

the way to cook fish

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the way to cook fish

The Fisheries and Marine Service

Consumer Services Division

Promotion of Canadian seafood and fishery products is the primary role of the Consumer Division of the Fisheries and Marine Service. New, tantalizing seafood recipes for everyday family meals, large-scale catering or those special gourmet occasions are constantly being developed by the Consumer Division.

Country-wide promotion is achieved through consumer consultants based in main market centres and by means of an active communications program. These specialists present cooking demonstrations and provide advice at exhibitions, conventions, and on TV, as well as to such groups as dietitians, home economics teachers and students, chefs, and consumer associations.

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THE WAY TO GOOD EATING

Canada is one of the great fishing nations of the world. With supplies of fresh and frozen fish readily available, it is easy for us to enjoy a variety of fish dishes. Fish is an excellent protein food, as shown in Canada's Food Guide, our pattern for meal planning. Fish protein is easily digested and for this reason fish may be included in diets for older people, invalids and young children.

The amount of fat varies greatly with the different kinds of fish. Lean fish, poached or baked without added fat, is a popular menu item for low calorie meals. The fat of fish is also easily digested. Some of the lean fish include cod, haddock, sole, ocean perch, freshwater perch, pike, pickerel, smelt and all shellfish. Halibut and whitefish are classed as moderate in fat while Alaska blackcod, eel, herring, mackerel, salmon, shad, lake trout, tuna and turbot have a fairly high fat content.

In addition to protein and fat, fish supplies some minerals and vitamins. Fish contains iodine and is generally a good source of fluorine and phosphorus. Some calcium is added to our food when the softened bones of canned fish are used. Because the iron content of fish is low, iron must be supplied by other food, such as leafy green vegetables.

Fatty fish has a little vitamin A and is rich in vitamin D. Lean fish does not contain vitamin A or D in the flesh. Fish like meat is a good source of niacin and provides useful amounts of riboflavin as well.

THE WAY TO BUY

Buy frozen, smoked, canned and cured fish all year around.

Buy fresh fish when it is in season. This is the time when the quality of each variety is usually best.

Fresh Whole or Dressed Fish—Look for:

- mild characteristic odour
- bright, full, clear eyes
- bright red gills
- bright characteristic sheen on scales
- tightly adhering scales
- firm or rigid body
- firm elastic flesh that does not retain imprint of fingers when handled.

Fresh Fillets and Steaks—Look for :

- mild characteristic odour
- firm elastic flesh that does not separate easily from the bones
- fresh cut appearance.

Frozen Fish—Whole, Fillets and Steaks—Look for :

- solidly frozen packages
- wrapping material that is moisture-vapour-proof or a glaze of ice
- tightly wrapped packages with little or no air space between fish and package
- firm glossy flesh with no evidence of drying out
- no discoloration or fading of flesh
- no parched white areas indicating freezer burn
- absence of frost and ice crystals when package is opened.

How much to buy

Whole or Round—just as taken from the water	}	Allow 1 pound for
Dressed or Drawn—viscera removed		
Pan dressed—scaled, eviscerated, and usually with head, tail and fins removed	}	Allow 1 pound for
Steaks—cross section slices	}	Allow 1 pound for
Fillets—meaty sides of fish cut lengthwise from the backbone	}	Allow 1 pound for

THE WAY TO STORE

Fresh Whole Fish

- wash in cold water and dry
- wrap tightly or place in a covered container
- store in refrigerator
- use as soon as possible

Fresh Fillets or Steaks

- wipe with damp cloth
- wrap tightly or place in a covered container
- store in refrigerator
- use as soon as possible

Frozen Fish

- store in freezing compartment of refrigerator or in freezer
- do not refreeze fish which has been thawed
- keep solidly frozen at 0°F. or colder until ready to use
- store in original package or moisture-vapour-proof wrap
- use as soon as possible

Canned and Dried Fish

- store in a cool, dry place away from steam pipes and radiators

Smoked Fish

- handle and store in the same way as fresh fish or frozen fish. The smoking process serves only to enhance the flavour and is not sufficient to preserve the fish.

THE WAY TO COOK FISH

For some cooking procedures such as frying and stuffing, it will be necessary to thaw frozen fish. This is best done at refrigerator temperature. Once the fish has been thawed, cook it immediately. Never refreeze fish that has been thawed. You will be disappointed in its quality if you do.

