. Worcestershire sauce
1 t. lemon juice

- Place fillets on preheated, greased broiler rack.
- Mix remaining ingredients.
- Spread mixture over fish.
- Broil until tender.

smoked fish

There are three steps in smoking fish: cleaning, curing, and the actual smoking.

Clean fish as soon as possible after taking them from the water. Scale fish and remove the entrails, including the kidneys (the brown streak along the backbone), from the fish. The head may also be removed, if desired.

Cure fish with common salt, either dry or in a brine. A good formula for the brine is: 6 gal. water, 4 lb. salt, 1 1/2 lb. sugar, and 1 1/2 oz. saltpeter (potassium nitrate). Commercial curing compounds are also satisfactory. Cloves, bay leaves, sage or pickling spices may be added to the brine at the rate of 4 oz. spice to 6 gal. brine. A mixture of 3 oz. whole cloves and 1 oz. bay leaves is recommended.

Place cleaned fish in a large enameled earthenware or glass container so that they lie straight; cover with the brine. Weight fish down enough to submerge, but not to pack tightly together. Allow fish to cure in a cool place (32--38°F). Small fish should

cure 18 to 24 hours, medium-sized fish (as sucker), 24 to 30 hours, and carp weighing more than 8 lb., at least 48 hours.

If curing fish with dry salt, mix together dry ingredients given for the brine and rub this mixture on the fish. Place fish in a container such that the brine that forms will nearly cover them. Time and temperature conditions are the same as required in brine curing.

Remove fish from the curing brine, rinse thoroughly and allow the surface of the fish to dry (about one hour).

A serviceable smoke house or smoking chamber may be made from a barrel or large packing box. Remove the top and bottom, hang the fish in the top by strings run through the gills or looped around the tail and then tied over sticks laid across the open top, and then cover the top with a wet burlap sack. Clear all combustible material from around the chamber, build a small fire in the center of the cleared area and allow it to form a small bed of coals. Take care to keep the fire small and to

prevent it from flaming up. Cover the coals with dry hardwood sawdust or chips to smolder, and at intervals as needed. To keep the smoke quite dense throughout the process, place the chamber with fish over the smudge fire and regulate the draft by raising or lowering one side of the chamber. Smoke the fish for 4 to 6 hours; gradually add hot coals to the smoker to raise the temperature. HEAT THE FISH UNTIL AN INTERNAL TEMPERATURE OF 180°F IS REACHED. MAINTAIN THIS TEMPERATURE FOR AT LEAST 30 MIN. Insert a thermometer into the thickest part of the fish to insure that all the fish reaches this temperature.

When the process is completed, remove the burlap sack and allow the fish to cool. Then wrap the fish in waxed paper or cellophane and refrigerate. Use smoked fish within 14 days after smoking.

Note: Follow manufacturer's instructions when using commercially built home smokers.

top-of-stove dishes

MICHIGAN FISHWICH (6 servings)

1 c. steamed flaked carp
4 well-beaten eggs
1/2 c. milk
1 T. chopped onion
1 T. melted butter or shortening
12 slices bread

- Mix together fish, eggs, milk and onion, and pour into skillet with shortening.
- Cook slowly, stirring frequently, until firm.
- Serve between slices of buttered bread.

CROQUETTES ISABELLA (4--5 servings)

1 c. steamed flaked sucker or carp
1 c. baked or boiled potato
dash nutmeg
1 egg
1/2--1 c. fine bread crumbs or
3/4 c. cornmeal

- Combine fish, potato, nutmeg and egg, and chill.
- Shape into croquettes or flat cakes; roll in bread crumbs.
- Fry in deep fat or sauté until browned.
- Serve with sauce of your choice.

oven dishes

TEMPO TANG (4--6 servings)

2 lb. whole sucker or carp fillet
4 T. fine bread crumbs
4 T. brown sugar
1 t. dry mustard
2 T. vinegar
1 c. water

- Preheat oven to 350°F.
- Place fish in shallow greased pan.
- Mix all remaining ingredients, and pour over fish.
- Bake 50--60 min.

