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Recipes Lake Trout and Whitefish
Michigan State University Agricultural Experiment Station
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Recipes

LAKE TROUT
AND
WHITEFISH

MICHIGAN STATE COLLEGE
AGRICULTURAL EXPERIMENT STATION
SECTIONS OF FOODS AND NUTRITION, ZOOLOGY AND
CONSERVATION INSTITUTE
EAST LANSING

Circular Bulletin 209 — January 1948

Recipes

LAKE TROUT

YELLOW PERCH

WHITEFISH

WALLEYE

by

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Lake Trout
Yellow Perch
White Fish
Walleye

THIS bulletin has been prepared to help busy Michigan homemakers plan family meals, using one of the state's most valuable foods, fresh water fish. The fish discussed in this bulletin are popular eating fish caught in the Great Lakes region. Lake trout and whitefish are the favored ones. Whitefish is considered by many to be the best of the white-fleshed variety. The lake trout is a well liked member of the trout family. Yellow pikeperch and yellow perch, not so well known, still delight a fisherman when caught, or a homemaker when cooked.

Fish always has been a favorite with those who enjoy good food. If you, too, enjoy fish prepared at its best, try the suggested methods and the

more unusual sauces, seasoning limits to the use of fish. If you directions have been included ing recipes easily prepared, and

We want you to become f whitefish, yellow pikeperch* caught in great abundance. W so that you will be able to ide and whitefish can be purchase most of the year except in Ma igan. Pike is abundant during the fall months. All have ex be prepared in a variety of way.

Fish is an excellent source which means protein that can fat content of the lake trout a or pike, all are easily digested and vitamins to the diet.

We believe that some pe poorly prepared, or they feel ducing a tasty and attractive di of cooking any protein food. and never to overcook the pr know her fish in making a ch fish, as lake trout or whitefish stays moist; lean fish, as pike cooked with fat to prevent dry is more interesting if served w and garnishes.

Each recipe in this bulletin of the fish and has been tested the variety of recipes and pictu food, and that you will be insp

* In the following pages the term "pi perch or walleyed pike and the term

more unusual sauces, seasonings and accompaniments. There are really no limits to the use of fish. If you feel that you are an amateur cook of fish, directions have been included for handling fish in the kitchen, for tempting recipes easily prepared, and for including fish in the menu.

We want you to become familiar with the appearance of lake trout, whitefish, yellow pikeperch*, and yellow perch, all four of which are caught in great abundance. We have included pictures and descriptions so that you will be able to identify them when you go to market. Trout and whitefish can be purchased throughout the year. Perch is available most of the year except in May, which is closed to perch fishing in Michigan. Pike is abundant during April and May, with a smaller catch during the fall months. All have excellent flavor, are cleaned easily, and may be prepared in a variety of ways.

Fish is an excellent source of protein. It supplies complete protein, which means protein that can be used in place of meat. Although the fat content of the lake trout and whitefish is higher than that of perch or pike, all are easily digested. Fish also contributes valuable minerals and vitamins to the diet.

We believe that some persons avoid fish because it frequently is poorly prepared, or they feel that there is some secret involved in producing a tasty and attractive dish. The secret of cooking fish is the secret of cooking any protein food. This means it is necessary to use low heat and never to overcook the product. Moreover, the homemaker should know her fish in making a choice of cooking method. For instance, fat fish, as lake trout or whitefish, is delicious broiled or baked because it stays moist; lean fish, as pike or perch, is best basted with a sauce or cooked with fat to prevent dryness. Because of its delicate flavor, all fish is more interesting if served with suitable accompaniments such as sauces and garnishes.

Each recipe in this bulletin was developed to bring out the best flavor of the fish and has been tested by judges for appetizing appeal. We hope the variety of recipes and pictures will increase your enjoyment of a fine food, and that you will be inspired to serve fish more than once a week.

* In the following pages the term "pike" refers to the fish that is marketed as yellow pike-perch or walleyed pike and the term "perch" refers to the fish marketed as "yellow perch."

How to Identify these Great

LAKE TROUT

HOW SOLD: Round, drawn, dressed, steaks and fillets

SEASON: All year

AVERAGE SIZE: Usually 2 pounds in weight, sometimes 5, 8 or 10 pounds

DESCRIPTION: Slender, olive-colored and mottled. Oily fish, flesh slightly salmon colored. Flavor distinctive, yet rather delicate.

Lake Trout



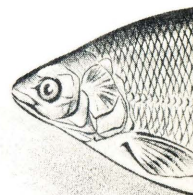
WHITEFISH

HOW SOLD: Round, drawn, and fillets

SEASON: All year

AVERAGE SIZE: 2 to 6 pounds

DESCRIPTION: Back green, silver fish, flesh is white. Flavor yet distinctive.



YELLOW PERCH

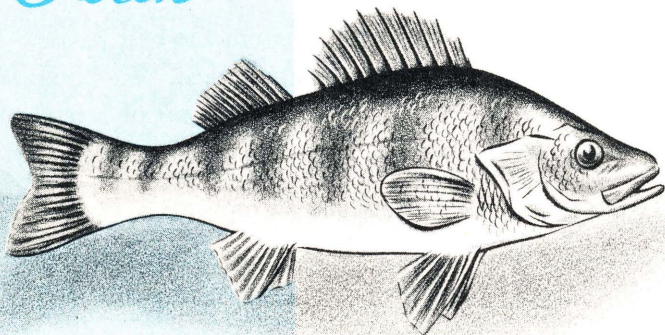
HOW SOLD: Round and fillets

SEASON: Most of the year

AVERAGE SIZE: 1/2 to 2 pounds

DESCRIPTION: Back is greenish, sides yellow with dark bars, underparts white. Flesh lean, white and flaky.

Yellow Perch



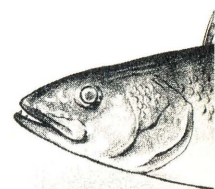
YELLOW PIKEPERC WALLEYE

HOW SOLD: Round, steaks and

SEASON: Spring and fall

AVERAGE SIZE: 2 to 10 pounds

DESCRIPTION: Long, slender fish with a dark back, sides silvery with white. Flesh lean, flaky and white.



These Great Lakes Fish

WHITEFISH

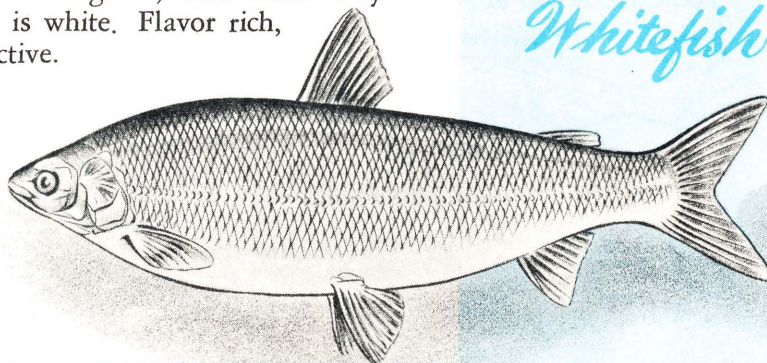
How SOLD: Round, drawn, dressed, steaks and fillets

SEASON: All year

AVERAGE SIZE: 2 to 6 pounds

DESCRIPTION: Back green, sides white. Oily fish, flesh is white. Flavor rich, yet distinctive.