To estimate the approximate amount of time required to cook fish, whether whole, or in steaks or fillets, the following "rule of thumb" should be used:

Measure the thickness of the fish at the thickest part. For fresh fish allow 10 minutes cooking time per inch thickness; for frozen fish allow 20 minutes cooking time per inch thickness. Fish should be cooked only until the flesh becomes opaque and it flakes or separates easily when tested with a fork. This is the basic "Test for Doneness".

METHODS OF COOKING FISH

Fish, unlike meat, contains very little connective tissue. It does not require long, slow cooking. Fish cooked quickly, at a high temperature, will retain its flavour and be moist and juicy. Overcooked fish will lose much of its natural flavour and tenderness. It should be cooked only until the translucent flesh becomes opaque, and the flesh "flakes", or separates easily, when tested with a fork.

The four basic methods of cooking fish are:

Dry heat (bake, broil, barbecue)

Moist heat (poached, steamed)

Pan-fry

Deep-fry

Regardless of the method by which the fish is cooked, it is most important not to overcook it.

DRY HEAT METHOD

In the oven

Baking is a suitable method for cooking whole fish, steaks and fillets, both fresh and frozen.

1. Measure the thickness of the fish at the thickest part.
2. Season fish, place in a greased baking pan, and brush with melted fat or add a topping or sauce.
3. Bake at 450°F. Allow 10 minutes cooking time per inch thickness. If fish is frozen, allow 20 minutes cooking time per inch thickness.

Spencer Baked Fish Fillets

2 pounds fish fillets

½ cup milk

1 teaspoon salt

**½ cup fine dry bread
crumbs**

**2 tablespoons butter or
other fat**

Cut fillets into individual portions and soak three minutes in milk to which salt has been added. Drain and roll in bread crumbs. Place fish in greased baking pan and dot with fat. Bake at 450°F.

Allow 10 minutes cooking time per inch thickness for fresh fish or 20 minutes per inch thickness for frozen fish.

Makes 6 to 8 servings.

Orange Butter Fillets

2 pounds fish fillets

1 teaspoon salt

Few grains pepper

**2 tablespoons orange
juice**

**2 teaspoons grated
orange rind**

**3 tablespoons melted
butter or other fat**

Few grains nutmeg

Cut fillets into serving-size portions. Place in greased baking pan. Combine remaining ingredients and pour over fish.

Bake at 450°F allowing 10 minutes per inch thickness for fresh fish and 20 minutes per inch thickness for frozen fish, or until fish flakes easily when tested with a fork.

Makes 6 to 8 servings.

Baked Fillets with Crispy Cheese Topping

2 pounds fresh or thawed fillets	1 cup chopped onion
½ teaspoon salt	1 teaspoon dry mustard
⅛ teaspoon pepper	1 cup grated cheddar cheese
3 cups soft bread cubes	¼ cup chopped parsley
6 tablespoons butter or other fat	

Season fillets with salt and pepper and place in a greased baking pan. Toast bread cubes. Melt butter and add onion. Cover and cook until tender, (about 5 minutes). Stir in mustard. Combine toasted bread cubes with onion mixture. Add cheese and parsley. Toss gently until well mixed. Spread topping over fillets. Bake at 350°F for 20 to 25 minutes or until fish flakes easily when tested with a fork.

Makes 6 to 8 servings.

Golden Fish Bake

2 pounds frozen fish fillets	4 tablespoons butter or other fat
4 tablespoons flour	1 teaspoon dill seed
1 teaspoon salt	1 cup dairy sour cream
⅛ teaspoon pepper	1 lemon, sliced
1 cup milk	Parsley
2 cups soft bread crumbs	

Cut frozen fillets into serving-size portions. Coat with flour and sprinkle with salt and pepper. Arrange in greased baking pan; pour milk over fish. Bake uncovered at 400°F for 25 minutes.

Toast crumbs lightly in butter in frying pan. Stir dill seed into sour cream. Remove fish from oven; spread with cream mixture; top with toasted crumbs. Bake 5 minutes longer or until sour cream is set. Garnish with lemon slices and parsley.

Makes 6 to 8 servings.