PULASKI POTLUCK (4--6 servings)

2 c. cooked flaked carp or sucker
 2 1/4 c. milk
 1/2 t. whole mixed spices
 1/2 small onion, diced
 2 T. flour
 2 T. shortening
 2 c. cooked diced potatoes
 1/2--1 c. buttered bread crumbs or
 crumbs sprinkled with grated
 cheese

- Preheat oven to 350°F.
- Simmer fish in milk with spices and onion until tender; strain the milk.
- Melt shortening in double boiler.
- Gradually add flour to make a paste.
- Stir in strained milk and cook until thickened.
- Place fish and potatoes in greased baking dish; cover with sauce and top with crumbs.
- Bake 30 min.

WOLVERINE JUMBLE (4--6 servings)

2 c. steamed flaked sucker or carp
 2 T. chopped onion
 1/4 c. chopped celery
 1/4 c. salad oil
 1/4 c. flour
 2 c. milk
 1/2 c. mixed carrots and peas
 2 hard-cooked eggs, chopped
 few grains cayenne

- Preheat oven to 425°F.
- Cook onion and celery in oil 2 min.
- Blend in flour and cayenne.
- Gradually add milk and cook until thickened; then add fish and remaining ingredients.
- Place mixture in greased baking dish, top with buttered bread crumbs, pie crust or biscuits, and bake 15--20 min.

DARE DEVILLED DELIGHT (4 servings)

1 lb. skinned carp fillet(s)
 6 T. chili sauce
 cayenne pepper
 6 T. catsup
 1 T. lemon juice
 2 t. horseradish
 few drops Worcestershire sauce

- Preheat oven to 325°F.
- Place fish in shallow greased baking dish.
- Mix together remaining ingredients to form sauce, and spread over fish.
- Bake 25--30 min.

SPARTAN SOUFFLE' (4 servings)

1 c. steamed flaked carp
 3 T. shortening
 3 T. flour
 1 c. milk
 3 well-beaten egg yolks
 3 stiffly-beaten egg whites
 1 1/2 t. grated onion
 1 t. lemon juice

- Preheat oven to 350°F.
- Melt shortening in double boiler; then add flour to make a paste.
- Gradually add milk and cook until thickened.
- Remove from heat, add fish, egg yolks, lemon juice and onion.
- Fold mixture into egg whites.
- Place in greased baking dish and set in pan of hot water.
- Bake 45--60 min. or until mixture does not stick to knife when thrust into the center of the dish and pulled out again.
- Serve at once.

SAVORY SOUFFLE' RIPPLE (4 servings)

1 1/2 c. steamed flaked sucker
 3 T. shortening
 3 T. flour
 1 c. milk
 3 well-beaten egg yolks
 3 stiffly-beaten egg whites
 1 T. lemon juice
 1 1/2 t. grated onions
 2 T. grated raw carrot or
 1/2 t. celery seed

- Same as for Spartan Souffle', except bake 50--60 min.

WEST BRANCH MUSTARD WONDER (4--6 servings)

1 1/2 lb. carp or sucker
 2 T. melted butter or shortening
 1 T. flour
 1 c. boiling water
 1 T. lemon juice
 1 T. prepared mustard
 1/2 c. fine bread crumbs

- Preheat oven to 400°F.
- Cut fish into serving portions and place in shallow, greased baking dish.
- Blend flour with half the butter; add water and lemon juice and cook until thickened.
- Gradually stir in mustard.
- Pour sauce over fish.
- Add remaining butter to crumbs and sprinkle over fish; bake 20--25 min.

TIMBALES NEW HAVEN (4 servings)

2 c. steamed flaked carp or sucker
 1/2 c. milk
 1 c. soft bread crumbs
 2 t. minced onion
 2 egg yolks
 2 stiffly-beaten egg whites
 1 T. butter
 4 t. lemon juice

- Preheat oven to 350°F.
- Cook bread crumbs in milk until smooth and thick.
- Add seasonings, butter and fish.
- Stir in egg yolks.
- Fold mixture into egg whites.
- Fill greased custard cups, set in pan of hot water, and bake 30--35 min.
- Serve with horseradish or sauce of your choice.