Whitefish



YELLOW PIKEPERCH OR WALLEYE

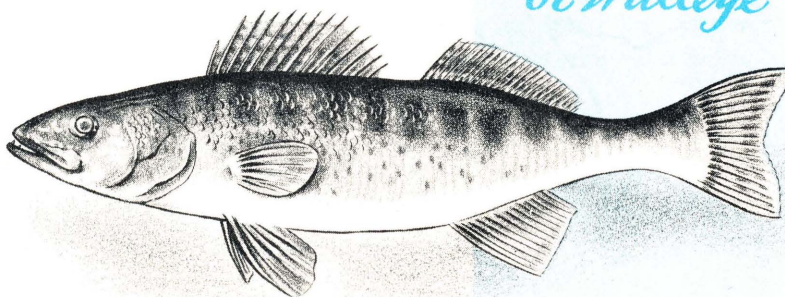
How SOLD: Round, steaks and fillets

SEASON: Spring and fall

AVERAGE SIZE: 2 to 10 pounds

DESCRIPTION: Long, slender body. Greenish back, sides silvery with yellow. Flesh lean, flaky and white.

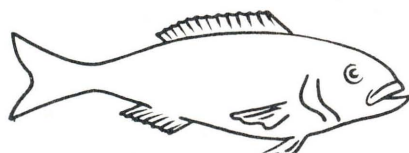
*Yellow
Pikeperch
or Walleye*





HOW TO BUY FISH

Fish may be purchased in the fish market in many forms and cuts. The best method of preparing fish for the table will depend on your selection at the market. Those easiest to cook are the steaks and fillets. You can buy fish in any of these forms:



Whole or Round Fish



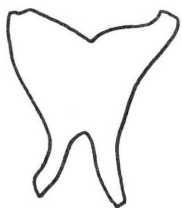
Drawn



Dressed



Pan Dressed



Fillets



Steaks

Whole or round — This is the fish as caught. Lake trout, whitefish and pike are usually bought whole for baking. Before cooking, the fish should be scaled and cleaned and the fins removed; heads and tails removed if desired.

Drawn — This is the whole fish with only entrails removed.

Dressed — A dressed fish has had the entrails, head, tail and usually the fins removed.

Pan dressed — The entrails and usually head, tail and fins are removed. The fish may be split along the back or belly.

Steaks — Steaks are slices cut crosswise from the whole fish, which has been scaled and sometimes skinned. They usually are cut one-half to one inch thick. Fish steaks have the back bone in the center of the cut. This is easily removed when eating.

Fillets — The boneless pieces cut lengthwise from the flesh sides of the fish are termed fillets. If the two halves of the fish are not split, but left joined on the inner side, they are called "butterfly" fillets.

When you are buying drawn fish, they are fresh if:

1. The flesh is firm and the scales should disappear.
2. The gills are bright red.
3. The eyes are bright and clear.
4. The odor is fresh.

HOW MUCH

The amount of fish to buy depends on the meal you are planning. The amount used in average servings. If you are serving the amounts slightly.

Fish with little waste — 1/2 pound per person

Large whole fish (whitefish) — 1/2 pound per person

Fillets of fish — 1/3 pound per person

Fish steaks — 1 steak per person

Small whole fish (perch) — 1/2 pound per person

Dressed fish — 1/2 pound per person

HOW TO PREPARE

Usually fish may be purchased frozen, even so you may sometimes have a large fish. This is not too difficult.

TO SCALE

Grasp the fish firmly by the tail and start scraping off the scales with a fish scaler.

TO CLEAN

Cut off the head close behind the gills. Open the abdominal cavity. Cut around the fins and remove them.

TO BUTTERFLY

Cut into the flesh at each side of the fin and pull it quickly to the side.

When you are buying drawn fish or fish in the round, you can be sure they are fresh if:

1. The flesh is firm and elastic. The imprint of your finger should disappear.
2. The gills are bright red, not slimy or gray.
3. The eyes are bright and full, not gray, dull or sunken.
4. The odor is fresh, not tainted or stale.

HOW MUCH FISH TO BUY

The amount of fish to buy will depend to some extent on the kind of meal you are planning. The amounts listed here are those most commonly used in average servings. If you really like fish, you may wish to increase the amounts slightly.

Fish with little waste — $\frac{1}{4}$ pound per person

Large whole fish (whitefish and trout) — $\frac{1}{2}$ pound per person

Fillets of fish — $\frac{1}{3}$ pound per person

Fish steaks — 1 steak per person, otherwise $\frac{1}{3}$ pound per person

Small whole fish (perch) — 1 fish per person

Dressed fish — $\frac{1}{2}$ pound per person

HOW TO PREPARE FISH FOR COOKING

Usually fish may be purchased in any form in the fish market, but even so you may sometimes have to scale, remove fins or even bone (fillet) a large fish. This is not too difficult if you follow these directions:

TO SCALE FISH

Grasp the fish firmly by the tail. Use a sharp knife with a stiff blade, and start scraping off the scales at the tail and work towards the head.

TO CLEAN FISH

Cut off the head close behind the fins that are attached just below the gills. Open the abdomen full length. Remove the entrails and wash cavity. Cut around the fins so they may be pulled out.

TO FIN FISH

Cut into the flesh at each side of the larger fins. Grasp the rear part of the fin and pull it quickly towards the head of the fish.

TO FILLET FISH

Scale as directed above. Cut the flesh to the bone around the base of the head. Lay the fish on its side and holding the knife blade horizontally, cut to the bone the full length of the back, one-fourth inch on each side of the center. Following close to the backbone and ribs with the knife, cut the flesh away from the bones, one side at a time. Cut the flesh free from the tail, remove abdominal fins. The fillet can either be split into two halves or left together.

CARE OF FISH IN THE HOME

Fresh fish is *very* perishable. It has a delicate structure, is less firm and has less connective tissue than other flesh foods. For this reason it is more perishable and spoils quickly with rough handling and changes in temperature. Proper storage and handling before cooking insure good quality in fish. Poor quality fish are a disappointment and spoil the enjoyment of this fine food.

If the fish is not going to be used immediately, wrap it in moisture-proof paper, or place it in a tightly covered dish so that it will not develop an odor in all the other foods in your refrigerator. Store it in the coldest place in the refrigerator. If you have caught fish, or bought fish in the round, be sure to clean it before storing in a cold place.

The problem of fish odors on hands or dishes is solved easily. Just rub your hands and dishes well with moistened salt, then rinse with hot water before washing with soap and water.

If you have fish you wish to freeze, wrap it in parchment paper or moisture, vaporproof cellophane, then in heavy wrapping paper and freeze immediately. Ready-to-cook frozen fish does not need to be thawed before cooking, but the cooking time will be a little longer. If the cooking is started when the fish is still frozen, loss of flavor juices is avoided. However, if you prefer to thaw fish before cooking, do so quickly. Never refreeze thawed fish, as it spoils very rapidly.



HOW TO

Remember that fish requires special cooking techniques. Over cooking makes fish tough. Fish should be cooked only long enough to retain its natural flavor. Fish is tender before cooking. Good cooking preserves its natural flavor.

Lake trout, whitefish, pike, and bass are two methods of frying: pan frying and deep frying.

Pan Frying

Another term for pan frying is sautéing. It requires a small amount of fat in a frying pan. Be sure the fat is not rancid and that it smokes.

When frying fish, one usually uses a mixture of the fish is dipped in a mixture of crumbs will adhere to the fish. Use a little oil or juice before crumbing, but it is not necessary for flavored lake fish. Any of the following mixtures: flour, cornmeal, a mixture of cracker crumbs, bread crumbs, or a mixture of all for six servings will require a little oil. The mixture luted with 3 tablespoons milk should stand for 5 or 10 minutes before the fish is dipped, coating coming off when the fish is cooked.

The general method of pan frying is to cook the fish with salt and pepper, in a hot, heated, heavy skillet in which the fish is browned one side, turn and broil the other side until done.

HOW TO COOK FISH

Remember that fish requires a short cooking period at low temperatures. Over cooking makes fish dry, tough and unpalatable. Fish needs to be cooked only long enough to change its texture and to develop flavor. Fish is tender before cooking. Poor cooking may make it tough. Good cooking preserves its natural tenderness.

Frying

Lake trout, whitefish, pike and perch all are delicious fried. There are two methods of frying: pan frying and deep-fat frying.

