

## FISH STICK BURGERS

Sandwiches (protein-rich)

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
18 lb. 12 oz.-----	300 sticks (1 oz. each)	Frozen fried fish sticks.....		1. Place frozen fried fish sticks in a single layer in well-greased baking pans. 2. Bake at 400° F. (hot) about 15 to 20 minutes or until heated through and crisp. 3. Combine mayonnaise and relish. Chill. 4. Spread butter or margarine on rolls. 5. Place 3 fish sticks on bottom half of each roll. Top with approximately 1 tablespoon relish sauce and top half of roll.
2 lb.-----	1 qt.-----	Mayonnaise or salad dressing		
1 lb. 4 oz.-----	2 cups.-----	Undrained sweet pickle relish		
1 lb.-----	2 cups.-----	Butter or margarine.....		
	100.-----	Hamburger rolls.....		

PORTION: 1 sandwich—provides 2 ounces cooked fish.

### VARIATION

1. **FISH BURGERS.** Use 18 pounds 12 ounces (100 portions, 3 ounces each) frozen fried fish portions in place of frozen fried fish sticks. Bake at 400° F. (hot) for 20 to 25 minutes. One portion provides 2 ounces cooked fish.

## HOT FISH FLAKE SANDWICHES

Sandwiches (protein-rich)

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
8 cans (14 oz. each)	1 gal.	Drained fish flakes.....		1. Separate fish into flakes.
10 oz.	2 cups.....	Chopped green pepper.....		2. Cook green pepper in the fat until tender.
8 oz.	1 cup.....	Melted butter or margarine.....		3. Combine eggs, milk, onion, fish, and green pepper. Add salt to taste.
	2 qt. 1½ cups (48)	Eggs, beaten.....		4. Pour into 4 well-greased baking pans (about 10 by 16 by 2 inches) 2 quarts or about 3 pounds 14 ounces per pan.
6 oz.	1¼ qt. 1 cup.....	Milk..... Chopped onion..... Salt, to taste.....		5. Bake at 350° F. (moderate) about 25 minutes; stir once after 15 minutes baking.
	100.....	Hamburger rolls.....		6. Portion with a No. 16 scoop (¼ cup).
1 lb.	2 cups.....	Butter or margarine.....		7. Prepare sandwiches.

PORTION: 1 sandwich—provides the equivalent of 2 ounces protein-rich food.

### VARIATIONS

- HOT FISH SANDWICHES.** Use 7 pounds (3½ quarts) flaked cooked fish in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.
- HOT PACIFIC SARDINE SANDWICHES.** Use 10 cans (15 ounces each) or 3¾ quarts drained Pacific sardines in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.
- HOT SALMON SANDWICHES.** Use 9 cans (16 ounces each) or 1 gallon drained salmon in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.
- HOT SHRIMP SANDWICHES.** Use 7 pounds (1½ gallons) cooked, peeled, and cleaned shrimp in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.
- HOT TUNA SANDWICHES.** Use 19 cans (6½ or 7 ounces each) or 1 gallon ¾ quart drained tuna in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.

# MACKEREL-NOODLE CASSEROLE

Main Dishes (protein-rich)

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
14 cans (15 oz. each)	1 1/4 gal.	Drained mackerel		<ol style="list-style-type: none"> <li>1. Flake the fish.</li> <li>2. Add noodles to boiling salted water and stir. Cook for 14 to 16 minutes. Drain. Rinse with water to remove excess starch.</li> <li>3. Cook green pepper and onion in the fat until tender. Blend in flour and salt. Stir into milk. Cook until thickened, stirring constantly. Add cheese and blend.</li> <li>4. Combine mackerel, noodles, and sauce. Pour into 4 well-greased baking pans (about 12 by 20 by 2 inches) 1 gallon or about 8 pounds 10 ounces per pan.</li> <li>5. Top with crumbs which have been mixed with the fat.</li> <li>6. Bake at 350° F. (moderate) about 45 minutes or until crumbs are brown.</li> </ol>
2 lb. 4 oz.	1 gal.	Uncooked noodles		
1 1/2 oz.	1 gal. 1 1/4 qt.	Water		
	3 tbsp.	Salt		
1 lb.	3 cups	Chopped green pepper		
1 lb.	2 1/2 cups	Chopped onion		
1 lb. 8 oz.	3 cups	Melted butter or margarine		
1 lb.	1 qt.	All-purpose flour		
1 1/2 oz.	3 tbsp.	Salt		
2 lb.	1 1/2 gal.	Hot milk		
	2 qt.	Grated cheese		
1 lb. 8 oz.	1 1/2 qt.	Dry bread crumbs		
8 oz.	1 cup	Melted butter or margarine		

PORTION: 3/4 cup—provides the equivalent of 2 ounces protein-rich food.