PAPRIKA SANDS (4 servings)

2 c. steamed flaked sucker or carp
 1 T. finely chopped onion
 3 T. shortening
 3 T. flour
 1/8 t. paprika
 3/4 c. milk
 3/4 c. evaporated milk
 buttered bread crumbs

- Preheat oven to 375°F.
- Cook onion in shortening 2 min.
- Gradually stir in flour and paprika; add milk and cook until thickened; add fish.
- Place in greased baking dish, top with crumbs, and bake 20--25 min.
- Variation: Increase liquids to 1 c. each and omit crumbs. Cook on top of stove and serve with toast or crackers.

MAIN STREAM SENSATION (4--5 servings)

3 c. ground sucker or carp fillets
 1 c. tomato juice
 1/2 c. cracker crumbs
 1/4 t. dry mustard
 1 egg
 1 T. shortening
 1/2 small onion, diced
 1/2 t. Worcestershire sauce
 1/2 c. water

- Preheat oven to 350°F.
- Combine fish, tomato juice, water, crumbs and egg.
- Fry onion in shortening 2 min.
- Add fish mixture, mustard and Worcestershire sauce.
- Pack into greased loaf pan and bake 1--1 1/2 hours.
- Serve with sauce of your choice, horseradish recommended.

INDIAN LAKE LOAF (4--5 servings)

- 3 1/2 c. diced sucker or carp fillets
- 1 c. soft bread crumbs
- 1/2 c. milk
- 1/3 c. water
- 1 well-beaten egg
- 1 T. lemon juice

- Preheat oven to 325°F.
- Combine all ingredients.
- Pack into greased loaf pan.
- Bake 1 1/4 hours.

added dishes

ESCANABA EGGER (6 servings)

- 1 c. steamed flaked carp or sucker
- 6 hard-cooked eggs, cut lengthwise in half
- mayonnaise

- Remove egg yolks; mash them and mix with fish.
- Add mayonnaise to moisten
- Refill whites and serve.
- Variation:* Place stuffed eggs on toast and cover with a sauce of your choice.

HOMESTEAD HANKERING (6--7 servings)

- 3 hard-cooked eggs, diced
- 3 c. diced cooked potatoes
- 1 T. horseradish
- 1 T. scraped onion
- French dressing
- 2 c. steamed flaked carp or sucker

- Mix together eggs, potatoes, horseradish, onion and enough dressing to moisten lightly.
- Chill about 1 hour; then add fish.

BRIDGEWATER BRUNCH (4--5 sandwiches)

- 1 c. steamed flaked sucker or carp
- 4 strips bacon
- mayonnaise

- Fry or broil bacon until crisp; drain well.
- Chop and mix it with the fish.
- Add mayonnaise to moisten.

GRAND JUNCTION (4--5 sandwiches)

- 1 c. steamed flaked carp or sucker
- 2 hard-cooked eggs
- 1/2 t. celery seed
- mayonnaise

- Mash egg and mix with fish.
- Add celery seeds.
- Add mayonnaise to moisten.

GARDEN CITY GUSTO (4 servings)

- 1 c. steamed flaked sucker or carp
- chopped leaf or head lettuce
- 1/2 t. chopped onion
- 2 stalks celery
- 1 small tomato
- 1 hard-cooked egg
- French dressing or mayonnaise

- Chop celery, tomato and egg.
- Mix with onion, lettuce and fish.
- Toss the mixture and add enough dressing to moisten.
- Suggestion:* Add or substitute cucumbers, green peppers and radishes as desired.



Sauces

WHITE SAUCE - WITH VARIATIONS (8--10 servings)

1 1/2 T. salad oil or shortening
1 1/2 T. flour
1 c. milk
1/2 t. salt
dash pepper
dash paprika

- Heat oil in double boiler.
- Blend in flour.
- Gradually add milk and stir until thickened.
- Add seasonings.

Variations: *Egg Sauce* - add 2 diced, hard-cooked eggs to sauce. *Horseradish Sauce* - add 2 T. grated drained horseradish to sauce.

TARTAR SAUCE (8--10 servings)

1 c. mayonnaise or salad dressing
1 t. onion juice or 1 T. minced onion
1 T. mixed capers
4 T. finely chopped pickle
1 T. minced parsley
1 T. minced olives

- Combine all ingredients.
- Chill thoroughly; serve cold.