Pan Frying

Another term for pan frying is sautèing. Both terms mean to cook in a small amount of fat in a frying pan. Any type of fat may be used; just be sure the fat is not rancid and that it does not become so overheated that it smokes.

When frying fish, one usually uses a coating of crumbs or flour. Often the fish is dipped in a mixture of egg and water or egg and milk so the crumbs will adhere to the fish. Some persons prefer to soak fish in lemon juice before crumbing, but it does not seem necessary for the delicately flavored lake fish. Any of the following materials may be used for crumbing: flour, cornmeal, a mixture of flour and cornmeal, crushed cornflakes, cracker crumbs, bread crumbs or any other dry cereal. Enough coating for six servings will require approximately $\frac{3}{4}$ cup of crumbs, 1 egg diluted with 3 tablespoons milk or water. If the coated fish is allowed to stand for 5 or 10 minutes before frying, there will be no difficulty in the coating coming off when the fish is cooked.

The general method of pan frying the lake fish is as follows: Sprinkle the fish with salt and pepper, dip in egg and roll in crumbs. Place in a heated, heavy skillet in which 2 to 4 tablespoons of fat has been melted; brown one side, turn and brown the other side. Reduce the heat and cook until done.

Deep-fat Frying

Deep-fat frying requires a large amount of fat heated to a high temperature. Use fat that will stand high temperatures without smoking. The fat should be heated to 360-370° F. and the raw fish cooked 3 to 6 minutes, depending on the thickness of the flesh. If a thermometer is not available, use the bread cube test. You can judge the heat of the fat by the length of time it takes the bread to brown. At a temperature of 360-370° F. a one-inch cube should take 1 to 1¼ minutes to brown.

The general procedure is as follows: cut fish in serving pieces, or, if the fish are the size of perch, leave whole. Wipe with a damp cloth, then wipe as dry as possible. Season with salt and pepper. Dip in flour, egg and crumbs or in a cover batter. Cook until golden brown, then drain on absorbent paper. The recipe for the cover batter is:

COVER BATTER

1 egg	1 t fat
1 c milk	1 c flour
½ t salt	

Beat egg, add milk, salt and melted fat. Add flour and beat until smooth.

If cooked fish is deep-fat fried in the form of croquettes or fish balls, a high temperature is used (380-390° F.) At this temperature a one-inch cube of bread will brown in 40-50 seconds. For croquettes, the fish is flaked finely. A very thick white sauce (4 T flour to 1 c milk), mashed potatoes or some other kind of binding material is added to the fish. To the white sauce and fish add desired seasoning. When the mixture is cold, form into cylinders, 2 to 3 inches long and 1 inch in diameter, cones, cutlets, balls or any other shape. A heaping tablespoon is about the right amount for a croquette. Croquettes should be dipped in egg and crumbs before frying.

Other frying variations recommended are:

TROUT OR WHITEFISH WITH ALMONDS

Dip fish in flour, in egg-milk mixture, in finely chopped almonds, and then in flour again. Season with salt and pepper. Fry slowly.

PIKE WITH

Dip fish in salad dressing until brown.

PERCH WITH

Beat egg with 2 T water. Mix with bread crumbs and prepared mustard. Roll fish in crumbs. Fry until golden brown.

PIKE OR PERCH

2 c cooked fish
1 c mashed potatoes
1 egg
⅛-⅓ cup milk

Mix all ingredients. Shape into balls.

Variation: 1 cup of very mashed potatoes, egg, bread crumbs and flour.

Any of the four fish may be used.

Notes

PIKE WITH SALAD DRESSING

Dip fish in salad dressing, then in seasoned crumbs. Pan fry slowly until brown.

PERCH WITH MUSTARD SAUCE

Beat egg with 2 T water, $\frac{1}{2}$ t Worcestershire sauce and $\frac{1}{2}$ t prepared mustard. Roll fish in flour, dip in seasoned egg, then roll in crumbs. Fry until golden brown.

PIKE OR PERCH CROQUETTES

2 c cooked fish	$\frac{1}{2}$ t salt
1 c mashed potatoes	pepper
1 egg	$\frac{1}{4}$ c bread crumbs
$\frac{1}{8}$ – $\frac{1}{3}$ cup milk	

Mix all ingredients. Shape and pan fry or deep-fat fry.

Variation: 1 cup of very thick white sauce may be used in place of potatoes, egg, bread crumbs and milk.

Any of the four fish may be used in the recipes given above.

Notes



Broiling

Picture a platter of fish, golden brown in color, hot, juicy and tender! Broiling may be done in the oven or on top of the stove in a frying pan. In either case, dry heat is necessary, so be sure to pour off the fat as it accumulates, or to use very little in preparing the frying pan. For oven broiling the oven should be preheated to 450° F. and rack greased. The fish may be broiled whole or split (pike or perch), or cut in serving portions as whitefish and lake trout. Sprinkle the fish with salt and pepper and brush with melted fat or baste with a sauce. Place close to the flame, brown, then lower the rack and cook until done. Another method is to place the rack lower and cook slowly until brown and done. The important fact is to place the fish in a hot broiler and regulate the distance of the fish from the flame to insure even, golden browning. Broiling time depends on thickness of fish and the distance of the fish from the flame. If the broiler rack is about 4 inches below the flame, a piece of fish 1/2-inch thick would require about 5 to 8 minutes; a 1-inch slice 10 to 12 minutes.

Fish also may be dipped in salted milk or cream before broiling, or dipped in egg and crumbs. Trout and whitefish are fat enough so that they need little basting with a melted fat, cream or sauce; pike and perch are improved with these additions. Suggested sauces are listed below:

Sauces for Basting Pike and Perch

CREAM AND LEMON JUICE

1/2 c cream

1 T lemon juice

Mix lemon juice and cream and spread on fish. Repeat two or three times during cooking.

CREAM AND HORSERADISH

1/2 c cream

2 T horseradish

Mix well and baste fish. Repeat two or three times.

CREAM AND MUSTARD

1/2 c cream

1 1/2 T Prepared mustard

Blend mustard and cream. Spread on fish. Repeat two or three times.

BAR

1 t dry mustard

1 t Worcestershire sauce

1/4 c catsup

1 t lemon juice

Mix all ingredients together.
Spread over fish one minute.

MUS

1 t prepared mustard

2 T melted margarine

Blend mustard with melted

SE

1/4 c fat

2 egg yolks, beaten

2 T onion, finely chopped

2 T parsley, finely chopped

2 T pickle, finely chopped

Melt fat, add well beaten

Notes

BARBECUE SAUCE

1 t dry mustard	1 small onion, diced
1 t Worcestershire sauce	1 T diced celery
¼ c catsup	¼ c water
1 t lemon juice	

Mix all ingredients together and simmer 5-10 minutes until thick. Spread over fish one minute before removing from broiler.

MUSTARD SAUCE

1 t prepared mustard	2 T chopped parsley
2 T melted margarine	2 T lemon juice

Blend mustard with melted fat. Add chopped parsley and lemon juice.

SPICY SAUCE

¼ c fat	1 T vinegar
2 egg yolks, beaten	2 T capers
2 T onion, finely chopped	½ t salt
2 T parsley, finely chopped	⅛ t paprika
2 T pickle, finely chopped	2 T lemon juice

Melt fat, add well beaten eggs and then the other ingredients.

Notes



Baked Trout with Dressing

Trout, whitefish and pike when stuffed. Since perch are the dressing rolled in the fillets the dressing put in the center.

Use a moderate temperature for the fish. A hot oven may be used. The time for baking fish depends on the size of the fish. Approximately 12 to 15 minutes per pound.

Before baking, clean and scale the fish. Sprinkle the fish with salt, insert toothpicks, or tie with a string. Place the stuffed fish on an oiled baking pan and bake in a heated oven at 375 to 400° F.

When baking fillets with dressing, place in a shallow dish and bake at 350° F. for 30 minutes.