Smoked Fish in Tomato Sauce

2 pounds smoked fillets	1 can (19 ounces)
¼ cup chopped onion	tomatoes
¼ cup butter or other fat	Spice bag—
¼ cup flour	6 peppercorns
1 teaspoon sugar	1 bay leaf
⅛ teaspoon pepper	

Cut fillets into serving-size portions if desired and place in greased baking pan. Cook onion in butter until tender ; blend in flour and cook until bubbly. Add sugar and pepper. Slowly add tomatoes and cook and stir until thickened. Add spice bag and cook for 5 minutes longer. Remove spice bag. Pour sauce over fish and bake at 450°F. Allow 10 minutes cooking time per inch thickness for fresh fish or 20 minutes cooking time per inch thickness if fish is frozen. Allow an additional 5 minutes cooking time in either case because the fish is covered with a sauce.

Makes 6 to 8 servings.

Stuffed Fish

1. Clean the fish by removing the viscera, scales and fins or ask your dealer to do this for you. The head and tail may be left on if desired. Wash and dry the fish.
2. Sprinkle it on the inside with salt. Stuff it loosely with the stuffing of your choice, allowing about $\frac{3}{4}$ cup for each pound of dressed fish (if the backbone is removed, allow about 1 cup for each pound of dressed fish).
3. Fasten the opening with small skewers or toothpicks and loop string about them as you would lace shoes ; or sew the opening with a large needle and coarse thread. Place the stuffed fish on a greased baking pan and brush with melted fat or oil.
4. Measure the stuffed fish at the thickest part. Bake at 450°F. Allow 10 minutes cooking time per inch of stuffed thickness.

Bread Stuffing

- | | |
|--------------------------------|--------------------------------|
| 1/3 cup chopped onion | 1/2 teaspoon seasoning |
| 1/3 cup diced celery | (poultry seasonings, |
| 3 tablespoons butter or | savory, thyme, sage, |
| other fat | dried mint, or |
| 1 teaspoon salt | tarragon) |
| 1/8 teaspoon pepper | 3 cups soft bread cubes |

Cook onion and celery in butter until tender (about 5 minutes). Add cooked vegetables and seasonings to bread crumbs. Toss lightly.

Use to stuff a 3 or 4 pound dressed fish. Stuffing may also be used between two layers of fillets or fish steaks.

Variations:

Tomato Stuffing: Add 1 medium tomato, chopped.

Green Pepper Stuffing: Add 1/3 cup diced green pepper along with, or in place of, onion and/or celery.

Lemon-Sour Cream Stuffing

- | | |
|--------------------------------|------------------------------------|
| 1/4 cup chopped onion | 1/2 teaspoon salt |
| 1/2 cup diced celery | 1/2 teaspoon paprika |
| 2 tablespoons butter or | 1/4 cup dairy sour cream |
| other fat | 2 1/2 cups soft bread cubes |
| 2 teaspoons grated | |
| lemon rind | |

Cook onion and celery in butter until tender (about 5 minutes). Blend lemon rind, salt, paprika and sour cream. Add soft bread cubes. Mix well. Pour celery and onions over mixture and stir until well blended.

Makes enough to stuff a 2 pound dressed fish.

Under the Broiler

Broiling is one of the best and easiest methods of cooking fish steaks, fillets or small whole fish.

1. Measure thickness of the fish and place on a greased broiler pan.
2. Baste with melted fat or a basting sauce.
3. Preheat the broiler and place broiler pan in the oven so that the fish is 2 to 4 inches from heating unit. If fish is frozen place lower in oven to prevent overcooking surface before interior is cooked. Leave oven door ajar unless manufacturer's directions state otherwise.
4. When fish is browned on one side, season and turn. Brush with melted fat and complete cooking and seasoning. Allow 10 minutes cooking time per inch thickness for fresh fish and about 20 minutes cooking time per inch thickness for frozen fish. Cuts of fish $\frac{3}{4}$ to 1 inch thick have less tendency to dry out during broiling than thin cuts. Thin cuts of fish may be broiled without turning.