### VARIATIONS

- FISH-NOODLE CASSEROLE.** Use 10 pounds 8 ounces (1 gallon 1 1/4 quarts) flaked cooked fish in place of mackerel. One portion provides the equivalent of 2 ounces protein-rich food.
- FISH FLAKE-NOODLE CASSEROLE.** Use 13 cans (14 ounces each) or 1 1/2 gallons drained fish flakes in place of mackerel. One portion provides the equivalent of 2 ounces protein-rich food.
- PACIFIC SAHARINE-NOODLE CASSEROLE.** Use 16 cans (15 ounces each) or 1 1/2 gallons drained Pacific sardines in place of mackerel. One portion provides the equivalent of 2 ounces protein-rich food.
- SALMON-NOODLE CASSEROLE.** Use 14 cans (16 ounces each) or 1 1/2 gallons drained salmon in place of mackerel. One portion provides the equivalent of 2 ounces protein-rich food.
- TUNA-NOODLE CASSEROLE.** Use 28 cans (6 1/2 or 7 ounces each) or 1 3/4 gallons drained tuna in place of mackerel. One portion provides the equivalent of 2 ounces protein-rich food.

**MACKEREL SALAD**

**Salads (protein-rich)**

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
13 cans (15 oz. each)	1 gal. ½ qt.	Drained mackerel.....		1. Flake the fish.
				2. Combine all ingredients except salt and mix lightly. Add salt to taste. Chill.
3 lb.	24	Hard-cooked eggs, chopped.....		3. Portion with a No. 10 scoop (¾ cup) and serve on salad greens.
6 oz.	3 qt.	Diced celery.....		
1 lb. 4 oz.	1 cup.	Chopped onion.....		
	2 cups.	Undrained sweet pickle relish.....		
3 lb.	1½ qt.	Salad dressing.....		
		Salt, to taste.....		

PORTION: ¾ cup—provides the equivalent of 2 ounces protein-rich food.

**VARIATIONS**

- FISH SALAD.** Use 9 pounds 8 ounces (1 gallon ¾ quart) flaked cooked fish in place of mackerel. One portion provides the equivalent of 2 ounces protein-rich food.
- FISH FLAKE SALAD.** Use 12 cans (14 ounces each) or 1 gallon 1½ quarts drained fish flakes in place of mackerel. One portion provides the equivalent of 2 ounces protein-rich food.
- PACIFIC SARDINE SALAD.** Use 14 cans (15 ounces each) or 1 gallon 1¼ quarts drained Pacific sardines in place of mackerel. One portion provides the equivalent of 2 ounces protein-rich food.
- SALMON SALAD.** Use 13 cans (16 ounces each) or 1 gallon 1¾ quarts drained salmon in place of mackerel. One portion provides the equivalent of 2 ounces protein-rich food.
- SHRIMP SALAD.** Use 9 pounds 8 ounces (2 gallons) cooked, peeled, and cleaned shrimp in place of mackerel. One portion provides the equivalent of 2 ounces protein-rich food.
- TUNA SALAD.** Use 26 cans (6½ or 7 ounces each) or 1 gallon 2½ quarts drained tuna in place of mackerel. One portion provides the equivalent of 2 ounces protein-rich food.