You will like any of the following dressings for fillets stuffed with dressing:

Dressing Recipes for Fillets

BREAD DRESSING

- 4 T melted fat
- ½ c finely cut celery
- 2 c bread crumbs
- 6-8 T hot water

Cook celery in fat 5 minutes. Drain well; add hot water to moisten.

RAISIN AND CELERY DRESSING

- 2 T raisins, chopped
- 1 medium sized apple, chopped
- 1 c bread crumbs, stale
- 4 T chopped celery

Cook celery in fat. Add other ingredients.

ONION DRESSING

- 1 c crumbs
- 1 t onion, grated
- ⅛ t sage
- few grains pepper

Cook the celery in the fat. Add other ingredients. Mix well.

Baking

Trout, whitefish and pike lend themselves well for baking, especially when stuffed. Since perch are smaller in size, they are better filleted and the dressing rolled in the fillet or the fillet placed in a custard cup and the dressing put in the center.

Use a moderate temperature, depending on the size and thickness of the fish. A hot oven may be used for baking small fish, fillets, or steaks. The time for baking fish depends on the weight of the fish. Allow approximately 12 to 15 minutes per pound.

Before baking, clean and scale the fish, remove head and tail if desired. Sprinkle the fish with salt, inside and out. Stuff, then skewer, fasten with toothpicks, or tie with a string to hold the dressing in place. Place the stuffed fish on an oiled baking sheet or ovenproof platter. Bake in a pre-heated oven at 375 to 400 ° F.

When baking fillets with dressing, place them in a greased baking dish and bake at 350° F. for 30 or 45 minutes.

You will like any of the following recipes for whole fish stuffed, or fillets stuffed with dressing:

Dressing Recipes for Fish

BREAD DRESSING

4 T melted fat	1/4 t salt
1/2 c finely cut celery	1/8 t pepper
2 c bread crumbs	1/2 t grated onion
6-8 T hot water	

Cook celery in fat 5 minutes; add crumbs, salt, pepper and onion; mix well; add hot water to moisten sufficiently to make crumbs hold together.

RAISIN AND APPLE DRESSING

2 T raisins, chopped	2 T melted fat
1 medium sized apple, chopped	1/8 t cinnamon
1 c bread crumbs, stale	1/8 t ginger
4 T chopped celery	salt

Cook celery in fat. Add other ingredients.

ONION-SAGE DRESSING

1 c crumbs	2 T celery, chopped
1 t onion, grated	4 T water, hot
1/8 t sage	2 T melted fat
few grains pepper	

Cook the celery in the fat for 8 minutes. Add the remaining ingredients. Mix well.

BROWN RICE DRESSING

1 c cooked brown rice	2 T chopped celery
2 T fat	1/2 t parsley flakes
1/2 t onion, minced	4 T hot water

salt, pepper, cayenne

Cook the celery in the fat 8 minutes; add the rice, salt, pepper and onion; mix well; add water if necessary to moisten.

CORNBREAD DRESSING

1 c cornbread crumbs	2 T chopped celery
2 T fat	1/2 t parsley flakes
1/2 t onion, minced	8 T hot water

salt, pepper, cayenne

Cook the celery in the fat 8 minutes; add crumbs, salt, pepper and onion; mix well; add water if necessary to moisten.

The dressing recipes specifically recommended are:

FOR TROUT: Bread, Onion-Sage, Brown Rice and Cornbread.

FOR WHITEFISH: Bread, Apple and Raisin, Onion-Sage, Brown Rice and Cornbread.

FOR PIKE: All Dressings.

FOR PERCH: Bread, Onion-Sage and Brown Rice.

Special Recipes

WHITEFISH WITH SOUR CREAM

Flour pieces of the fish in a bag, season with salt and pepper. Heat 2 T fat in heavy skillet, brown the fish. Transfer to casserole or baking dish and cover with sour cream. Bake 350° F. for 30 minutes or until cream is absorbed.

TROUT WITH TOMATOES

3 1/2 pound fish	2 T flour
1 can tomatoes	1/2 c water
1 onion, cut fine	1/2 t Worcestershire sauce
1 piece celery	1 T fat

Salt fish and let stand for an hour. Place fish in greased baking pan. Add all the ingredients except flour, water and Worcestershire sauce. Bake 1/2 hour at 375° F. Make a tomato sauce by straining the drippings, thicken with flour made into paste with water and Worcestershire sauce. If too thick, add more water or lemon juice.

MARINATED PIKE OR PERCH

Marinate fish in a marinade (1/4 c vinegar and 2 T oil) for 30 minutes. Brush with egg, roll in flour or crumbs and bake at 400° F. for 45-60 minutes, depending on thickness of fish. Baste with cream. Serve with lemon.

STUFFED FILLE

6 fillets of pike or 9 of perch
1/2 c mushrooms, chopped
few drops onion juice
3 T fat
1 c bread crumbs

Cut fillets into strips about 1/2 inch wide, place in greased muffin rings or individual baking cups as follows:

Cook mushrooms, onion juice and bread crumbs in rest of the ingredients and mix with melted fat. Cover with oil. Bake at 350° F. for 30-45 minutes. Remove paper, baste tops again with melted fat. Bake an additional 10-15 minutes. Serves 4.

STUFFED

Use any of the stuffing recipes for whitefish, pike or perch. Trim fillets to 1/2 inch thick. Sprinkle with salt and spread with stuffing. Fasten with skewers, place cut side up. Bake at 350° F. for 30-45 minutes. Serves 4.

VARIATION: Take whole fish. Place in greased baking pan. Spread with stuffing. Brush with melted fat. Bake at 350° F. for 1 hour.

FISH LOAF OF

2 c raw fish (boned and skinned)
1 small onion
1 stalk celery
6 stuffed olives (may omit)
1/8-1/4 c water (if necessary)

Put fish, onion, celery, olives and water in greased baking pan. Add the rest of the ingredients. Bake at 375° F. for one hour.

FISH LOAF O

3 c cooked fish
1/2 c cracker or bread crumbs
2 eggs
1/2 t salt

Flake fish. Mix all ingredients. If not moist enough, add the rest of the ingredients. Bake loaf, use for fishburgers or cooking.

STUFFED FILLETS OF PIKE OR PERCH

- | | |
|---------------------------------|-------------------|
| 6 fillets of pike or 9 of perch | 4 T cream or milk |
| 1/2 c mushrooms, chopped | 1/2 t salt |
| few drops onion juice | 1/8 t pepper |
| 3 T fat | few grains mace |
| 1 c bread crumbs | |

Cut fillets into strips about 1 1/2 inches wide and place them inside greased muffin rings or individual custard cups. Fill with stuffing made as follows:

Cook mushrooms, onion juice in fat for several minutes. Add all the rest of the ingredients and mix well. Fill center of each fillet. Baste top with melted fat. Cover with oiled paper. Bake at 350° F. for 20 minutes; remove paper, baste tops again or dot with fat and bake until browned, an additional 10-15 minutes. Serves 6-8.

STUFFED FISH ROLL

Use any of the stuffing recipes suggested. 1 pound fillets — trout, whitefish, pike or perch. Trim the fillets or cut in 1 1/2-2-inch strips. Sprinkle with salt and spread with the dressing. Roll like a jelly roll, fasten with skewers, place cut side down in greased baking dish. Bake at 350° F. for 30-45 minutes. Baste occasionally with melted fat and hot water. Serves 4.

VARIATION: Take whole fillet of trout, whitefish or pike, place in greased baking pan. Spread with dressing. Place another fillet on top. Brush with melted fat. Bake at 350° F. for 30-45 minutes.