Broiled Fish

2 pounds fish fillets or steaks

$\frac{1}{4}$ cup melted butter or other fat

$\frac{1}{2}$ teaspoon salt

$\frac{1}{8}$ teaspoon pepper

Have steaks cut 1 inch thick. Cut fillets into serving-size portions and place on greased broiler pan. Brush with half the melted fat. Place broiler pan 2 to 4 inches from heating unit. If fish is frozen, place pan 6 to 8 inches from heating unit. Allow 10 minutes broiling time per inch thickness for fresh fish and 20 minutes per inch thickness for frozen fish. When browned on one side, season and turn fish. Brush with remaining butter and complete cooking. Season and serve.

Makes 6 servings.

Variation: to melted butter, salt and pepper add

$\frac{1}{4}$ teaspoon dried marjoram

1 tablespoon finely chopped onion

1 teaspoon grated lemon rind

3 tablespoons lemon juice

Marinate fish in this sauce, 15 to 20 minutes, turning once. Then broil as above.

Golden Broiled Fish Steaks

**2 pounds fish steaks,
1 inch thick**
**1 tablespoon grated
onion**
**2 tablespoons lemon
juice**

**¼ cup melted butter or
other fat**
1 teaspoon salt
Few grains pepper
**¼ teaspoon thyme or
tarragon**
Paprika and parsley

Place steaks on greased broiler pan. Combine next six ingredients to make a butter sauce. Baste steaks with half of the sauce. Broil until browned ; turn, baste with remaining sauce, and continue broiling until fish flakes easily when tested with a fork. Allow 10 minutes per inch thickness for fresh fish or 20 minutes per inch thickness for frozen fish. Garnish with paprika and parsley.

Makes 4 to 6 servings.

Fillets with Barbecue Sauce

2 pounds fresh fish fillets
**½ cup melted butter or
other fat**
**2 tablespoons lemon
juice**
¼ cup tomato catsup

**1 teaspoon Worcestershire
sauce**
¼ teaspoon dry mustard
1 teaspoon salt
**2 tablespoons minced
onion**
Parsley

Place fillets on a greased broiler pan. Combine butter, lemon juice, catsup, Worcestershire sauce, mustard, salt and onion. Heat mixture and pour over fillets. Place under preheated broiler 2 to 4 inches from the source of heat. Broil fish on one side only, allowing about 10 minutes broiling time per inch thickness of fish. Cook until the fish flakes easily when tested with a fork. Garnish with parsley.

Makes 6 to 8 servings.

On the barbecue

Barbecued Captain's Haddock Fillets

2 pounds haddock fillets

½ cup melted fat or oil

¼ cup lemon juice

2 teaspoons salt

½ teaspoon

Worcestershire sauce

¼ teaspoon pepper

**Few drops tabasco
sauce**

Paprika

Cut fillets into serving-size portions. Combine remaining ingredients, except paprika. Place fish in a greased, hinged wire grill. Baste fish with sauce and sprinkle with paprika. Cook about 4 inches from hot coals for 5 to 6 minutes on each side, or until fish flakes easily when tested with a fork. Baste frequently, and sprinkle with paprika when serving.

Makes 6 to 8 servings.

Note : May also be broiled.



MOIST HEAT

Poached in aluminum foil.

Fish for use in salads, casseroles, fish cakes or creamed fish dishes may be cooked in water or in court bouillon.

2 pounds fish
1 teaspoon salt
1 tablespoon chopped onion

1 tablespoon chopped celery

Sprinkle fish with salt and place on a piece of greased aluminum foil. Measure thickness of fish at thickest part. Add onion and celery and wrap securely. Fold foil over fish securing open edges with double folds to make package water tight. Place the package in rapidly boiling water and cover. When water returns to the boil, time the cooking period. Boil 10 minutes per inch thickness for fresh fish and about 20 minutes per inch thickness for frozen fish. When removing fish from package, save the juices for use in fish sauces.

Makes 6 to 8 servings.

Poached in milk

Fish may also be poached in milk. Smoked fish is especially good when cooked this way.

2 pounds smoked fillets
1 cup milk

1 tablespoon butter
Pepper

Measure thickness of fish. In a covered pan, simmer fillets in milk until fish flakes easily when tested with a fork. Allow 10 minutes cooking time per inch thickness for fresh fish and about 20 minutes cooking time per inch thickness for frozen fish. The fish may be poached in milk on top of the stove or baked in a covered container at 350°F. Allow 15 minutes per inch thickness for fresh fish and 30 minutes per inch thickness for frozen fish; or cook until the fish flakes easily when tested with a fork. Dot with butter and sprinkle with pepper. Serve with milk (thickened or unthickened) poured over the fish.