## MOLDED TUNA SALAD

Salads (protein-rich)

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
17 cans (6½ or 7 oz. each)	1 gal. ¼ qt.	Drained tuna.....		1. Flake the fish.
5 oz.	1 cup	Unflavored gelatine.....		2. Soften gelatine in 1 quart of cold tomato juice. Add seasonings to remaining juice and heat to boiling.
	1½ gal.	Tomato juice.....		3. Dissolve gelatine in hot juice. Cool.
10 oz.	¾ cup	Vinegar.....		4. Combine vegetables, salad dressing, and tuna. Stir into gelatine.
8 oz.	1 cup	Grated onion.....		5. Pour into pans 1 inch in depth and cool until mixture sets.
1½ oz.	3 tbsp.	Sugar.....		6. Cut and serve on salad greens.
		Salt.....		
2 lb. 8 oz.	2½ qt.	Shredded carrot.....		
3 lb.	3 qt.	Shredded cabbage.....		
5 oz.	1 cup	Chopped green pepper.....		
2 lb.	1 qt.	Salad dressing.....		

PORTION: 1 piece, 2½ by 4 inches—provides 1 ounce cooked fish and ¼ cup vegetable.

### VARIATIONS

- MOLDED FISH SALAD.** Use 6 pounds 4 ounces (3 quarts) flaked cooked fish in place of tuna. One portion provides 1 ounce cooked fish and ¼ cup vegetable.
- MOLDED FISH FLAKE SALAD.** Use 8 cans (14 ounces each) or 1 gallon drained fish flakes in place of tuna. One portion provides 1 ounce cooked fish and ¼ cup vegetable.
- MOLDED SALMON SALAD.** Use 8 cans (16 ounces each) or 3½ quarts drained salmon in place of tuna. One portion provides 1 ounce cooked fish and ¼ cup vegetable.
- MOLDED SHRIMP SALAD.** Use 6 pounds 4 ounces (1 gallon 1½ quarts) cooked, peeled, and cleaned shrimp in place of tuna. One portion provides 1 ounce cooked fish and ¼ cup vegetable.

**OCEAN PERCH-TOMATO SOUP**

**Soups and Chowders (protein-rich)**

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
10 lb.		Ocean perch filets (fresh or frozen)		1. Thaw frozen filets and skin if necessary. Cut into 1-inch pieces.
1 lb. 8 oz.	2 qt.	Diced bacon		2. Fry bacon until crisp. Add onion and celery and cook until tender.
3 lb.	2 qt.	Chopped onion		3. Add water, tomato juice, potatoes, and fish. Cook until potatoes are tender. Add salt to taste.
2 lb.	1 1/2 gal.	Chopped celery		
	2 gal.	Water		
	2 3/4 gal.	Tomato juice		
15 lb.		Diced potatoes		
		Salt, to taste		

PORTION: 1 cup—provides 1 ounce cooked fish and 1/2 cup vegetable.

**VARIATIONS**

1. **COD-TOMATO SOUP.** Use 10 pounds cod filets in place of ocean perch filets. One portion provides 1 ounce cooked fish and 1/2 cup vegetable.
2. **HADDOCK-TOMATO SOUP.** Use 10 pounds haddock filets in place of ocean perch filets. One portion provides 1 ounce cooked fish and 1/2 cup vegetable.
3. **POLLOCK-TOMATO SOUP.** Use 10 pounds pollock filets in place of ocean perch filets. One portion provides 1 ounce cooked fish and 1/2 cup vegetable.
4. **WHITING-TOMATO SOUP.** Use 10 pounds whiting filets in place of ocean perch filets. One portion provides 1 ounce cooked fish and 1/2 cup vegetable.

## OVEN-FRIED OCEAN PERCH FILLETS

Main Dishes (protein-rich)

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
20 lb.		Ocean perch filets (fresh or frozen)		1. Thaw frozen filets. Divide into 100 portions, about 3 ounces each.
1 oz.	2 tbsp.	Salt		2. Add salt to milk. Dip filets in milk, then roll in crumbs, using a small amount at a time. Place in a single layer in well-greased baking pans.
	1 qt.	Milk		
2 lb.	2 qt.	Dry bread crumbs		3. Pour fat or oil over the fish.
1 lb.	2 cups	Melted fat or oil		

PORTION: 1 portion—provides 2 ounces cooked fish.