FISH LOAF OF TROUT OR WHITEFISH

- | | |
|----------------------------------|-------------------------------|
| 2 c raw fish (boned and skinned) | 1 t parsley |
| 1 small onion | 1/2 c bread or cracker crumbs |
| 1 stalk celery | 2 eggs |
| 6 stuffed olives (may omit) | 1/2 t salt |
| 1/8-1/4 c water (if necessary) | pepper |

Put fish, onion, celery, olives and parsley through a fine meat grinder. Add the rest of the ingredients and mix well. Put in well-greased baking pan, bake at 375° F. for one hour.

FISH LOAF OF PIKE AND PERCH

- | | |
|-------------------------------|--|
| 3 c cooked fish | 1/2 c tomato soup or strained tomatoes |
| 1/2 c cracker or bread crumbs | 1 t Worcestershire sauce |
| 2 eggs | 1/4 c milk |
| 1/2 t salt | pepper |

Flake fish. Mix all ingredients, except milk. If not moist enough, add the milk. Bake as a loaf, use for fishburgers or cook as croquettes.





Planked Whitefish with Vegetables

Planking is more a method of cooking than a recipe. Plank is traditional, but hickory can be used. If you do not have a hickory plank, use a savory product. The method is the same for broiling and baking. Broil the fish on the side up. Then transfer to a baking dish. Sprinkle fish with salt, brush with melted butter, mashed potatoes or duchess potatoes, and a pastry tube. Arrange tomatoes and vegetables attractively around the fish. The texture may be selected, as butter beans with small whole fish. Place on a baking dish and bake in a 350°F oven. Fish are golden brown color (15 minutes per pound) in holder or on a platter and

Broiling, Steaming

Steaming or simmering fish is a simple method so prepared may be served with a sauce, a bulletin, or combined with other ingredients.

By boiling we really mean steaming. To make tender fish to break. To simmer, the fish is left whole. Place in a rack over boiling water, so that it can be lifted easily.

To simmer — Plunge the fish in boiling water to 2 T salt), then reduce the heat. The fish separates easily into flakes. Do not overcook. It may use it as a basis for a fish cake. The highly seasoned water called court bouillon enhances the flavor of boiled fish.

COURT BOUILLON

- 1 quart water
- 1 T salt
- 1 bay leaf
- 1 T lemon juice or vinegar
- 1-2 cloves

Bring all ingredients to a boil.

To steam — Season fish with salt and pepper. Place in a rack over boiling water. Cook 15 minutes per pound, depending on the size of the fish.

Planking

Planking is more a method of serving than of cooking fish. An oak plank is traditional, but hickory or ash or other varieties of wood may be used. If you do not have a plank, a large ovenproof platter yields a savory product. The method of cooking is usually a combination of broiling and baking. Broil the fish first for approximately 5 minutes, skin side up. Then transfer to a heated, greased plank, skin side down. Sprinkle fish with salt, brush with melted fat. Surround with a border of mashed potatoes or duchess potatoes. The potato is often put through pastry tube. Arrange tomatoes and previously cooked parsley carrot balls attractively around the fish. Other vegetables of contrasting color and texture may be selected, as buttered peas and small whole beets, or green string beans with small whole onions stuffed with cheese. Set the plank on a baking dish and bake in a hot oven (450° F.) until potatoes and fish are golden brown color (approximately 20 minutes). Place plank in holder or on a platter and serve.

Broiling, Steaming or Simmering

Steaming or simmering fish are other tasty ways to prepare fish. Fish so prepared may be served with any of the sauces listed at end of the bulletin, or combined with other ingredients into a casserole or salad.

By boiling we really mean simmering. Boiling briskly causes the tender fish to break. To simmer or steam, cut large fish into thick steaks, leave small fish whole. Place fish in cheesecloth or greased wrapping paper, so that it can be lifted out easily without breaking the fish.

To simmer — Plunge the fish into boiling, salted water (1 quart water to 2 T salt), then reduce heat. A test for doneness is that the flesh separates easily into flakes. Do not throw away the fish stock, as you may use it as a basis for a fish sauce. Some people enjoy cooking fish in highly seasoned water called "Court Bouillon" because they feel it enhances the flavor of boiled fish.

COURT BOUILLON

1 quart water	1 onion sliced
1 T salt	2 carrots, sliced
1 bay leaf	¼ c celery and leaves, or
1 T lemon juice or vinegar	1 t celery seed
1-2 cloves	2 whole pepper corns

Bring all ingredients to a boil. Simmer fish in this broth until done.

To steam — Season fish with salt and pepper, place in a steamer or in a rack over boiling water. Time for steaming is approximately 10 to 15 minutes per pound, depending on thickness of pieces.

Recipes for

CREAMED TROUT

- 1 1/2 c cooked, flaked trout
whitefish
- 2 c medium white sauce

Mix ingredients lightly. Place in a greased pan with buttered crumbs and slice. Bake for 15-20 minutes.

BAKED NOODLES AND FISH

- 1 package egg noodles (6 oz.)
- 2 qt. boiling water
- 2 t salt
- 2 c cooked, flaked fish
- 2 hard cooked eggs, sliced
- salt and pepper to taste

Cook noodles in the boiling water for 10 minutes. Drain thoroughly. Combine all ingredients. Add salt and pepper. Bake in a greased casserole at 350° F., for about 30-40 minutes.

STEAMED WHOLE FISH

- 3 lb. trout or whitefish

Wrap head and fins in greased paper. Steam or bake whole fish on greased rack in a large tray. Garnish with sliced lemons or watercress. Garnish with potato curls.

FISH SANDWICHES

(Using trout, whitefish)

- 1 lb. fish
- 1-inch cube salt pork
- 1 onion, sliced
- 1-2 carrots, diced
- 1 qt. water

Combine fish, salt pork, onion, and carrots. Cook on low flame for 15-20 minutes. Drain. Cut potatoes in 1-inch cubes, boil until tender. Add fish flaked and onion. Sprinkle with parsley just before serving. Chops. Serves 6.



*Fish Loaf, Perch Croquettes, and Fishburgers
with Sauce*

Recipes for Fish Casseroles

CREAMED TROUT OR WHITEFISH IN SHELL

- | | |
|---|-------------------------|
| 1 1/2 c cooked, flaked trout or whitefish | 1 c cooked peas |
| 2 c medium white sauce | 6 sliced stuffed olives |

Mix ingredients lightly. Place in shells on a baking pan. Cover fish with buttered crumbs and slivered almonds. Bake 350° F. for 15-20 minutes.

BAKED NOODLES AND TROUT OR WHITEFISH

- | | |
|-------------------------------|--|
| 1 package egg noodles (6 oz.) | 1 green pepper, diced |
| 2 qt. boiling water | 12 ripe or stuffed olives |
| 2 t salt | 1 small can mushrooms |
| 2 c cooked, flaked fish | 2 c white sauce (using 2 c milk, 3 T flour, 3 T fat) |
| 2 hard cooked eggs, sliced | |
| salt and pepper to taste | |

Cook noodles in the boiling, salted water for 5 minutes, drain noodles thoroughly. Combine all ingredients, seasoning to taste with salt and pepper. Bake in a greased casserole dish. Bake in a moderate oven, 350° F., for about 30-40 minutes. Serves 8-10. Good for all fish.

STEAMED WHOLE TROUT OR WHITEFISH

- 3 lb. trout or whitefish with head and tail on

Wrap head and fins in greased parchment or wrapping paper. Steam or bake whole fish on greased rack until done. Chill. When cold, arrange on large tray. Garnish with salad dressing. Arrange on lettuce, endive or watercress. Garnish with radish roses, sliced cucumbers and carrot curls.

FISH CHOWDER

(Using trout, whitefish, pike or perch)

- | | |
|-----------------------|-----------------------|
| 1 lb. fish | 1 t salt |
| 1-inch cube salt pork | 3 large potatoes |
| 1 onion, sliced | 1 T chopped parsley |
| 1-2 carrots, diced | 1/2 c celery, chopped |
| 1 qt. water | 2 c milk |

Combine fish, salt pork, onion, carrots and salt in water, simmer over low flame for 15-20 minutes. Remove fish. Strain stock or not, as desired. Cut potatoes in 1-inch cubes, cook with celery in fish stock until almost tender. Add fish flaked and milk. Bring to boil. Season to taste. Add parsley just before serving. Chowder may be thickened slightly if desired. Serves 6.