Makes 6 to 8 servings.

Poached Fish with Olive Sauce

1 pound fish fillets
½ teaspoon salt
1 cup milk
2 tablespoons melted
butter or other fat

2 tablespoons flour
1 teaspoon lemon juice
¼ cup sliced stuffed
olives

Cut fillets into serving-size portions. Simmer gently in salted milk for 5 to 10 minutes or until fish flakes easily when tested with a fork. Remove from heat. Carefully remove fish to heated platter and keep hot. Combine melted butter and flour. Add hot milk, slowly. Cook and stir over low heat until thickened. Add lemon juice and olives. Pour sauce over fish.

Makes 3 to 4 servings.

Steamed

Over boiling water

2 pounds fish

1 teaspoon salt

Use a steamer or improvise one by using a sieve or a colander that will fit into a deep saucepan or soup kettle. Partially fill the bottom of the steamer or kettle with boiling water. Bring the water to a rapid boil. Place the fish in the upper part of steamer or in the sieve or colander and place over boiling water. Don't let water touch the fish. Cover closely. For ease in handling, tie fish in cheesecloth. Allow 10 minutes cooking time per inch thickness for fresh fish and 20 minutes per inch thickness if fish is frozen.

Makes 6 to 8 servings.

In Aluminum Foil in the Oven

The flavour and juices are sealed in by aluminum foil and the fish steams in its own liquid.

1. Measure thickness of fish. If a frozen glazed fish is to be cooked, chip off as much ice glaze as possible. Season fish.
2. Wrap fish in greased aluminum foil. Make double folds in the foil and pinch folds to make steam tight.
3. Place package on baking sheet and bake at 450°F. Allow 10 minutes cooking time per inch thickness for fresh fish and 20 minutes cooking time per inch thickness for frozen fish, plus additional cooking time for heat to penetrate foil and fish. An extra 5 minutes for fresh fish and 10 minutes for frozen fish is recommended.

PAN-FRY

This is a popular method for cooking fish steaks, fillets and small whole fish. For easier handling, frozen fish may be partially thawed and then cooked immediately.

1. If necessary, cut fish into serving-size pieces. Season with salt and pepper.
2. Dip fish in liquid (milk or beaten egg) and then in flour or other breading mixtures.
3. Heat $\frac{1}{4}$ inch of melted fat or oil in frying pan. Have it hot, but not smoking.
4. Fry fish until golden brown on one side, turn and brown the other side. The complete cooking time will be approximately 10 minutes per inch thickness. Drain and serve.

Panfried Fish

**2 pounds fish fillets,
steaks or
small fish
1 teaspoon salt**

**$\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup flour
 $\frac{3}{4}$ cup fine dry bread
crumbs**

Cut fish into serving-size portions. Dip in salted milk and then in flour. For a crispy coating, dip in milk again and then in bread crumbs. Fry in hot fat until golden brown on each side, drain and serve immediately. The complete cooking time will be about 10 minutes per inch thickness for fresh or thawed fish.

Makes 6 to 8 servings.

Filets à la Meunière

- | | |
|---|---|
| 2 pounds fish fillets,
fresh or thawed | 4 teaspoons lemon juice |
| ½ teaspoon salt | 2 tablespoons finely
chopped parsley |
| ⅛ teaspoon pepper | 6 tablespoons butter or
other fat |
| ½ cup flour | |
| Oil for frying | |

Cut fillets into serving-size portions. Season with salt and pepper. Coat with flour. Panfry in ¼ inch hot oil until golden brown (about 5 minutes on each side). Place fish on heated platter. Sprinkle fish with lemon juice and parsley. Keep hot. Drain frying pan and wipe clean with paper towel. Heat butter in pan until it foams and browns lightly. Pour over fish and serve immediately while still foaming.

Makes 6 to 8 servings.

