

Top O' the Mornin'

WITH FISH AND SHELLFISH



Wake up to . . .



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Late Riser Special

CRISPY FRIED RAINBOW TROUT

(Front Cover)

- | | |
|--|-----------------------------------|
| 6 pan-dressed rainbow trout or
other small fish, fresh or
frozen | Dash pepper |
| $\frac{1}{4}$ cup evaporated milk | $\frac{1}{2}$ cup flour |
| $1\frac{1}{2}$ teaspoons salt | $\frac{1}{4}$ cup yellow cornmeal |
| | 1 teaspoon paprika |

Thaw frozen fish. Clean, wash, and dry fish. Combine milk, salt, and pepper. Combine flour, cornmeal, and paprika. Dip fish in milk mixture and roll in flour mixture. Fry in hot fat at moderate heat for 4 to 5 minutes or until brown. Turn carefully and fry 4 to 5 minutes longer or until brown and fish flakes easily when tested with a fork. Drain on absorbent paper. Serves 6.

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Top O' the Mornin'

WITH FISH AND SHELLFISH

Fish for breakfast? Why not? What could be more appealing as an early morning eye-opener than a platter of crispy-fried rainbow trout, table-ready in only a few minutes. Nutritionists agree that one-fourth to one-third of our daily food requirement should be eaten at the morning meal; however, large groups of our population still prefer a few minutes of extra sleep to a hearty breakfast. Probably, as a result of this preference, the habit of the mid-morning pickup has developed. By noon, half of our day's work is done, yet only a small portion of the daily nutritional requirements has been satisfied. A lack of protein in the morning meal no doubt accounts for that mid-morning letdown. Researchers have found this letdown to be a characteristic aftermath of meals which are high in carbohydrates and low in high quality proteins.

Aside from nutritive value, probably the most important requirements of a good breakfast dish are ease and speed of preparation. Breakfast dishes should be tasty and have mild but distinctly pleasant flavors. The ingredients should be readily available and easy on the budget. What other protein food fulfills these requirements better than fish? Fish is a high-quality protein food abundantly supplied with vitamins and minerals; it cooks quickly and has a delicate, distinctive flavor.

Modern transportation, freezing, and icing methods have made most fishery products a "good buy" throughout the country.

For a "change-of-pace" eye-opener . . . *Reverse* the trend of the hop, skip, and run breakfast. *Encourage* your family to eat a hearty first-meal-of-the-day and eat it together. . . . *Capture* a glad-to-be-alive feeling and serve a breakfast that matches this morning mood. *Fill* the menu with favorite foods that say "something different."

Breakfast with seafoods can be the most exciting meal of the day . . . so . . . Top O' the Mornin' with Fish and Shellfish.

3

BREAKFAST PERCH

2 pounds yellow perch fillets or other fillets, fresh or frozen	3 eggs, beaten
¼ cup lemon juice	1½ teaspoons salt
	1 cup flour

Thaw frozen fillets. Cut into serving-size portions. Place fish in a shallow baking dish. Pour lemon juice over fish and let stand 10 minutes, turning once. Combine egg and salt. Roll fillets in flour and dip in egg. Fry immediately in hot fat at moderate heat until brown on one side; turn carefully and brown the other side. Cooking time approximately 6 to 8 minutes depending on thickness of fish. Serves 6.

FRENCH TOASTED SALMON SANDWICH

1 can (1 pound) salmon
½ cup finely chopped celery
¼ cup mayonnaise or
salad dressing
2 tablespoons finely chopped onion
2 tablespoons chopped sweet
pickle or drained pickle
relish
½ teaspoon salt
Dash pepper
12 slices white bread
½ cup milk
2 eggs, beaten
1 cup crushed potato chips



Drain and flake salmon. Combine celery, mayonnaise, onion, pickle, salt, pepper, and salmon. Spread 6 slices of bread with approximately ⅓ cup salmon mixture; cover with remaining 6 slices of bread. Combine milk and egg in a pie plate. Dip sandwiches in egg mixture and then in potato chips. Fry in hot fat, at moderate heat, until brown on one side; turn carefully and brown the other side. Cooking time approximately 10 minutes. Serves 6.