### VARIATIONS

- OVEN-FRIED COD FILLETS.** Use 20 pounds cod filets in place of ocean perch filets. One portion provides 2 ounces cooked fish.
- OVEN-FRIED FISH PORTIONS.** Use 16 pounds 11 ounces (100 pieces, 2½ ounces each) unbreaded, raw, frozen fish portions in place of ocean perch filets. One portion provides 2 ounces cooked fish.
- OVEN-FRIED HADDOCK FILLETS.** Use 20 pounds haddock filets in place of ocean perch filets. One portion provides 2 ounces cooked fish.
- OVEN-FRIED POLLOCK FILLETS.** Use 20 pounds pollock filets in place of ocean perch filets. One portion provides 2 ounces cooked fish.
- OVEN-FRIED WHITING FILLETS.** Use 20 pounds whiting filets in place of ocean perch filets. One portion provides 2 ounces cooked fish.

**PACIFIC SARDINE-APPLE SALAD**

**Salads (protein-rich)**

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
19 cans (15 oz. each)	1 1/4 gal	Drained Pacific sardines		1. Flake the fish.
4 lb.	1 gal	Diced apple		2. Combine all ingredients except salt and mix lightly. Add salt to taste. Chill.
2 lb.	2 qt.	Diced celery		3. Portion with a No. 8 scoop (1/2 cup) and serve on salad greens.
1 lb. 4 oz.	1 qt.	Raisins		
3 lb.	1 1/2 qt.	Salad dressing		
		Salt, to taste		

PORTION: 1/2 cup—provides 2 ounces cooked fish and 1/4 cup vegetable and fruit.

**VARIATIONS**

- FISH-APPLE SALAD.** Use 12 pounds 8 ounces (1 gallon 2 1/4 quarts) flaked cooked fish in place of Pacific sardines. One portion provides 2 ounces cooked fish and 1/4 cup vegetable and fruit.
- FISH FLAKE-APPLE SALAD.** Use 16 cans (14 ounces each) or 1 gallon 3 1/2 quarts drained fish flakes in place of Pacific sardines. One portion provides 2 ounces cooked fish and 1/4 cup vegetable and fruit.
- MACKEREL-APPLE SALAD.** Use 16 cans (15 ounces each) or 1 1/2 gallons drained mackerel in place of Pacific sardines. One portion provides 2 ounces cooked fish and 1/4 cup vegetable and fruit.
- SALMON-APPLE SALAD.** Use 16 cans (16 ounces each) or 1 3/4 gallons drained salmon in place of Pacific sardines. One portion provides 2 ounces cooked fish and 1/4 cup vegetable and fruit.
- TUNA-APPLE SALAD.** Use 34 cans (6 1/2 or 7 ounces each) or 2 gallons 1/2 quart drained tuna in place of Pacific sardines. One portion provides 2 ounces cooked fish and 1/4 cup vegetable and fruit.



**SALMON-RICE LOAF**

Main Dishes (protein-rich)

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
10 cans (16 oz. each)	1 gal. ½ qt.	Drained salmon (reserve liquid)		1. Flake the fish.
4 lb. 8 oz.	3 qt.	Cooked rice		2. Combine all ingredients.
4 oz.	½ cup.	Lemon juice		3. Place into 2 well-greased baking pans (about 12 by 20 by 2 inches) 1 gallon 1½ quarts or about 11 pounds 14 ounces per pan.
5 oz.	1½ tbsp.	Lemon rind		4. Bake at 350° F. (moderate) about 45 to 60 minutes or until loaf is firm in the center.
1 oz.	1 cup.	Chopped green pepper		5. Serve with egg or parsley sauce, if desired.
	1 cup.	Chopped parsley		
	2 qt.	Fresh bread crumbs		
	2 qt (40)	Eggs, beaten		
	2 qt.	Milk and salmon liquid		
		Salt, to taste		
1 oz.	3 tbsp.	Baking powder		

PORTION: 1 piece, 1¼ by 2 inches—provides the equivalent of 2 ounces protein-rich food.

**VARIATIONS**

- FISH-RICE LOAF.** Use 7 pounds 8 ounces (3¾ quarts) flaked cooked fish in place of salmon. One portion provides the equivalent of 2 ounces protein-rich food.
- FISH FLAKE-RICE LOAF.** Use 10 cans (14 ounces each) or 1 gallon ½ quart drained fish flakes in place of salmon. One portion provides the equivalent of 2 ounces protein-rich food.