Fried Fillets, Amandine

- | | |
|--|---|
| 2 pounds fish fillets | ¼ to ½ cup fat or
oil for frying |
| ½ teaspoon salt | 2 tablespoons lemon
juice |
| ⅛ teaspoon pepper | ½ cup almonds, blanched
and slivered |
| ½ cup milk | ¼ cup butter |
| ½ cup flour | |
| ¼ cup fine dry bread
crumbs | |

Season fillets with salt and pepper. Dip fillets in milk then in flour. Dip again in milk and then in bread crumbs. In ¼ inch of hot fat or oil, brown fish on both sides, allowing 10 minutes per inch thickness for fresh fish and 20 minutes per inch thickness for frozen fish. Drain fish and arrange on heated platter. Sprinkle with lemon juice. Panfry almonds in butter until golden brown. Pour over fish.

Makes 6 to 8 servings.

Smelt-Tomato Fry

- | | |
|---|---|
| 2 pounds smelts | 4 large tomatoes, sliced |
| 1 egg, beaten | 1 teaspoon sugar |
| 2 tablespoons milk | 1 teaspoon salt |
| 1 teaspoon salt | 2 tablespoons finely
chopped parsley |
| 1 cup dry bread crumbs,
cracker crumbs, or flour | |

Trim off heads and tails of smelts. Clean and wash. Combine egg, milk and salt. Dip fish in egg mixture, and roll in crumbs. Panfry in hot fat. When fish are brown on one side, turn and brown on the other side. Drain and keep hot on a heated platter. Drain frying pan and wipe clean with a paper towel. Heat an additional 1 or 2 tablespoons of fat in it. Sprinkle tomato slices with sugar and salt. Fry in hot fat for 1 minute on each side. Sprinkle with chopped parsley. Place on platter with fish and serve immediately.

Makes 6 to 8 servings.

Note : Other small fish, such as capelin or trout may be substituted for smelts.

Seaburgers

- | | |
|---------------------------------|---|
| 1 pound sole fillets | 6 split, heated hamburger
buns |
| 1 tablespoon lemon juice | Lettuce |
| ¼ cup flour | Mayonnaise |
| ½ teaspoon salt | 6 tomato slices |
| ⅛ teaspoon pepper | Salt |

Separate fillets into 6 portions. Sprinkle with lemon juice. Combine flour, salt and pepper. Coat fish with the mixture. Panfry in about ¼ inch hot oil or melted fat until fish is lightly browned on both sides and flakes easily when tested with a fork. In each bun arrange crisp lettuce, a serving of fried sole, some mayonnaise and a slice of tomato. Season with salt. Serve hot.

Makes 6 servings.

DEEP-FRY METHOD

Fillets, small fish, fish cakes and some shellfish are delicious when fried in deep hot fat. If frozen fish is used, it is preferable to partially thaw it for even cooking throughout.

1. Cut fillets into uniform size not thicker than half an inch. If too thick, make several slits in the sides. This will help the fish to cook more evenly and quickly.
2. Sprinkle fish with salt. Dip in batter or dip in liquid (milk or beaten egg) and then in flour or other breading.
3. Place one layer of fish in frying basket. Do not attempt to fry more than one layer at a time as this lowers temperature of fat below proper cooking temperature.
4. Fry in deep fat preheated to 375°F until golden brown, about 3 or 4 minutes. Drain and serve piping hot.

Crispy Batter

1 cup all-purpose flour

2 tablespoons baking powder

1 ¼ teaspoons salt

2 teaspoons sugar

1 tablespoon salad oil

1 cup water

Mix and sift dry ingredients. Add oil to water. Make a well in the dry ingredients and slowly pour in liquid, stirring until well blended.

Makes sufficient amount for 2 pounds fish.

Note: As a general rule, a batter made with water will be crisp while a batter made with milk will be tender.

Tender Batter for Fish

1 cup all-purpose flour
 ½ teaspoon salt
 1 teaspoon baking powder

2 eggs, beaten
 ½ cup milk
 2 tablespoons oil
 2 tablespoons vinegar

Combine dry ingredients and liquid ingredients in two separate bowls. Add liquid ingredients to flour mixture and beat until smooth with a rotary or electric beater. Allow to stand 10 minutes.

Makes sufficient amount for 2 pounds fish fillets.

