Deep Sea Recipes

Delicious Dishes made with

Gorton's Sea Foods
What Shall We Eat Today?

This folder contains some very helpful answers to the housewife’s daily query. It pictures and describes dishes that are simple to make and which bring to your table the varied and appetizing tastes of the sea. Physicians and health authorities are telling us to eat more fish. Gorton’s Sea Foods enable the housewife to serve delicious fish dishes easily. These delicious foods are all prepared in the famous fishing town of Gloucester, Mass., by the largest packers of sea foods in America.

GORTON-PEW FISHERIES COMPANY
Gloucester, Mass.
Tempting Breakfasts

CODFISH CAKES

Gorton’s “Ready-to-Fry”  Some Frying Fat
A Frying Pan—Preferably a Deep Fat Fryer

Open a can of Gorton’s “Ready-to-Fry” Codfish Cakes. Shape the contents into cakes or balls of whatever size you prefer and drop them into a pan of smoking hot fat. When brown and crisp, serve immediately on warm plates. This is the easiest way known to make delicious fish cakes. It leaves out all the laborious part—the soaking and picking of fish and the cooking and paring of potatoes. Have these fish cakes for your next breakfast.

Codfish Balls
MOCK SCALLOPS
(Not Illustrated)

Open a can of Gorton’s Ready-to-Fry Cod Fish Cakes and form contents into little balls, the size of scallops. Roll each in finely ground bread crumbs. Fry in deep fat until golden brown. Serve with tartare sauce and see what a hit they make.

FISH CAKES IN BLANKETS

1 can Gorton’s Ready-to-Fry Cod Fish Cakes
Mashed Potato  Bacon  Eggs

Thin out the contents of one can Gorton’s Ready-to-Fry Cod Fish Cakes with a small quantity of mashed potato. Then shape into cakes, wrap a strip of bacon around each cake and fasten with a tooth pick. Make a depression in the center and drop an egg in each. Place in shallow pan and bake in hot oven (400° F.) until egg is firm and bacon brown. Garnish with water cress.
CODFISH HASH

Gorton’s Flaked Fish
Boiled Potatoes
Onion
Butter
Egg

Mix the contents of one can of Gorton’s Flaked Fish with an equal quantity of finely chopped boiled potato and an onion chopped fine. Add an egg, well beaten, and a tablespoonful of melted butter. Form into a large cake and brown both sides in a frying pan. The use of pork fat adds to the flavor. Serve immediately on a heated platter, garnishing with parsley or crisp water cress. Poached eggs served with this recipe will make a very appetizing addition.

Codfish hash brings a welcome variation to the daily menu.
**BAKED EGGS WITH COD**

(Not Illustrated)

1. small can Gorton’s Ready-to-Use Codfish
2. 6 Eggs
3. 2 cups Milk
4. 2. tbs. Flour
5. 2 tbs. Butter or Bacon Fat
6. Pepper, Salt
7. Grated Cheese

Blend the butter or fat with the flour. Add milk, season to taste. Flake the codfish into small pieces and mix thoroughly with the sauce. Pour into shallow baking dish. Break the eggs singly into a saucer and slip them on top of the fish mixture. Sprinkle with grated cheese and bake in hot oven until the eggs are firm—from ten to fifteen minutes.

---

**GLOUCESTER STYLE CODFISH**

Gorton’s Codfish  Boiled Potatoes  Cream Paprika  Salt and Pepper

Freshen one package Gorton’s Codfish in cold water. Drain and cut into small pieces. Put in saucepan with two cups of cold boiled potatoes diced. Add seasonings to taste and enough cream to cover. Cook slowly thirty minutes or until the cream thickens. Serve on toast.
CREAMED CODFISH
(See Illustration)
Gorton’s Codfish

Milk

Freshen the codfish by soaking several hours in cold water. Pour off the water and cut the fish into medium sized pieces. Put it in a saucepan and cover with cold water. Let the water come to a boil, then pour off nearly all of it. Add enough milk to cover well and thicken with a small quantity of flour dissolved in water. Stir well to prevent burning. If desired, stir in slowly a well-beaten egg when removing from fire. Serve on toast.

CREAMED FINNAN HADDIE
(Not Illustrated)
Gorton’s Finnan Haddie

Flour

Make a cream sauce of one tablespoon butter, one tablespoon flour, one half cup milk, salt and pepper to taste. Heat the finnan haddie in a pan, place on thin slices of crisp toast and cover with sauce. A sprinkling of chopped parsley adds to the appetizingness.
**Finnan Haddie à la Newburg**

**Ingredients:**
- Gorton’s Finnan Haddie
- Eggs
- Cream
- Lemon Juice
- Paprika
- Butter
- Salt
- Cornstarch

**Instructions:**
1. Make a sauce by melting 4 tablespoons butter and stirring in 1/2 tablespoon cornstarch (or flour if preferred), 1 cup cream, 1/2 teaspoon salt, 1/4 teaspoon paprika. When smooth add one jar Gorton’s Finnan Haddie. Heat thoroughly, then stir in the beaten yolks of two eggs. Last thing before serving, add one teaspoon lemon juice. Serve on thin, crisp toast.
CLAM CHOWDER—NEW ENGLAND STYLE

Place the contents of one can of Gorton’s New England Style Clam Chowder in a saucepan, adding an equal quantity of milk. Let it come to a boil and when ready to serve a spoonful of butter may be added. This Chowder, made from strictly fresh white Clams grown in certified areas, is wholesome and delicious.