CUCUMBER SAUCE (8--10 servings)

2 large cucumbers
1 c. sour cream
2 t. grated onion
1/2 t. salt
dash pepper
1/8 t. cayenne
1 T. chopped parsley

- Peel cucumbers and remove seedy portion.
- Grate, drain and mix cucumber with sour cream.
- Add remaining ingredients; mix thoroughly.
- Serve very cold.

SOUR CREAM SAUCE (8--10 servings)

1 c. thick sour cream
1 t. chopped chives
1/2 t. chopped dill

- Slightly whip cream.
 - Fold in chives and dill.
 - Serve very cold.
- Variation: Instead of chives and dill, add 6 T. chopped ripe olives, 2 T. lemon juice, 1 t. horseradish and 3/4 t. salt.

MUSHROOM SAUCE (2 c. or 12--16 servings)

1/3 c. diced onion
2 T. salad oil or shortening
1 can undiluted condensed cream of mushroom soup
1 c. milk
1 T. chopped green pepper
1 t. red pepper
1/2 t. salt

- Heat oil in saucepan.
- Saute' onion in oil until tender and golden brown.
- Add green pepper and red pepper; cook 3 min.
- Gradually stir in soup; then, milk.
- Add seasonings and heat, stirring constantly.
- Serve warm.

AMANDINE SAUCE (1/2 c. or 4 servings)

1/4 c. slivered blanched almonds
1/4 c. butter or margarine
1/4 t. salt
1 t. lemon juice

- Carefully saute' almonds in butter until golden brown.
- Season with salt; add lemon juice; serve warm.

PINEAPPLE SAUCE (2 c. or 16--20 servings)

1 can (1 lb. 4 1/2 oz.) pineapple tidbits
2 T. cornstarch
1/4 c. cold water

- Heat pineapple and juice in saucepan.
- Dissolve cornstarch in cold water.
- Gradually add cornstarch to pineapple.
- Cook, stirring constantly, until thickened; serve warm.

LEMON BUTTER SAUCE (1/2 c. or 6--8 servings)

1/2 c. butter or margarine
juice of one lemon
1/2 t. grated lemon rind
1/2 t. chopped chives
1/2 t. salt
1/8 t. white pepper

- Melt butter in saucepan.
- Add remaining ingredients and simmer 3 min.; serve hot.

CUCUMBER BUTTER (1/2 c. or 4 servings)

3 T. butter or margarine
1 t. vinegar
1 T. lemon juice
1/2 t. grated onion
4 drops tabasco or hot pepper sauce
1/2 t. salt
dash white pepper
3 T. coarsely grated cucumber (without seeds)

- Melt butter in saucepan.
- Add remaining ingredients except cucumber; stir in cucumber just before serving.
- Serve at room temperature.

CRANBERRY TARTAR SAUCE (12 servings)

1 c. mayonnaise or salad dressing
1/2 c. jellied cranberry sauce
2 T. chopped onion
1/4 c. undrained sweet pickle relish
2 T. chopped ripe olives (optional)
2 T. chopped parsley

- Combine all ingredients.
- Chill thoroughly.
- Serve very cold.

SPANISH SAUCE (6--8 servings)

3 T. salad oil or shortening
1 1/2 c. canned strained tomatoes
1/4 c. green pepper
1 chopped clove garlic
1/4 c. chopped onion
1/4 c. chopped or thinly sliced mushroom
1 t. lemon juice
1 1/2 t. Worcestershire sauce
1 1/2 t. mustard
1 1/2 t. salt
few grains cayenne

- Heat oil in skillet.
- Add remaining ingredients.
- Simmer 20 min.; serve hot.

SWEET AND SOUR SAUCE (10--12 servings)

1 8 oz. can tomato sauce
2/3 c. white wine vinegar
2/3 c. water
2/3 c. sugar
1 t. salt
2 T. cornstarch
1/4 c. cold water
1/2 t. paprika
1/8 t. allspice

- Combine tomato sauce, vinegar, water, sugar and salt in saucepan.
- Bring to a boil.
- Dissolve cornstarch in cold water; add to sauce.
- Cook and stir sauce until thickened.
- Blend in paprika and allspice.
- Serve either warm or cold.

stuffings

Note: Ingredients listed are sufficient for 3--5 lb. fish. If fish is smaller than 3 lb. the extra dressing can be baked in a casserole and served as a side dish.