TROUT OR PIKE SOUFFLE

- | | |
|-----------------------|-----------------|
| 1 c thick white sauce | 3 whole eggs |
| 1 T horseradish | 1 c flaked fish |
| 1 T minced onion | 1/4 c crumbs |

Mix fish, onion, horseradish, crumbs in white sauce. Beat egg yolks until thick and lemon colored. Beat whites until stiff. Fold yolks into fish mixture when well mixed, fold the beaten whites. Pour into greased casserole. Bake in a pan of hot water at 325° F. for 45-50 minutes. Serves 4-6.

PIKE OR PERCH HASH I

- | | |
|--------------------|---------------|
| 1 c cooked fish | 1 slice onion |
| 2 potatoes | 1/4 t salt |
| 1/3 c diced celery | pepper |
| 2 T fat | 1/4 c catsup |

Cut potatoes small and cook with celery and onion until tender. Melt fat in heavy skillet. Brown fish lightly. Add other ingredients. Cook slowly 30 minutes. Serves 3.

PIKE OR PERCH HASH II

- | | |
|----------------|-------------|
| 1 c raw fish | 1/8 c onion |
| 2 raw potatoes | 1/4 t salt |
| 1/4 c celery | pepper |
| 2 T fat | |

Melt fat in heavy skillet. Add all ingredients and fry slowly until potatoes, fish, celery and onions are tender. Cook for 45-60 minutes. May be made into patties or fried all in one piece. Serves 3. Good with any fish.

PIKE VEGETABLE CASSEROLE

- | | |
|-----------------------------|--|
| 1 1/2 c cooked, flaked fish | 1 c cooked vegetables (peas, diced potatoes, onions, lima beans and carrots) |
| 2 c medium white sauce | |
| buttered crumbs | |
| salt and pepper | |

Mix fish, vegetables and white sauce together gently. Place in buttered casserole dish. Cover with crumbs. Bake at 375° F. for 15 minutes. Serves 4.

VEGETABLE RING WITH CREAMED PERCH

- | | |
|-----------------------------|---|
| 3 c mashed potato | 1 t Worcestershire sauce |
| 1 large onion, chopped fine | 3 c shredded or grated carrots (not slices) |
| 3 eggs | |
| 1 T salt | 1-2 T chopped parsley |

Cook carrots in boiling salted water for 5 minutes, drain. Cook and mash potatoes. Add all ingredients and mix. Pour into a well greased (especially bottom) ring mold or bread pan. Place in pan of water and bake in 350° F. oven approximately 30-45 minutes. Serve with creamed perch. Serves 6.

CREAM

- 1 1/2 c milk
2 1/2 T fat
2 T flour
bay leaf

Heat milk with a piece of bay leaf. Melt fat, add flour and blend until thickened. Add fish and p

PIKE OR

- 2 lb. pike or perch
2 slices bacon, chopped
1 onion, chopped
salt and pepper to taste
few grains nutmeg

Fry bacon, add the fat, then milk and cook until thickened. Add raw fish and season to taste. Cook 5-10 minutes. Serve with anchovies.

Notes

CREAMED PERCH

1 1/2 c milk	1 t chopped parsley
2 1/2 T fat	1/2 t salt
2 T flour	few grains cayenne
bay leaf	1 1/2 c cooked, flaked perch

Heat milk with a piece of bay leaf to scalding. Remove bay leaf. Melt fat, add flour and blend well. Add the milk and stir until smooth and thickened. Add fish and parsley.

PIKE OR PERCH BALLS

2 lb. pike or perch	1 T fat
2 slices bacon, chopped	1 T flour
1 onion, chopped	1 c milk
salt and pepper to taste	2 eggs
few grains nutmeg	

Fry bacon, add the fat, then stir in flour until well blended. Add the milk and cook until thickened. Cool slightly, add the egg and chopped, raw fish and season to taste. Shape into small balls. If balls seem too moist, add cracker crumbs to absorb liquid. Cook in fish stock or water 5-10 minutes. Serve with anchovy sauce.

Notes

Recipes LUNCHEON (trout, u

Prepare the following recipe:

- 1 T granulated gelatin
- ¼ c cold water
- ½ c boiling water

Soak 1 T gelatin in ¼ c cold water to dissolve the gelatin. Allow to become jelly-like in consistency. Arrange slices in the bottom of the mold. Pour one-half of the lemon jelly. Pour the next layer.

Middle Layer:

Mix the following ingredients:

- 2 c cooked fish, flaked
- ¼ c blanched, shredded almonds
- ¼ c mayonnaise

Soak gelatin in cold water and mix into mayonnaise; then pour first layer and let harden.

Top Layer:

Add 1 c chopped celery and to rest of the lemon jelly. Pour and set. To unmold: loosen top of mold in hot water for about 10 minutes. Turn out on watercress or endive. Garnish with slices. Serves 6-8.

