

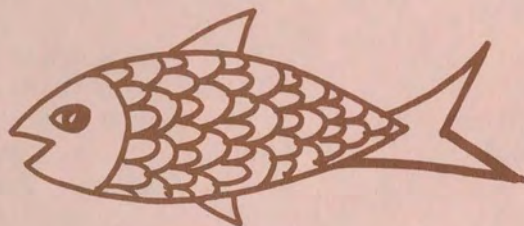
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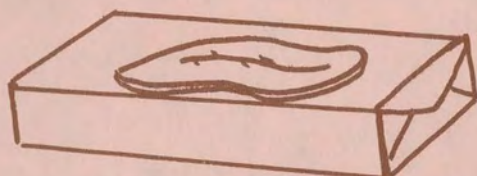
FISH

a good choice for the thrifty family

Fresh



Frozen



FILLETS

Canned



TUNA



SALMON



D447A SARDINES

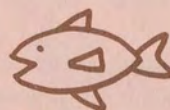
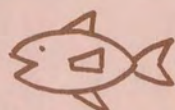
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Helps build muscle

UNIVERSITY OF NORTH CAROLINA
AT GREENSBORO

Fish is good any day of the week



Fish can be broiled, baked, or fried.

HOW TO THAW FROZEN FISH

Keep fish frozen until ready to thaw and cook.

Let thaw in one of these three ways:

- In Refrigerator.—Put package of frozen fish on a tray or flat pan in refrigerator. A 1-pound package will take about 24 hours to thaw.
- In Cold Water.—Put package of frozen fish in a plastic bag. Put bag in a large pan of cold water. Change water often for quicker thawing. A 1-pound package will take 1 to 2 hours to thaw.
- During Cooking.—Frozen fillets, steaks, and small fish may be cooked without thawing. Allow enough cooking time to both thaw and to cook the fish.

- Do not thaw fish sticks or fish portions before cooking.
- Cook thawed frozen fish soon after thawing.
- Do not refreeze thawed fish.

FISH CHEESEBURGERS

- 6 frozen, fried fish portions, or 12 frozen, fried fish sticks
- 6 hamburger rolls
- 6 tablespoons catsup
- 6 slices cheese

Put frozen fish on a flat, greased baking pan.

Bake at 400° F (hot oven) 15 to 20 minutes until hot.

Put bottom halves of hamburger rolls on a flat pan. Top each with 1 fish portion or 2 fish sticks, 1 tablespoon catsup and 1 slice cheese. Add top halves of rolls.

Bake cheeseburgers at 400° F (hot oven) 5 to 10 minutes until cheese melts.

Makes 6 sandwiches.

CRISPY FRIED FISH

- 3 pounds small dressed fish, fresh or frozen
- ¼ cup fluid milk
- 1 ½ teaspoons salt
- Pepper, as you like
- 1 cup flour
- ½ cup cornmeal
- Fat for frying

Thaw frozen fish. Clean, wash, and drain fish.

Mix the milk, salt, and pepper. Set aside.

Mix the flour and cornmeal.

Dip fish in milk and roll in flour mixture.

Heat fat in fry pan. Fry fish over medium heat 4 to 5 minutes until browned on one side. Turn gently and fry 4 to 5 minutes longer until browned on other side and fish flakes easily when tested with a fork. Drain well.

Makes 6 servings.

OVEN-FRIED FISH

- 2 pounds fish fillets, fresh or frozen
- ½ cup fluid milk
- 1 teaspoon salt
- 1 cup toasted, fine dry bread crumbs
- ¼ cup melted fat (margarine or butter)

Thaw frozen fish. Cut in 6 pieces.

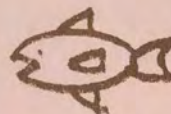
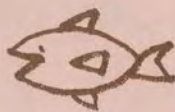
Mix milk and salt.

Dip fish in milk and roll in bread crumbs.

Place on a flat, greased baking pan, skin side down. Pour melted fat over fish.

Bake at 500° F (extremely hot oven) for 10 to 15 minutes until fish flakes easily when tested with a fork.

Makes 6 servings.



BAKED WHOLE FISH

3-pound dressed fish, fresh or frozen
1 ½ teaspoons salt
Pepper, as you like
¼ cup melted fat (margarine or butter)

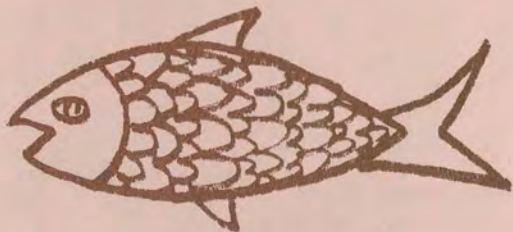
Thaw frozen fish. Clean, wash, and drain fish.

Sprinkle fish with salt and pepper on inside and outside.

Put fish in a greased baking dish. Pour melted fat over fish.

Bake at 350° F (moderate oven) 40 to 60 minutes until fish flakes easily when tested with a fork.

Makes 6 servings.