4

CLAM-CORN GRIDDLE CAKES

(Opposite)

2 cans (7½ ounces each) minced clams	1½ cups clam liquor and milk
1½ cups sifted flour	2 eggs, beaten
1 cup yellow corn meal	⅓ cup melted fat or oil
5 teaspoons baking powder	Butter or margarine
1 teaspoon salt	Cran-applesauce

Drain clams, reserving liquor. Sift dry ingredients together. Add remaining ingredients except butter and Cran-applesauce. Stir only until blended. Drop ¼ cup batter onto a hot, well-greased griddle or fry pan. Fry 1 to 2 minutes or until brown. Turn carefully and fry 1 to 2 minutes longer or until brown. Serve with butter and Cran-applesauce. Makes approximately 18 griddle cakes. Serves 6.

CRAN-APPLESAUCE

1 can (1 pound) jellied cranberry sauce	½ cup applesauce
	¼ teaspoon cinnamon

Combine all ingredients and blend thoroughly. Chill. Makes approximately 2 cups sauce.





6

SMOKED FISH HASH

- 1 pound smoked whitefish or other smoked fish*
- 6 slices bacon*
- 4 cups finely diced raw potatoes*
- 2 tablespoons chopped onion*
- 2 tablespoons chopped parsley*
- 1/8 teaspoon pepper*
- 1/3 cup bacon fat or other melted fat or oil*
- 1/2 cup water*
- Paprika*



Remove skin and bones from fish. Flake the fish. Fry bacon until crisp in a 10-inch fry pan; drain on absorbent paper. Crumble bacon. Combine bacon, potatoes, onion, parsley, pepper, and fish. Place fish mixture in hot fat and pour water over the top. Cover and cook over moderate heat for 7 minutes. Turn mixture and cook, uncovered, 6 to 8 minutes longer or until lightly browned. Stir occasionally to mix in the browned potato. Serve on a warm serving platter. Sprinkle with paprika. Serves 6.

PEPPERED SHRIMP AND EGGS

½ pound cooked, peeled, and cleaned shrimp, fresh or frozen

or

2 cans (4½ ounces each) shrimp

3 slices bacon

¾ cup chopped green pepper

½ cup chopped onion

½ teaspoon salt

¼ teaspoon cayenne pepper

6 eggs, beaten

¼ cup coffee cream

½ teaspoon Worcestershire sauce



Thaw frozen shrimp or drain canned shrimp. Rinse canned shrimp with cold water. Cut large shrimp in half. Fry bacon until crisp; drain on absorbent paper. Crumble bacon. Cook green pepper and onion in bacon fat until tender. Add seasonings and shrimp; heat. Combine eggs, cream, Worcestershire sauce, and bacon. Add to shrimp mixture and cook until eggs are firm, stirring occasionally. Serves 6.

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...Brunch

SUNSHINE FILLETS

INGREDIENTS	25 PORTIONS	50 PORTIONS	100 PORTIONS
<i>Flounder fillets or other thin fish fillets (fresh or frozen)</i>	7 lb. 8 oz.	15 lb.	30 lb.
<i>Orange juice concentrate (frozen)</i>	5 oz. (1/2 cup)	10 oz. (1 cup)	1 lb. 4 oz. (2 cups)
<i>Butter or margarine, melted</i>	4 oz. (1/2 cup)	8 oz. (1 cup)	1 lb. (2 cups)
<i>Salt</i>	1/2 oz. (1 Tbsp.)	1 oz. (2 Tbsp.)	2 oz. (1/4 cup)
<i>Nutmeg</i>	1 tsp.	2 tsp.	1 1/3 Tbsp.

Thaw fillets. Divide into portions, about 4 1/2 oz. each. Place skin side down in a single layer on well-greased sheet pans. Thaw orange juice. Combine orange juice, butter, and seasonings. Pour sauce over fish. Bake at 350° F. (moderate oven) 20 to 30 minutes or until fish flakes easily when tested with a fork.

KING CRAB NEWBURG

(Center Photo)

INGREDIENTS	25 PORTIONS	50 PORTIONS	100 PORTIONS
<i>King crab meat</i> (fresh or frozen)	3 lb. 12 oz.	7 lb. 8 oz.	15 lb.
<i>Butter or margarine</i>	9 oz. (1 1/8 cups)	1 lb. 2 oz. (2 1/4 cups)	2 lb. 4 oz. (1 qt. 1/2 cup)
<i>All-purpose flour</i>	4 1/2 oz. (1 1/8 cups)	9 oz. (2 1/4 cups)	1 lb. 2 oz. (1 qt. 1/2 cup)
<i>Paprika</i>	1 Tbsp.	1/2 oz. (2 Tbsp.)	1 oz. (1/4 cup)
<i>Salt</i>	1 1/2 tsp.	1/2 oz. (1 Tbsp.)	1 oz. (2 Tbsp.)
<i>Cayenne pepper</i>	1/4 tsp.	1/2 tsp.	1 tsp.
<i>Hot milk</i>	1 1/2 qt.	3 qt.	1 1/2 gal.
<i>Sherry</i>	1/2 cup	1 cup	2 cups
<i>Toast points</i>			