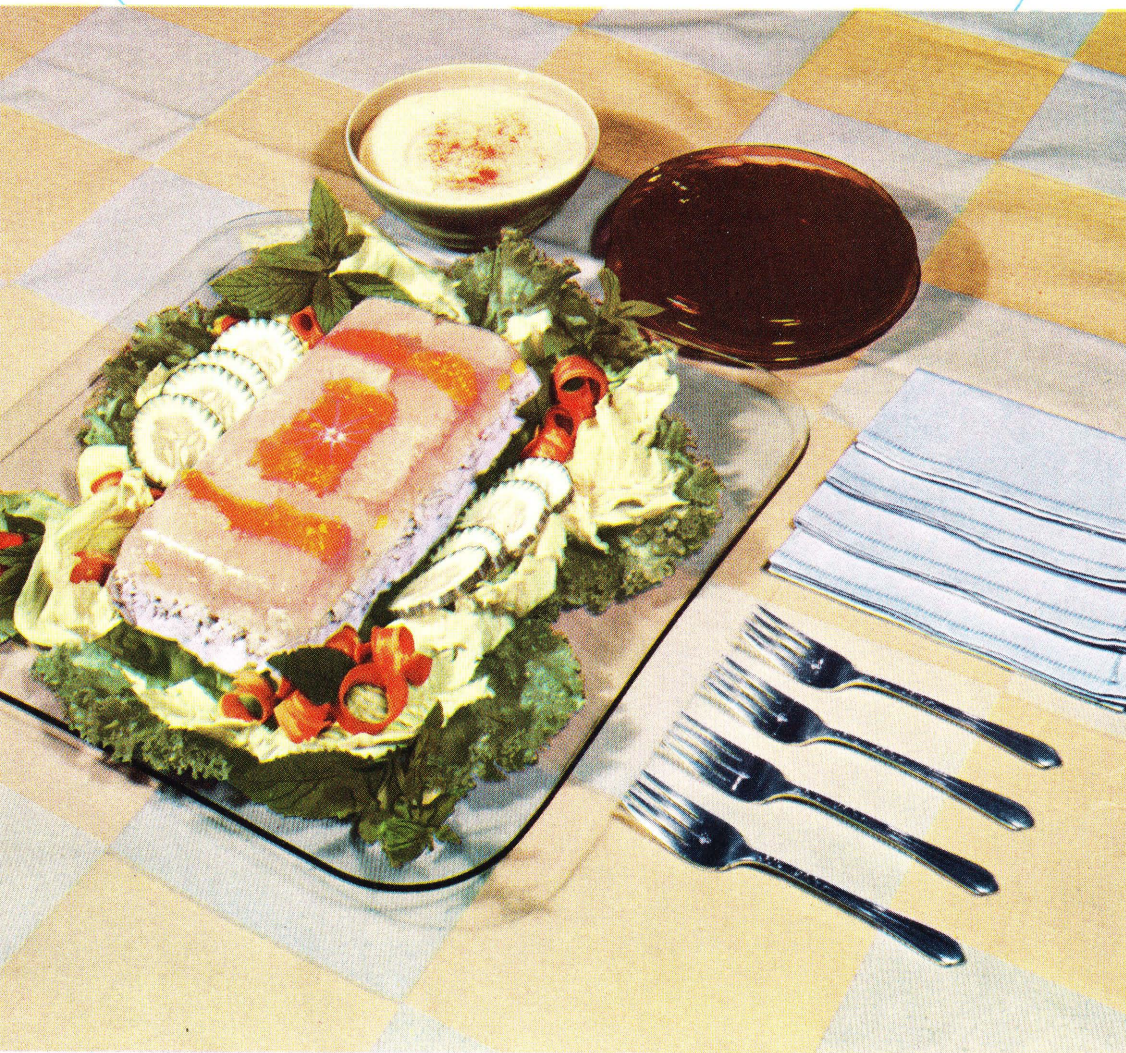
JELLIED PERCH OR

Bottom Layer:

Cube and cook 2 cucumbers with tops or 1 t celery seed and a pinch of salt; then drain tender, put thru a sieve; there amount, add water. Soak 2 T gelatin. Pour the hot cucumber stock over juice, 1½ T sugar and ¼ t paprika.

Middle Layer:

- 1 T gelatin
- ¼ c cold water
- ¾ c boiling water
- 1 T lemon juice
- 2 T catsup



Luncheon Layer Salad

Recipes for Fish Salads

LUNCHEON LAYER SALAD

(trout, whitefish and pike)

Prepare the following recipe for lemon jelly:

1 T granulated gelatin	$\frac{1}{3}$ c sugar
$\frac{1}{4}$ c cold water	$\frac{1}{4}$ c lemon juice
$\frac{1}{2}$ c boiling water	$\frac{3}{4}$ c cold water

Soak 1 T gelatin in $\frac{1}{4}$ c cold water for 5 minutes. Add the boiling water to dissolve the gelatin. Add the rest of the ingredients. Chill until jelly-like in consistency. Arrange layer of grapefruit segments and orange slices in the bottom of the ring mold or rectangular baking pan; add one-half of the lemon jelly. Put in refrigerator to harden before adding the next layer.

Middle Layer:

Mix the following ingredients:

2 c cooked fish, flaked	$\frac{1}{2}$ T gelatin
$\frac{1}{4}$ c blanched, shredded almonds	2 T cold water
$\frac{1}{4}$ c mayonnaise	$\frac{1}{4}$ c lemon jelly (from top layer)

Soak gelatin in cold water for 5 minutes. Dissolve over hot water and mix into mayonnaise; then combine all ingredients. Pour on top of first layer and let harden.

Top Layer:

Add 1 c chopped celery and $\frac{1}{2}$ sliced cucumber (may omit cucumber) to rest of the lemon jelly. Pour on the top of the fish layer and allow to set. To unmold: loosen top of mold or pan with a knife. Set pan or mold in hot water for about one minute. Unmold on a bed of lettuce, watercress or endive. Garnish with carrot curls and cucumber or lemon slices. Serves 6-8.

JELLIED PERCH OR PIKE AND TOMATO SALAD

Bottom Layer:

Cube and cook 2 cucumbers in boiling salted water. Add several celery tops or 1 t celery seed and a large slice onion while cooking. When tender, put thru a sieve; there should be $1\frac{1}{2}$ cups. If there is not that amount, add water. Soak 2 T gelatin in $\frac{1}{3}$ c cold water for 5 minutes. Pour the hot cucumber stock over the gelatin to dissolve. Add 2 T lemon juice, $1\frac{1}{2}$ T sugar and $\frac{1}{4}$ t paprika. Chill until mixture starts to congeal.

Middle Layer:

1 T gelatin	2 T salad dressing
$\frac{1}{4}$ c cold water	1 t salt
$\frac{3}{4}$ c boiling water	1 c cooked fish
1 T lemon juice	2 T cooked peas
2 T catsup	2 T chopped celery

Soak gelatin in cold water for 5 minutes. Dissolve in boiling water. When cool, add the other ingredients. Chill until it starts to congeal. Add to first layer, being sure it has completely hardened.

Top Layer:

- | | |
|------------------------------|-------------------|
| 1 1/2 c tomato juice | 1 1/2 T gelatin |
| 3/4 t salt | 6 T cold water |
| pepper | 1 T vinegar |
| 1 bay leaf | 1/2 t onion juice |
| 2 stalks celery, chopped, or | |
| 1 t celery seed | |

Cook tomatoes with seasoning for 10 minutes. Add the gelatin, softened in cold water, and stir until gelatin dissolves. Add vinegar and onion juice. Strain. Chill. When jelly-like add to other layers, being sure they have set completely. Serves 6-8.

TOSSED PIKE OR TROUT SALAD

- | | |
|-------------------------|-------------------|
| 1 c fish, flaked | 1 t onion, minced |
| 1/2 c celery, chopped | 1/8 t salt |
| 2 T green pepper, diced | 1/2 c dressing |
| 2 hard cooked eggs | |

Mix ingredients together. Chill before serving. Serves 4.

POTATO AND PERCH SALAD

- | | |
|----------------------|---------------------------|
| 2 cooked potatoes | 1 T lemon juice |
| 2 c flaked fish | 1/2 c salad dressing |
| 1/4 c diced celery | 1 t diced onion |
| 1/4 c chopped pickle | 2 hard cooked eggs, diced |
| salt and pepper | |

Combine all ingredients. Chill one-half hour before serving. Serves 4-6.

WHITEFISH AND CABBAGE SALAD

- | | |
|----------------------------------|-----------------------------|
| 2 c cooked, flaked fish | 1/2 c cooked salad dressing |
| 1 c shredded cabbage | 1 T lemon juice |
| 1/2 c shredded, canned pineapple | lettuce |
| 1/3 c blanched almonds, sliced | stuffed olives |
| 1/4 t salt | |

Combine fish, cabbage, pineapple, almonds, salt and lemon juice. Add cooked salad dressing, mix lightly with fork. Serve in lettuce cups. Garnish with toasted almonds and olives. Serves 6.

COOKED SALAD DRESSING

- | | |
|-----------------|----------------------|
| 1/2 c water | 2 eggs |
| 1 lemon (juice) | 2 T sugar |
| 1/2 t salt | 2 T sherry flavoring |

Heat water and lemon juice in a double boiler. Mix eggs, sugar, salt and sherry flavoring and stir into hot liquid gradually. Cook until consistency of custard, stirring constantly. Chill.

Sauces To B

Suggested for Trout

ALMOND

- 1/4 c almonds, blanched and slivered

The slivered almonds are c fat. Just before serving, add th

BECH

- 1 c fish stock
1 slice onion
1 slice carrot
1/2 bay leaf
sprig parsley

Add onion, carrot, bay lea simmer 20 minutes; strain, and Stir flour into melted butter, Add seasonings and cook 5 m

FOR NORMANDY SAUCE — slightly beaten egg yolk. This of cayenne.

FOR BECHAMEL MAYONNA add 1/2 c mayonnaise. Serve a

MAITRE I

- 1/4 c butter
2 t minced parsley

Cream the butter or oleom Add the lemon juice gradually

ANCHOVY-R

- 1/4 c butter or oleomargar 1 t vinegar
1 t anchovy paste

Cream the butter thorough

Sauces To Be Served With Fish

Suggested for Trout and Whitefish

ALMOND BUTTER SAUCE

$\frac{1}{4}$ c almonds, blanched and slivered $\frac{1}{2}$ t lemon juice
3 T oleomargarine or butter

The slivered almonds are cooked very slowly for 15 minutes in the fat. Just before serving, add the lemon juice.