BREAD STUFFING

3/4 c. chopped celery
3 T. chopped onion
6 T. melted butter
1 t. salt
1/4 t. pepper
1 t. thyme, sage or dill
4 c. dry bread crumbs

-Cook celery and onion in butter until tender (about 10 min.).

-Add to bread crumbs.

-Blend in seasonings and mix thoroughly.

Suggestion: If very dry, add 2 T. water, milk or fish stock.

CHEESE STUFFING

1/2 c. sliced onion
1/4 c. butter or margarine
3/4 t. salt
dash pepper
2 T. chopped parsley
2 c. dry bread crumbs
1 c. grated cheddar or parmesan cheese

-Sauté onion in butter until tender.

-Add to remaining ingredients and mix thoroughly.

SOUR CREAM STUFFING

1/2 c. chopped onion
3/4 c. chopped celery
1/4 c. melted butter or salad oil
2 T. grated lemon rind
1/4 c. diced peeled lemon
1/2 c. sour cream
1 qt. dry bread crumbs
1 t. each, salt and paprika

-Cook onion and celery in butter until tender.

-Mix lemon rind, sour cream, paprika and salt with bread crumbs.

-Add onion and celery and mix well.

LEMON-RICE STUFFING

1 1/2 c. cooked rice
1/2 c. chopped onion
3/4 c. chopped celery
1/4 c. melted butter or salad oil
1 1/3 c. water
2 T. grated lemon rind
1 t. each, salt and paprika
dash thyme
1/3 c. sour cream
1/4 c. diced peeled lemon

-Cook onion and celery in butter until tender.

-Add water, lemon rind, salt, paprika and thyme; bring to a boil; stir in rice.

-Cover, remove from heat and let stand 5--10 min. (or until liquid is absorbed).

-Add sour cream and lemon; mix lightly.

WHOLE WHEAT SURPRISE STUFFING

1 c. chopped celery
1 c. chopped celery leaves
2 small onions, finely chopped
1/4 c. butter or margarine
1/2 lb. sliced mushrooms
1 loaf whole wheat bread, crumbed
2 t. poultry seasoning
1 t. salt
1/8 t. pepper
1 bottle (8 oz.) stuffed olives, chopped

-Sauté celery, leaves, and onions in butter until onion becomes translucent.

-Add mushrooms and cook 5 min. longer.

-Combine with crumbs; add seasonings and olives.

-Place stuffing on one side of fillet; place other fillet on top and sew fish together.

-Lay fish on greased baking sheet and bake at 425°F, allowing 10 min. per lb.

-Baste frequently - the fish should be tender but not dry.

-Serve with a rich white sauce combined with hard-cooked egg slices.

OLIVE-RICE STUFFING

2 2/3 c. cooked rice
1/2 c. melted butter or salad oil
1 1/2 c. minced onion
2 c. diced celery
2 c. chopped stuffed olives
1/2 t. each, salt, pepper, dried sage and dried thyme

-Sauté onion and celery in butter until tender (about 3 min.).

-Add remaining ingredients and mix well.

serving suggestions

SALADS: tossed green or combination salad, cucumbers in sour cream, cole slaw with pineapple, wilted dandelion salad, fruit and cottage cheese salad, lettuce wedges with dressing, carrot and celery sticks, three-bean salad, sliced tomatoes.

VEGETABLES: kale greens with hard-cooked egg, corn-on-the-cob, succotash, broccoli with lemon butter, sautéed mushrooms, buttered asparagus, baby beets in sour cream, green beans (French style), zucchini or cauliflower with cheese sauce.

SIDE-DISHES: baked beans, macaroni salad, potato salad, scalloped or stuffed potatoes, hash browns, home fries.

DESSERTS: watermelon slices, vanilla ice cream with strawberries, spice cake with lemon sauce, fresh fruit and cheese, baked apples, mixed fruit compote, lemon sherbet.



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