**TOASTED PACIFIC SARDINE-CHEESE SANDWICHES**

**Sandwiches (protein-rich)**

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
10 cans (15 oz. each)		Pacific sardines		<ol style="list-style-type: none"> <li>1. Drain sardines. Separate into fillets.</li> <li>2. Soften butter or margarine. Add mustard and mix well.</li> <li>3. Spread bread with mustard-butter.</li> <li>4. Place sardine fillets on bread and cover with cheese. Sprinkle with paprika.</li> <li>5. Place in a single layer on sheet pans.</li> <li>6. Toast at 450° F. (very hot) about 8 to 10 minutes or until cheese melts and bread toasts. Serve hot.</li> </ol>
1 lb.	2 cups	Butter or margarine		
3 oz.	1/2 cup	Prepared mustard		
	100 slices	Bread		
6 lb. 4 oz.	100 slices (1 oz. each)	Cheese		
		Paprika		

PORTION: 1 sandwich—provides the equivalent of 2 ounces protein-rich food.

**VARIATION**

**1. TOASTED MACKEREL-CHEESE SANDWICHES.** Use 8 cans (15 ounces each) drained mackerel in place of Pacific sardines. One portion provides the equivalent of 2 ounces protein-rich food.

## TUNA A LA KING

### Main Dishes (protein-rich)

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
26 cans (6½ or 7 oz. each)	1 gal. 2½ qt.	Drained tuna.....		1. Flake the fish.
2 lb.	2 qt.	Chopped celery.....		2. Cook celery in water until tender. Drain and save liquid.
	2 cups	Water.....		3. Combine milk, flour, and salt to make a thin paste. Stir into hot milk and celery liquid. Cook until thickened, stirring constantly.
12 oz.	2½ cups	Milk.....		4. Add eggs, pimiento, tuna, and celery to the sauce. Heat.
2½ oz.	3 cups, sifted	All-purpose flour.....		5. Serve on split biscuit, toasted roll, or cornbread, using a 4-ounce ladle (½ cup).
	½ cup	Salt.....		
	1½ gal.	Hot milk and celery liquid.....		
	24	Hard-cooked eggs, chopped.....		
2 lb.	1 qt.	Chopped pimiento.....		

PORTION: ½ cup—provides the equivalent of 2 ounces protein-rich food.

#### VARIATIONS

- FISH A LA KING.** Use 9 pounds 8 ounces (1 gallon ¾ quart) flaked cooked fish in place of tuna. One portion provides the equivalent of 2 ounces protein-rich food.
- FISH FLAKE A LA KING.** Use 12 cans (14 ounces each) or 1 gallon 1½ quarts drained fish flakes in place of tuna. One portion provides the equivalent of 2 ounces protein-rich food.
- SALMON A LA KING.** Use 13 cans (16 ounces each) or 1 gallon 1¾ quarts drained salmon in place of tuna. One portion provides the equivalent of 2 ounces protein-rich food.
- SHRIMP A LA KING.** Use 9 pounds 8 ounces (2 gallons) cooked, peeled, and cleaned shrimp in place of tuna. One portion provides the equivalent of 2 ounces protein-rich food.

## TUNA-CHEESE BISCUIT ROLL

Main Dishes (protein-rich)

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
26 cans (6½ or 7 oz. each)	1 gal. 2½ qt.	Drained tuna.....		<ol style="list-style-type: none"> <li>1. Flake the fish.</li> <li>2. Cook onion in the fat until tender. Blend in flour. Stir into milk. Cook until thickened, stirring constantly. Add cheese and blend. Stir in tuna. Cool.</li> <li>3. Prepare biscuit dough. Divide into 16 pieces, about 13 ounces each. Roll into rectangles 14 by 7 inches.</li> <li>4. Spread each piece with 2 cups tuna filling. Roll like a jelly roll and seal ends and edges. Cut tops of rolls in 3 places.</li> <li>5. Place on well-greased sheet pans.</li> <li>6. Bake at 400° F. (hot) 15 to 20 minutes or until biscuit browns.</li> </ol>
12 oz.	2 cups	Chopped onion.....		
1 lb.	2 cups	Melted butter or margarine.....		
8 oz.	2 cups, sifted	All-purpose flour.....		
3 lb.	2 qt.	Hot milk.....		
9 lb.	3 qt.	Grated cheese.....		
	2 gal.	Biscuit mix.....		