BECHAMEL SAUCE

1 c fish stock 2 T flour
1 slice onion 2 T butter
1 slice carrot $\frac{1}{2}$ c light cream
 $\frac{1}{2}$ bay leaf $\frac{1}{2}$ t pepper
sprig parsley 6 peppercorns

Add onion, carrot, bay leaf, parsley and peppercorns to stock and simmer 20 minutes; strain, and, if necessary, add water to make $\frac{1}{2}$ cup. Stir flour into melted butter, then add hot stock and cream gradually. Add seasonings and cook 5 minutes, stirring constantly.

FOR NORMANDY SAUCE — $\frac{1}{2}$ c hot Bechamel Sauce is stirred into 1 slightly beaten egg yolk. This is added to 1 T lemon juice and a dash of cayenne.

FOR BECHAMEL MAYONNAISE SAUCE — To $\frac{1}{2}$ c hot Bechamel Sauce add $\frac{1}{2}$ c mayonnaise. Serve at once.

MAITRE D'HOTEL BUTTER

$\frac{1}{4}$ c butter dash pepper
2 t minced parsley 1 T lemon juice

Cream the butter or oleomargarine. Add the parsley and seasoning. Add the lemon juice gradually, and beat until fluffy.

ANCHOVY-ROQUEFORT BUTTER

$\frac{1}{4}$ c butter or oleomargarine 1 t prepared mustard
1 t vinegar 2 t Roquefort cheese
1 t anchovy paste

Cream the butter thoroughly and add the remaining ingredients.



Broiled Trout with Sauces

FROM

- 3 T flour
- 2 T butter or oleomargarine
- $\frac{1}{2}$ t salt
- $\frac{1}{2}$ t paprika

A roux is made of the flour and butter. The other ingredients are added gradually and stirred constantly until thick and smooth. Serve with the trout. Spread the sauce on the trout. Make 2 more applications of the sauce.

CA

- 3 T melted butter
- $\frac{1}{4}$ c capers

Melt fat, add capers and cook for 5 minutes.

HOLLA

- 4 egg yolks
- $\frac{1}{2}$ c melted butter
- $\frac{1}{2}$ t salt

Beat the egg yolks in a small bowl. Add butter gradually, stirring constantly. Remove from fire, add the boiling water and seasoning. Replace over boiling water. As soon as thickened, remove from fire. Wipe the sides of the bowl from cooking.

Suggested for Pike and Trout

LEMON

- $\frac{1}{4}$ c butter or oleomargarine
- 1 t lemon juice

Melt the butter. Add remaining ingredients.

TOM

- 1 T fat
- 1 small onion
- 1 T green pepper

Cook onion and green pepper until soft. Add flour, tomatoes and salt. Cook 5 minutes.

FRONTIER SAUCE

3 T flour	dash of tabasco or cayenne
2 T butter or oleomargarine	$\frac{3}{4}$ c tomato juice
$\frac{1}{2}$ t salt	$\frac{1}{4}$ c mushrooms
$\frac{1}{2}$ t paprika	2 T heavy cream

A roux is made of the flour and butter (or oleomargarine), and the other ingredients are added gradually. Cook over a low flame with constant stirring until thick and smooth. Add the heavy cream just before serving. Spread the sauce on the prepared fillets before broiling, and make 2 more applications of sauce during the broiling period.

CAPER SAUCE

3 T melted butter	$\frac{1}{2}$ t lemon juice
$\frac{1}{4}$ c capers	

Melt fat, add capers and cook 5 minutes. Add lemon juice and serve.

HOLLANDAISE SAUCE

4 egg yolks	few grains of cayenne
$\frac{1}{2}$ c melted butter	$\frac{3}{4}$ c boiling water
$\frac{1}{2}$ t salt	2 T strained lemon juice

Beat the egg yolks in a small bowl over, but not touching, hot water. Add butter gradually, stirring all the while until well mixed. Remove from fire, add the boiling water and lemon juice in which is mixed the seasoning. Replace over boiling water and stir constantly until thickened. As soon as thickened, remove from fire and beat a few minutes, keeping the sides of the bowl from continuing to cook the eggs.

Suggested for Pike and Perch

LEMON BUTTER SAUCE

$\frac{1}{4}$ c butter or oleomargarine	$\frac{1}{8}$ t pepper
1 t lemon juice	$\frac{1}{2}$ t finely chopped parsley

Melt the butter. Add remaining ingredients. Serve hot.

TOMATO SAUCE

1 T fat	1 T flour
1 small onion	$1\frac{1}{2}$ c tomatoes
1 T green pepper	$\frac{1}{2}$ t salt

Cook onion and green pepper in the fat until tender but not brown; add flour, tomatoes and salt. Simmer for 10 minutes.

MOCK HOLLANDAISE SAUCE

- | | |
|-----------------------------|-----------------|
| 1 T butter or oleomargarine | 2 egg yolks |
| 1 T flour | 1 lemon (juice) |
| salt, pepper, paprika | 1 egg white |

Melt fat and blend in the flour. Gradually pour on $\frac{2}{3}$ c boiling water and cook as for cream sauce. Remove from fire and add the well beaten yolks of two eggs and the juice from a large lemon. Return to fire in a double boiler and stir constantly until thick, adding salt, pepper and paprika and a few grains of cayenne. Take from fire and fold in the beaten white.

OLIVE SAUCE FOR FISH FILLET

- | | |
|----------------|------------------------|
| 2 T fat | 1 t lemon juice |
| 2 T flour | $\frac{1}{4}$ c olives |
| 1 c fish stock | salt and pepper |

Melt 2 T fat and blend in flour. Add the stock. Bring to the boil. Add remaining ingredients. Pour over fish.

FLUFFY HORSERADISH SAUCE

- | | |
|--------------------------------|-------------------------|
| $\frac{1}{2}$ c whipping cream | 2 T thick mayonnaise |
| 2 T grated horseradish | 1 t lemon juice or |
| $\frac{1}{3}$ t salt | $\frac{1}{2}$ T vinegar |
| dash cayenne | |

Beat cream until stiff. Fold in rest of the ingredients.

TARTAR SAUCE

- | | |
|----------------------------|-------------------------------|
| $\frac{1}{2}$ c mayonnaise | 1 T chopped sweet pickle |
| 1 t chopped green pepper | $\frac{1}{2}$ T chopped onion |
| 1 t chopped pimento | 1 t chopped parsley |

Combine ingredients.

All of these sauces are suitable for any of the four fish.

Menu Suggestions

LUNCHEON

Creamed Trout in Shell	Parsley Potato Balls
Asparagus with Hollandaise Sauce	
Apple Sauce Muffins	Relishes
Strawberries in Minted Orange Juice	
Coffee or Tea	

LUNCHEON

Luncheon Layer Salad with Pike	
Prune Bread	Potato Souffle
Relishes	
Filled Angel Food Cake	
Coffee or Tea	



Creamed

Pla
Duchess Potatoes
Br
Fruit S

Fried Per
Baked Potato
Fresh Spin
Ap

BU

Whole Trout or
Stuffed Tomato S
Assort
Relishes
Fresh Fruit



Creamed Whitefish in Shell

DINNER

Planked Whitefish
 Duchess Potatoes Parsley Carrot Slices
 Broiled Tomatoes
 Fruit Salad Rolls
 Lemon Tarts
 Coffee

DINNER

Fried Perch with Lemon Butter
 Baked Potatoes Buttered Beets
 Fresh Spinach and Radish Salad
 Apple Dumplings
 Coffee

BUFFET SUPPER

Whole Trout or Whitefish with Mayonnaise
 Stuffed Tomato Salad Escalloped Corn
 Assorted Rolls and Bread
 Relishes Jelly Butter
 Fresh Fruit Bowl Cookies
 Iced Tea

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