Thaw frozen crab meat. Drain crab meat. Remove any remaining shell or cartilage from crab meat and cut into 1-inch pieces. Place crab meat in double boiler and heat. Melt butter; blend in flour and seasonings. Stir into milk. Cook and stir constantly until thickened. Add crab meat and sherry. Serve on toast points, using a 1/2 cup ladle.

for a Bunch...

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TUNA SCRAMBLE

(Center Photo)

INGREDIENTS	25 PORTIONS	50 PORTIONS	100 PORTIONS
<i>Canned tuna</i> (6 1/2 or 7 oz. cans)	2	4	8
<i>Eggs</i>	4 lb. (36 large)	8 lb. (72 large)	16 lb. (144 large)
<i>Salt</i>	1/2 oz. (1 Tbsp.)	1 oz. (2 Tbsp.)	2 oz. (1/4 cup)
<i>White Pepper</i>	1/2 tsp.	1 tsp.	2 tsp.
<i>Hot milk</i>	1 qt.	2 qt.	1 gal.
<i>Butter or margarine,</i> <i>melted</i>	4 oz. (1/2 cup)	8 oz. (1 cup)	1 lb. (2 cups)
<i>Toast points</i>			
<i>Parsley, chopped</i>	1/2 oz. (1/2 cup)	1 oz. (1 cup)	2 oz. (2 cups)

Drain tuna. Break into large pieces. Beat eggs slightly. Add salt, pepper, and milk; mix. Pour butter into 4 baking pans (about 12 x 20 x 2 inches), about 4 oz. or 1/2 cup per pan. Place about 12 oz. or 2 cups tuna in each pan. Cover with about 6 lb. or 3 qt. of egg mixture per pan. Bake at 350° F. (moderate oven) 25 to 35 minutes or until eggs are firm, stirring once after 10 minutes baking. Serve on toast points, using a No. 8 scoop (1/2 cup) to measure portions. Garnish with parsley.

SUNDAY TUNA BRUNCH

1 can (6½ or 7 ounces) tuna
1 cup or stick pastry mix
½ cup chopped green onion
1½ tablespoons tuna oil
4 eggs, beaten
1½ cups half and half cream
2 tablespoons chopped parsley
½ teaspoon salt
Dash pepper
¼ cup grated Swiss cheese
Paprika



Drain tuna, reserving oil. Flake tuna. Prepare pastry mix as directed. Roll out pastry and line a 9-inch pie pan. Bake pie shell in a hot oven, 450° F., for 7 to 10 minutes or until light brown. Cook onion in tuna oil until tender. Combine egg, cream, parsley, salt, pepper, onion, and tuna. Pour into pie shell. Top with cheese. Sprinkle with paprika. Bake in a moderate oven, 350° F., for 35 to 45 minutes or until knife inserted in the center comes out clean. Remove from oven and let stand for 10 minutes. Serves 6.

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LOBSTER WAFFLES

(Opposite)

½ pound cooked lobster meat 3 cups waffle mix

Chop lobster meat. Prepare waffle mix as directed. Add lobster meat. Bake in a hot waffle iron until brown. Makes six waffles, 7 inches each.

Waffles may be served with one of the following:

LEMON BUTTER

½ cup butter or margarine ¼ teaspoon grated lemon rind
1 teaspoon lemon juice

Whip butter. Slowly add lemon juice and rind.

CHEESE SAUCE

1 can (10¾ or 11 ounces) ⅓ cup milk
condensed cheese soup

Combine cheese soup and milk. Heat.





FLUFFY SALMON OMELET

<i>1 can (7¾ ounces) salmon</i>	<i>1 teaspoon chopped chives</i>
<i>6 egg whites</i>	<i>½ teaspoon salt</i>
<i>6 egg yolks</i>	<i>Dash oregano</i>
<i>⅓ cup salmon liquid and water</i>	<i>Dash pepper</i>
<i>1 tablespoon chopped parsley</i>	<i>2 tablespoons butter or margarine</i>

Drain salmon, reserving liquid. Flake salmon. Beat egg whites until stiff. Beat egg yolks until thick and lemon colored. Add salmon liquid, parsley, chives, salt, oregano, pepper, and salmon; mix well. Fold into egg white. Pour omelet mixture into hot, buttered 10-inch fry pan and spread evenly. Cook over low heat for 3 to 5 minutes or until lightly browned on bottom. Bake in a moderate oven, 350° F., for 12 to 15 minutes or until knife inserted in the center comes out clean. Cut part way through center of omelet and fold in half. Serve immediately on a warm platter. Serves 6.