CLAM CHOWDER—MANHATTAN STYLE

Start dinner with this delicious soup course. To one can of Gorton’s Manhattan Style Clam Chowder add an equal quantity hot water. Heat to boiling point and serve. Pilot crackers or large biscuits go well with this. Gorton’s makes clam chowder so easy to serve that you’ll have it often.
Haddock Chowder

Gorton's Shore Dinner Haddock Chowder

Heat the contents in a saucepan. Heat an equal quantity of milk in another container. When chowder comes to the boiling point, add milk, a teaspoonful of butter and serve. This is the nearest approach to a real, old-fashioned New England fish chowder that it is possible to produce.

Chowder Pie

(See Illustration)

2 cans Gorton's Haddock Chowder
2 cups mashed Potatoes 1/2 teaspoon Salt
1 tablespoon Butter 1 Egg
2 tablespoons grated Cheese 1 cup Milk
1/8 teaspoon Pepper

Open the chowder and pour into a buttered baking dish. Mix the hot mashed potatoes with butter, milk, salt, pepper, and beaten egg. Beat all together until light and spread as a crust over the chowder. Sprinkle with cheese and bake 15 minutes. (This may be made into individual pies if preferred.)
Mock Deviled Crab

Mock Deviled Crab

Mix ½ tablespoon flour with ½ tablespoon melted butter in saucepan and stir in ¼ cup milk. Add one beaten egg, ½ teaspoon salt, ½ teaspoon cayenne pepper, ½ teaspoon chopped parsley, ½ teaspoon Worcestershire Sauce. Pour the mixture over one can Gorton’s Salad Fish and ¼ cup dry bread crumbs. Mix thoroughly. Brush small ramekins or scallop shells with melted butter and fill with mixture. Sprinkle with crumbs and bake 25 minutes in hot oven. If baked in crab shells, the illusion is absolutely perfect.
COUNTRY SALAD
(Not Illustrated)

2 cans Gorton's Salad Fish   Paprika
1 Cucumber                   ½ teaspoon Salt
1 Egg, hard boiled           Lettuce
1 tbs. Lemon Juice           Mayonnaise

Select a long, thin, firm cucumber—not a fat, seedy one. Chill until crisp, cut into dice and sprinkle with lemon juice and salt. Add the fish well broken up. Toss with fork, adding sufficient mayonnaise to hold the mixture together. Arrange bed of crisp lettuce leaves and mound the salad on same. Slice egg in thin quarter slices and use for garnish. Dust with paprika and serve at once. Add extra mayonnaise if desired.

MOCK CRAB SALAD

Gorton's Salad Fish   Chopped Celery
Salt, Pepper          Vinegar, Oil

Mix the contents of one can of Gorton's Salad Fish with half its quantity of finely chopped celery. Sprinkle with oil and vinegar, just enough to hold the mixture together. Season to taste. Serve on lettuce leaves and cover with mayonnaise. Add any garnish preferred, such as pimento, sliced egg, etc.
CODFISH PUFF

(See Illustration)

2 cups Gorton's Codfish           1 tablespoon Flour
2 cups Potatoes, sliced            1 1/2 cups Milk
1 tablespoon Butter                  3 Eggs

Shred enough codfish to make 2 cups. Peel and slice enough potatoes to make 2 cups. Cover fish and potatoes with cold water and bring to boiling point. Drain, cover with boiling water and cook until potatoes are done. Drain and mash. Make a cream sauce of the butter, flour and milk and add the fish and potatoes. Cook five minutes and cool. Add beaten egg yolks and beat well. Fold in the stiffly beaten egg whites and turn into buttered baking dish. Set dish in shallow pan of water. Bake about 40 minutes in moderate oven (325°F.). Serve immediately. (Codfish puff may be baked in individual dishes if preferred. Bake about 20 minutes.)
Dinner Dishes that Delight

NEW ENGLAND FISH DINNER

Gorton’s Codfish
Boiled Potatoes

Salt Pork
Boiled Beets

Freshen one package of Gorton’s Codfish in cold water for several hours. Change the water and bring to a boil. Keep boiling about fifteen minutes. Make a gravy by frying small cubes of salt pork to a crisp. Add water, thicken with flour and pour over the fish. Serve with hot boiled potatoes and beets. Garnish with the pork scraps if desired.
Codfish Cutlets

Gorton’s Flaked Fish       Butter
Milk                      Cream
Flour                     Salt and Pepper
Chopped Parsley

Melt two tablespoonfuls of butter and stir in two tablespoons flour, one quarter teaspoon salt and one eighth teaspoon pepper. Stir in gradually one cup of milk and one half cup cream until a thick white sauce is formed. Add one can Gorton’s Flaked Fish, mix well and cool. Shape into cutlets, roll in the crumbs, dip in beaten eggs slightly diluted with water, then in crumbs again. Bake in greased pan until brown. Serve with peas and cream sauce.