PORTION: 2-inch slice—provides the equivalent of 2 ounces protein-rich food.

### VARIATIONS

1. **FISH-CHEESE BISCUIT ROLL.** Use 9 pounds 8 ounces (1 gallon ¾ quart) flaked cooked fish in place of tuna. One portion provides the equivalent of 2 ounces protein-rich food.
2. **SALMON-CHEESE BISCUIT ROLL.** Use 13 cans (16 ounces each) or 1 gallon 1¼ quarts drained salmon in place of tuna. One portion provides the equivalent of 2 ounces protein-rich food.

## TUNA PIE

Main Dishes (protein-rich)

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
34 cans (6½ or 7 oz. each)	2 gal. ½ qt.	Drained tuna		1. Flake the fish.
2 lb.	2 qt., sifted	All-purpose flour		2. Brown flour in the fat. Gradually add water. Cook until thickened, stirring constantly.
1 lb. 8 oz.	3 cups	Melted butter or margarine		3. Add vegetables, salt, and tuna. Pour into 4 baking pans (about 12 by 20 by 2 inches) 1 gallon 2¾ quarts or about 15 pounds per pan.
	2½ gal.	Water		4. Prepare pastry. Roll pastry into 4 rectangles (14 by 22 inches). Cover tuna mixture, seal edges, and prick tops with fork.
	3 qt.	Cooked sliced onion		5. Bake at 450° F. (very hot) about 30 to 40 minutes or until brown.
	3 qt.	Cooked chopped celery		
	3 qt.	Cooked sliced carrots		
	2½ gal.	Cooked diced potatoes		
5 oz.	¾ cup.	Salt		
2 lb.	2 qt., sifted	All-purpose flour		
	1 tbsp.	Salt		
1 lb. 8 oz.	3 cups	Shortening		
	1½ cups	Cold water		

PORTION: 1 cup—provides 2 ounces cooked fish and ¾ cup vegetable.

### VARIATIONS

- FISH PIE.** Use 12 pounds 8 ounces (1 gallon 2¼ quarts) flaked cooked fish in place of tuna. One portion provides 2 ounces cooked fish and ¾ cup vegetable.
- FISH FLAKE PIE.** Use 16 cans (14 ounces each) or 1 gallon 3½ quarts drained fish flakes in place of tuna. One portion provides 2 ounces cooked fish and ¾ cup vegetable.
- SALMON PIE.** Use 16 cans (16 ounces each) or 1¾ gallons drained salmon in place of tuna. One portion provides 2 ounces cooked fish and ¾ cup vegetable.
- SHRIMP PIE.** Use 12 pounds 8 ounces (2 gallons 2¾ quarts) cooked, peeled, and cleaned shrimp in place of tuna. One portion provides 2 ounces cooked fish and ¾ cup vegetable.

**TUNA SANDWICHES**

**Sandwiches (protein-rich)**

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
17 cans (6½ or 7 oz. each)	1 gal. ¼ qt.	Drained tuna		1. Flake the fish.
4 lb.	1 gal.	Chopped celery		2. Combine all ingredients except salt and mix lightly. Add salt to taste. Chill.
8 oz.	1 cup.	Drained sweet pickle relish		
6 oz.	1 cup.	Chopped onion		3. Portion with a No. 16 scoop (¼ cup).
2 lb.	1 qt.	Salad dressing		
		Salt, to taste		4. Prepare sandwiches.
		Bread		
1 lb.	200 slices	Butter or margarine		
	2 cups			

PORTION: 1 sandwich—provides 1 ounce cooked fish.

**VARIATIONS**

- FISH SANDWICHES.** Use 6 pounds 4 ounces (3 quarts) flaked cooked fish in place of tuna. One portion provides 1 ounce cooked fish.
- FISH FLAKE SANDWICHES.** Use 8 cans (14 ounces each) or 1 gallon drained fish flakes in place of tuna. One portion provides 1 ounce cooked fish.
- PACIFIC SARDINE SANDWICHES.** Use 10 cans (15 ounces each) or ¾ quarts drained Pacific sardines in place of tuna. One portion provides 1 ounce cooked fish.
- SALMON SANDWICHES.** Use 8 cans (16 ounces each) or ¾ quarts drained salmon in place of tuna. One portion provides 1 ounce cooked fish.
- SHRIMP SANDWICHES.** Use 6 pounds 4 ounces (1 gallon 1½ quarts) cooked, peeled, and cleaned shrimp in place of tuna. One portion provides 1 ounce cooked fish.