TUNA-TOMATO RAREBIT

<i>2 cans (6½ or 7 ounces each) tuna</i>	<i>1 cup grated cheese</i>
<i>1 can (10½ ounces) condensed tomato soup</i>	<i>¼ cup coffee cream</i>
	<i>½ teaspoon prepared mustard</i>
	<i>Toast points or waffles</i>

Drain tuna. Break into large pieces. Combine all ingredients in a saucepan or chafing dish and heat to the boiling point, stirring constantly. Serve over toast points or waffles. Serves 6.

HEARTY SEAFARE

(Opposite)

<i>12 (4 ounces each) frozen, raw, breaded fish portions</i>	<i>¼ cup melted fat or oil</i>
	<i>¾ teaspoon paprika</i>

Place frozen, raw, breaded portions in a single layer on well-greased cooky sheets, 15 x 12 inches. Pour fat over fish. Sprinkle with paprika. Bake in an extremely hot oven, 500° F., for 10 to 15 minutes or until fish is brown and flakes easily when tested with a fork. Serve with Egg Sauce. Serves 6.

EGG SAUCE

<i>¼ cup butter or margarine</i>	<i>2 cups milk</i>
<i>¼ cup flour</i>	<i>2 hard-cooked eggs, chopped</i>
<i>¼ teaspoon salt</i>	<i>2 teaspoons chopped parsley</i>
<i>Dash pepper</i>	<i>2 teaspoons lemon juice</i>

Melt butter; blend in flour, salt, and pepper. Gradually add milk and cook until thick and smooth, stirring constantly. Add remaining ingredients; heat. Serves 6.



SHRIMP IN SOUR CREAM

- | | |
|--|--|
| <i>1 pound cooked, peeled, and
cleaned shrimp, fresh or
frozen</i> | <i>2 tablespoons butter or margarine,
melted</i> |
| <i>or</i> | <i>1 tablespoon flour</i> |
| <i>4 cans (4½ or 5 ounces each)
shrimp</i> | <i>1 can (10 ounces) frozen
condensed cream of shrimp
soup, thawed</i> |
| <i>1 can (4 ounces) sliced mush-
rooms, drained</i> | <i>1 cup sour cream</i> |
| <i>2 tablespoons chopped green
onion</i> | <i>Dash pepper</i> |
| | <i>Toast points</i> |

Thaw frozen shrimp or drain canned shrimp. Rinse canned shrimp with cold water. Cut large shrimp in half. Cook mushrooms and onion in butter until tender. Blend in flour. Add soup and cook until thickened, stirring constantly. Add sour cream, pepper, and shrimp. Heat, stirring occasionally. Serve on toast points. Serves 6.

SHAD ROE AND BACON

- | | |
|--|------------------------|
| <i>1½ pounds shad roe or other
fish roe, fresh or frozen</i> | <i>Dash pepper</i> |
| <i>½ teaspoon salt</i> | <i>12 slices bacon</i> |

Thaw frozen roe. Drain on absorbent paper. Sprinkle with salt and pepper. Fry bacon until crisp in a 10-inch fry pan; drain on absorbent paper. Fry roe in hot bacon fat at moderate heat for 3 to 5 minutes or until brown. Turn carefully and fry 3 to 5 minutes longer or until brown. Drain on absorbent paper. Serve with bacon. Serves 6.

PEACHY SCALLOPS

(Opposite)

- | | |
|---|-------------------------------|
| <i>1 pound scallops, fresh or frozen</i> | <i>12 canned peach halves</i> |
| <i>2 tablespoons melted butter or
margarine</i> | <i>¼ teaspoon cinnamon</i> |
| <i>2 tablespoons lemon juice</i> | <i>¼ teaspoon cloves</i> |
| <i>¼ teaspoon salt</i> | <i>¼ teaspoon mace</i> |
| <i>Dash pepper</i> | <i>¼ teaspoon salt</i> |
| | <i>3 slices bacon</i> |

Thaw frozen scallops. Rinse with cold water to remove any shell particles. Cut scallops into ½-inch pieces. Combine butter, lemon juice, salt, pepper, and scallops. Place peach halves in a baking pan, 11 x 7 x 1 inch. Combine cinnamon, cloves, mace, and salt. Sprinkle over peaches. Place about 2 tablespoons of scallop mixture in center of each peach. Cut bacon into fourths, crosswise. Place a slice on each peach. Broil about 4 inches from source of heat for 8 to 10 minutes or until bacon is crisp. Serves 6.