These are but a very few of the many delicacies that can be made from the Gorton Fish Products and we trust they will serve to suggest many other new ones to the housewife who reads this recipe booklet.
BAKED MACKEREL

I can Gorton's Fresh Mackerel

Bacon in strips

Open a can of mackerel and drain off the liquid. Remove the backbone carefully so as to have the fish in as large pieces as possible. Place fish in a greased pan with strips of bacon over it and bake in hot oven until brown. Serve with slices of lemon and garnish with parsley.

MACKEREL SALAD

I can Gorton's Fresh Mackerel  Lettuce
Mayonnaise  Salt, Pepper

Open a can of mackerel, drain off the liquid. Arrange the fish on crisp lettuce leaves and cover with mayonnaise dressing. Or flake the mackerel into small pieces and mix with celery before covering with mayonnaise. Cucumbers, celery, onion or green peppers make appetizing additions to this salad.
AMERICAN ANTIPASTO
The Ideal Appetizer

Fillets of Mackerel in Pure Olive Oil and condiments.

Open a can of Gorton’s American Antipasto and place the contents into a deep dish and serve.

The delicious flavor of Gorton’s American Antipasto will add zest to your dinners and will greatly facilitate their preparation, because it comes to you all ready to eat.

Then, too, Gorton’s American Antipasto is adaptable for use in canape form.
FILLETS OF SALT MACKEREL
Cooked Ready to Serve

MACKEREL IN CREAM SAUCE
2 tablespoons Butter  
1 cup Milk  
1 tablespoon Flour  
1/8 teaspoon Pepper

Make a cream sauce of the above ingredients. Pour over fish that has been heated in can and serve hot with baked or boiled potato.

BOILED MACKEREL
Place tin in saucepan, cover with cold water. When water boils open can, pour off bouillon. Serve mackerel fillets with boiled potato and drawn butter.
Casserole Codfish

Shred two cups of Gorton’s Codfish and freshen in cold water. Drain and place in a buttered casserole or baking dish. Drench with flour and dot with small bits of butter and sprinkle with paprika. Add milk to cover and bake until brown in moderate oven.

BAKED CREAMED COD

1 lb. Gorton’s Codfish
1 pint Cream Sauce
3 tbs. melted Butter
1 cup Bread Crumbs
Salt
Pepper
Chopped Parsley
Lemon Juice

Strip the codfish into very small pieces. Freshen in cold water several hours. Change the water, bring to boiling point and boil 10 minutes. Make a medium cream sauce of butter, flour and milk. Butter a baking dish and fill with alternate layers of codfish and cream sauce, seasoning with salt, pepper, chopped parsley and a few drops of lemon juice. Mix bread crumbs and butter and spread over top of dish. Brown in quick oven. For variety the top layer may be of mashed potato or biscuit crust.
ROE CROQUETTES
(Not Illustrated)
Gorton’s Deep Sea Roe   Egg
Bread Crumbs            Salt and Pepper

To make this unusual and delicious dish, mix the contents of one can of Gorton’s Deep Sea Roe with one cup of bread crumbs and a well beaten egg. Salt and pepper to taste. Form into croquettes and fry in smoking hot fat. Serve with cream sauce.

ROE WITH BACON
1 can Gorton’s Deep Sea Roe   2 Eggs
6 thin slices Bacon

Fry bacon until crisp. Remove from pan and keep hot. Remove roe from can, drain and pour into the hot bacon fat. Season with salt and pepper and fry very slowly to a delicate brown. Stir in the eggs slightly beaten and cook five minutes longer. Turn out on hot individual plates, garnished with the bacon strips and bit of water cress or parsley.
Famous Family of

Gorton's Manhattan Style Clam Chowder

Just add hot water

Gorton's Flaked Fish
For countless fish delicacies

Gorton's Choice Shore Fresh Mackerel
Fancy fat Fresh Mackerel delicious hot or cold

Gorton's Fiskeboller
Genuine Norwegian style fish balls

Makes unusual croquettes, salads, etc.

The ideal Appetizer

Gorton's American Antipasto

Simply add hot water
Gorton's Sea Foods

Tasty Fillets ready to serve

Generous pieces of salted cod, for many flavorful dishes

Ready to use. Try it with cream sauce

Heat with an equal quantity of milk and serve

You can use it for crab meat

Appetizing morsels of smoked finnan haddie

Just add milk and heat
The house of Gorton-Pew has been the leader in the New England fishing industry for more than half a century. Its products are known today around the entire globe, and have made the name Gorton a synonym for deliciousness and purity and genuine sea-food flavor.