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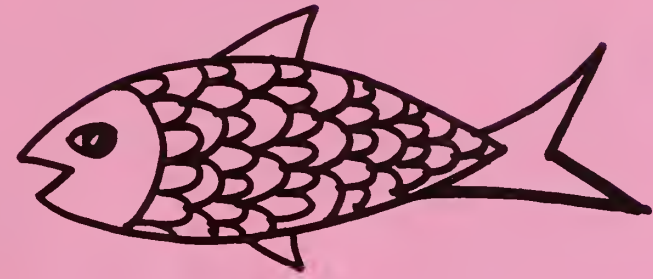
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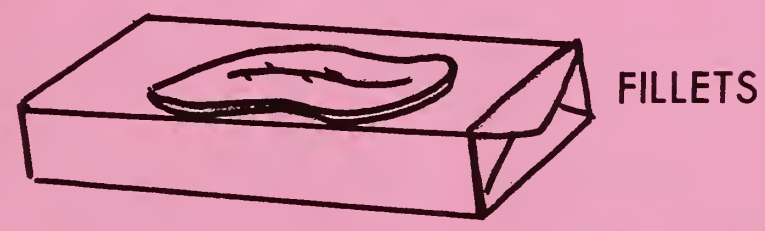
FISH

a good choice for the thrifty family

Fresh



Frozen



Canned



Helps build muscle

Fish is good any day of the week



Fish can be broiled, baked, or fried.

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Crispy Fried Fish

2 pounds small dressed fish, fresh or frozen	1/4 cup milk
1 1/2 teaspoons salt	1/2 cup flour
dash pepper	1/4 cup cornmeal
	Fat or oil for frying

Thaw frozen fish. Clean, wash and dry fish. Add salt and pepper to milk. Mix flour and cornmeal. Dip fish in milk and roll in flour mixture. Fry in hot fat at moderate heat for 4 to 5 minutes or until brown on 1 side. Turn carefully and fry 4 to 5 minutes longer or until other side is brown and fish flakes easily when tested with a fork. Drain on paper. Serves 6.

Fish Stew

1 pound fish fillets, fresh or frozen	1 cup water
1 cup chopped onion	1/4 cup catsup
1/3 cup melted fat or oil	1/2 teaspoon salt
1 can (1 pound 12 ounces) tomatoes	dash pepper
2 cups cut-up potatoes	1 can (1 pound) mixed vegetables

Thaw frozen fillets. Skin fillets and cut into small pieces. Cook onion in fat until tender. Add tomatoes, potatoes, water, catsup and seasonings. Cover and cook over low heat for 30 minutes. Add the fish, mixed vegetables and their liquid. Cover and cook 15 minutes longer or until potatoes are tender. Serves 6.

Salmonburgers

1 can (1 pound) salmon	2 eggs, beaten
1/2 cup chopped onion	1 teaspoon mustard
1/4 cup melted fat or oil	1/2 teaspoon salt
1/3 cup dry bread crumbs	1/2 cup dry bread crumbs
1/3 cup salmon liquid	Fat or oil for frying

Drain salmon. Keep liquid. Break salmon into small pieces. Cook onion in fat until tender. Add 1/3 cup crumbs, salmon liquid, eggs, mustard, salt and salmon; mix well. Shape into 6 burgers. Roll in crumbs. Fry in hot fat at moderate heat for 3 to 4 minutes or until brown on 1 side. Turn carefully and fry 3 to 4 minutes longer or until brown on other side. Drain on paper. Serves 6.