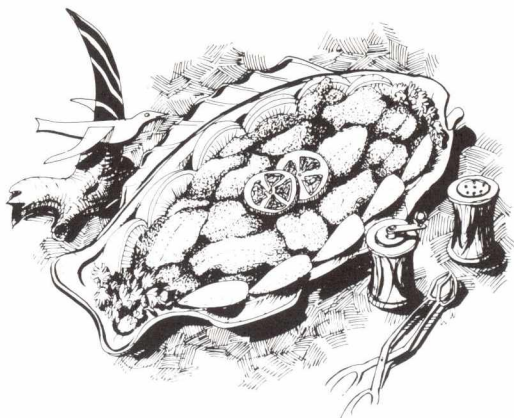
Lemon Batter

1 cup sifted flour
 1 teaspoon baking powder
 ½ teaspoon salt

1 egg, well beaten
 ¾ cup cold water
 Juice of 1 lemon, strained

Sift dry ingredients into a bowl. Make a well in the centre and add liquid ingredients. Stir until smooth.

Makes sufficient amount for 2 pounds of fillets.



SAUCES

Sauces add extra flavour and variety to fish dishes. Creamy rich sauces complement fish with a low fat content. Bright colourful sauces add interest to white-fleshed fish, and sauces with tart and subtle seasonings bring out the delicate flavour of all varieties. Wherever possible use fish stock or juices for all or part of the liquid in a recipe for extra flavour and added food value.

Basic Fish Sauce

**2 tablespoons butter or
other fat**
2 tablespoons flour
½ teaspoon salt

Few grains pepper
**1 cup fish or
chicken stock (or
fish juices plus milk to
make volume)**

Melt fat over low heat. Blend in flour and seasonings. Cook until mixture is bubbly. Add liquid gradually. Cook and stir until thickened. Cook a few minutes longer for best flavour.

Makes 1 cup.

Variations:

Egg Sauce: Add 1 or 2 chopped hard-cooked eggs and 2 tablespoons chopped parsley (if desired).

Cheese Sauce: Add ½ cup grated cheddar cheese. Stir until melted.

Jiffy Cheese Sauce

⅔ cup evaporated milk
**¾ cup grated cheddar
cheese**

⅛ teaspoon paprika

Heat milk over low heat to simmering temperature. Stir in grated cheese. Cook and stir until cheese is melted. Do not boil. Add paprika.

Makes 1 cup.

Tomato Sauce

2 tablespoons chopped onion	1 teaspoon salt
2 tablespoons butter or other fat	1/8 teaspoon pepper
2 tablespoons flour	1 can (19 ounces) tomatoes
1 teaspoon sugar	6 peppercorns
	1 bay leaf

Cook onion in butter until tender. Stir in flour and cook until bubbly. Add sugar, salt and pepper. Slowly add tomatoes. Cook and stir until thick and smooth. Put peppercorns and bay leaf in a cheesecloth bag ; add to sauce. Simmer 5 minutes and remove spice bag.

Makes 2 1/4 cups.

Easy Hollandaise Sauce

3 egg yolks	1/3 cup melted butter or other fat
1/4 teaspoon salt	1/4 cup boiling water
2 tablespoons lemon juice or vinegar	

Beat egg yolks slightly. Add salt and lemon juice. Stir in melted butter and add boiling water. Place over hot, but not boiling water. Cook and stir until thickened, about 5 minutes. This sauce may be prepared in advance, stored in refrigerator and reheated when needed.

Makes 3/4 cup.

Sweet and Sour Sauce

1 1/2 tablespoons cornstarch	2/3 cup catsup
1/2 cup vinegar	1/2 cup sugar
1 beef bouillon cube	1/8 teaspoon garlic powder
1/2 cup boiling water	

Slowly mix cornstarch with vinegar, until the mixture is smooth. Dissolve bouillon cube in boiling water. Combine all the ingredients. Cook over medium heat, stirring constantly until thick and smooth. Cook 10 minutes longer, stirring occasionally.

Makes 1 1/2 cups.

Produced by the Consumer Division in
cooperation with the Information Branch

Fisheries and Marine Service,
Environment Canada.

Photography : M. Biddall
Graphic Services,
Environment Canada

Design : Graphic Services.

© Information Canada
Catalogue No. Fs 32-37/1975
Ottawa, 1975

This booklet is one of a series prepared
by the Consumer Division of the
Fisheries and Marine Service, featuring
taste-proven recipes. For further
information contact :

Consumer Services Division,
Fisheries and Marine Service,
Environment Canada,
Ottawa, Ont.
K1A 0H3
Phone 998-8724