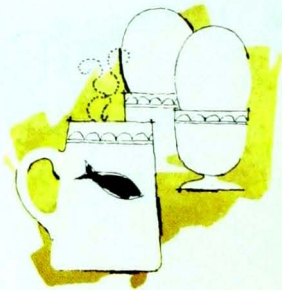




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JIFFY FILLETS

*2 pounds rockfish fillets or other
fish fillets, fresh or frozen*
¼ cup melted fat or oil
2 tablespoons lemon juice
1 teaspoon salt
Dash white pepper
Paprika



Thaw frozen fillets. Cut into serving-size portions. Combine fat, lemon juice, salt, and pepper. Place fish, skin side up, on a well-greased broiler pan and brush with fat. Sprinkle with paprika. Broil about 3 inches from source of heat for 4 to 5 minutes. Turn carefully and brush with remaining fat. Sprinkle with paprika. Broil 4 to 5 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

SESAME SMELT

<i>2 pounds pan-dressed smelt</i> (approximately 15 per pound) or other small pan- dressed fish, fresh or frozen	<i>¼ cup yellow corn meal</i>
<i>1½ teaspoons salt</i>	<i>½ teaspoon salt</i>
<i>Dash pepper</i>	<i>Dash pepper</i>
<i>1 cup pancake mix</i>	<i>1¼ cups milk</i>
	<i>1 jar (2⅛ or 2¼ ounces)</i> <i>sesame seeds</i>
	<i>½ cup flour</i>

Thaw frozen fish. Clean, wash, and dry fish. Sprinkle inside and out with salt and pepper. Combine pancake mix, corn meal, salt, and pepper. Add milk and stir only until blended. Stir in sesame seeds. Roll fish in flour and dip in batter. Place in a single layer in a fry basket. Fry in deep fat, 350° F., for 3 to 4 minutes or until golden brown and fish flakes easily when tested with a fork. Drain on absorbent paper. Keep warm. Serves 6.

PAN FRIED OYSTERS

<i>2 cans (12 ounces each) fresh</i> <i>shucked oysters</i>	<i>Dash pepper</i>
<i>2 eggs, beaten</i>	<i>1½ cups dry bread crumbs</i>
<i>2 tablespoons milk</i>	<i>1½ cups flour</i>
<i>1 teaspoon salt</i>	<i>Lemon wedges</i>

Drain oysters. Combine egg, milk, and seasonings. Combine crumbs and flour. Roll oysters in crumb mixture. Dip in egg mixture and roll in crumb mixture. Fry in hot fat at moderate heat until brown on one side. Turn carefully and brown the other side. Cooking time approximately 5 minutes. Drain on absorbent paper. Serve with lemon wedges. Serves 6. Note: A commercial breading may be used. Follow directions on the package.

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LATE RISER SPECIAL

<i>1 pound smoked whitefish or</i> <i>other smoked fish</i>	<i>1 teaspoon salt</i>
<i>½ cup onion slices, separated</i> <i>into rings</i>	<i>Dash pepper</i>
<i>¼ cup butter or margarine,</i> <i>melted</i>	<i>1 package (8 ounces) sliced</i> <i>Swiss cheese</i>
<i>8 eggs, beaten</i>	<i>6 tablespoons chive cream cheese,</i> <i>softened</i>
<i>¼ cup milk</i>	<i>6 slices pumpernickel bread</i>
	<i>2 tablespoons chopped parsley</i>

Remove skin and bones from fish. Flake the fish. Cook onion in butter until tender. Add fish and heat thoroughly, stirring occasionally. Combine egg, milk, salt, and pepper. Pour over fish and cook until eggs are firm, stirring occasionally. Arrange Swiss cheese over top of eggs. Broil about 4 inches from source of heat for 2 to 3 minutes or until cheese melts. Cut into 6 wedges. Spread bread with cream cheese. Top with fish-egg mixture. Sprinkle with parsley. Serve hot. Serves 6.