MACKEREL-POTATO CAKES

1 can mackerel (15 ounces)
½ small onion
1 ½ cups cold, mashed potatoes
1 egg
½ teaspoon salt
Pepper, as you like
Fat for frying

Drain mackerel. Break fish in small pieces. Put in a large bowl.

Chop onion and put in the bowl.

Add potatoes, egg, salt, and pepper. Mix well.

Shape into 12 cakes.

Heat fat in fry pan. Fry cakes over medium heat 3 to 4 minutes until browned on one side. Turn gently and fry 3 to 4 minutes longer until browned on other side. Drain well.

Makes 6 servings, 2 cakes each.

SARDINE SCALLOPED POTATOES

½ small onion
2 tablespoons fat (margarine or butter)
2 tablespoons flour
1 ½ teaspoons salt
Pepper, as you like
2 cups fluid milk
1 cup cut-up cheese
2 cans Maine sardines (3 ¾ or 4 ounces each)

5 large, sliced cooked potatoes

Chop onion. Cook in fat until tender.

Stir in flour, salt and pepper.

Slowly add milk, stirring until smooth. Cook and stir until thickened. Add cheese. Cook and stir until cheese melts. Set aside.

Drain sardines.

Put half the potatoes in a greased baking pan. Cover with sardines. Put rest of potatoes on top.

Pour cheese sauce over potatoes.

Bake at 350° F (moderate oven) 25 to 30 minutes until hot.

Makes 6 servings, about 1 cup each.

FISH STEW

1 pound fish fillets, fresh or frozen
1 large onion
2 large potatoes
⅓ cup fat or oil
3 ½ cups cooked or canned tomatoes
1 cup water
¼ cup catsup
½ teaspoon salt
Pepper, as you like
2 cups cooked or canned mixed vegetables, undrained

Thaw frozen fish.

Chop onion. Cut up potatoes.

Cook onion in fat or oil until tender. Add potatoes, tomatoes, water, catsup, salt, and pepper. Cover and cook over low heat for 30 minutes.

Skin fish and cut in small pieces while potato-tomato mixture is cooking.

Add fish and mixed vegetables to the stew. Cover and cook slowly 15 minutes longer.

Makes 6 servings, about 1 cup each.

BAKED FISH STICKS AND RICE

½ small onion
1 can cream of vegetable soup (10 ¾ ounces)
¾ teaspoon salt
Pepper, as you like
1 cup water
2 cups cooked rice (¾ cup uncooked)
18 frozen, fried fish sticks (about 1 ounce each)

Chop onion.

Mix onion, soup, salt, and pepper in a pan. Slowly add water, stirring until smooth.

Cook and stir over medium heat until soup comes to boiling.

Stir in rice.

Pour rice mixture into a greased baking pan. Put frozen fish sticks on top.

Bake at 350° F (moderate oven) 25 to 30 minutes until hot.

Makes 6 servings.

TUNA BARBECUE

2 cans chunk tuna (6 ½ to 7 ounces each)
1 large onion
1 cup catsup
¾ cup water
2 tablespoons sugar
2 tablespoons vinegar
1 teaspoon prepared mustard
½ teaspoon salt
Pepper, as you like
6 hamburger rolls

Drain oil from tuna into a large pan.

Chop onion. Cook onion in tuna oil until tender.

Add rest of ingredients except tuna. Cook slowly about 20 minutes, stirring to keep from sticking.

Break tuna in large pieces into the sauce. Cook 10 minutes longer stirring as needed to keep from sticking.

Serve on hamburger rolls.

Makes 6 sandwiches, about ¼ cup filling in each.

GRILLED SARDINE-CHEESE SANDWICH

2 cans Maine sardines (3 ¾ or 4 ounces each)
12 slices bread
6 slices cheese
Margarine or butter for browning

Drain sardines. Cut in half the long way.

Put sardines on 6 slices of bread. Top each with 1 slice of cheese. Cover with another slice of bread.

Spread a little of the margarine or butter in a heated fry pan. Put sandwiches in pan. Cook over low heat 4 to 5 minutes until browned on one side.

Turn sandwiches, putting a little more fat under each in the pan. Cook 4 to 5 minutes longer until browned on other side.

Makes 6 sandwiches.

SALMONBURGERS

1 medium-size onion
¼ cup fat (margarine or butter)
2 eggs
1 can salmon (16 ounces)
⅓ cup fine dry bread crumbs
1 teaspoon prepared mustard
½ teaspoon salt
½ cup fine dry bread crumbs
Fat for frying
6 hamburger rolls

Finely chop onion. Cook in ¼ cup fat in a fry pan until tender.

Beat eggs in a large bowl.

Drain salmon, saving ⅓ cup salmon liquid. Break salmon in small pieces. Put in bowl with eggs. Add salmon liquid.

Add the onion, ⅓ cup dry bread crumbs, mustard, and salt. Mix well.

Shape into 6 patties. Roll in ½ cup dry bread crumbs.

Heat fat in fry pan used for cooking onion. Fry salmonburgers over medium heat 3 to 4 minutes until browned on one side. Turn gently and fry 3 to 4 minutes longer until browned on other side. Drain well.

Serve on hamburger rolls.

Makes 6 servings.