**TUNA WIGGLE**

**Main Dishes (protein-rich)**

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
34 cans (6½ or 7 oz. each)	2 gal. ½ qt.	Drained tuna.		1. Flake the fish.
12 oz.	2 cups.	Chopped onion.		2. Cook onion in the fat until tender. Blend in flour and salt. Stir into milk. Cook until thickened, stirring constantly.
12 oz.	1½ cups.	Melted butter or margarine		
1 lb. 4 oz.	1¼ qt., sifted.	All-purpose flour.		
2½ oz.	½ cup	Salt		
	2½ gal.	Hot milk.		
9 lb. 10 oz.	1½ gal.	Drained cooked green peas		3. Add peas and tuna to the sauce. Heat.

PORTION: ¾ cup—provides 2 ounces cooked fish and ¼ cup vegetable.

**VARIATIONS**

- FISH WIGGLE.** Use 12 pounds 8 ounces (1 gallon 2¼ quarts) flaked cooked fish in place of tuna. One portion provides 2 ounces cooked fish and ¼ cup vegetable.
- FISH FLAKE WIGGLE.** Use 16 cans (14 ounces each) or 1 gallon 3½ quarts drained fish flakes in place of tuna. One portion provides 2 ounces cooked fish and ¼ cup vegetable.
- SALMON WIGGLE.** Use 16 cans (16 ounces each) or 1¾ gallons drained salmon in place of tuna. One portion provides 2 ounces cooked fish and ¼ cup vegetable.
- SHERIMP WIGGLE.** Use 12 pounds 8 ounces (2 gallons 2¾ quarts) cooked, peeled, and cleaned shrimp in place of tuna. One portion provides 2 ounces cooked fish and ¼ cup vegetable.

### **GARNISHES FOR FISH**

The importance of garnishes with fish cannot be emphasized too much. A dash of color or a bit of something crisp increases the eye appeal and makes the dish more appetizing. The following are suggestions:

- Beets—Cooked whole or sliced.
- Carrots—Tops, sticks, curls, or shredded.
- Celery—Tops, hearts, sticks, or curls.
- Green Peppers—Sticks or rings.
- Cranberry Sauce—Plain or jellied.
- Hard-Cooked Eggs—Slices or wedges.
- Parsley—Sprigs or chopped.
- Lemons—Slices or wedges.
- Lettuce—Leaves or shredded.
- Paprika—Sprinkled sparingly.
- Pickles—Whole, sliced, or chopped.
- Radishes—Whole, sliced, or roses.
- Water Cress—Sprigs or chopped.



The following publications on fish cookery published by the Fish and Wildlife Service, U.S. Department of the Interior, may be obtained from the Superintendent of Documents, Government Printing Office, Washington, D.C., 20402, at the prices indicated. A 25-percent discount is given on orders of 100 or more of any one publication sent to one address.

#### TEST KITCHEN SERIES

- No. 1—*Fish Cookery for One Hundred*, by Rose G. Kerr. Price 30 cents.
- No. 2—*Basic Fish Cookery*, by Rose G. Kerr. Price 25 cents.
- No. 3—*How to Cook Oysters*, by Rose G. Kerr and Jean Burtis. Price 20 cents.
- No. 4—*How to Cook Salmon*, by Kathryn L. Osterhaug and Rose G. Kerr. Price 20 cents.
- No. 6—*How to Cook Ocean Perch*, by Dorothy M. Robey and Rose G. Kerr. Price 20 cents.
- No. 7—*How to Cook Shrimp*, by Jean Burtis and Rose G. Kerr. Price 20 cents.
- No. 8—*How to Cook Clams*, by Kathryn L. Osterhaug and Rose G. Kerr. Price 20 cents.
- No. 9—*How to Cook Halibut*, by Kathryn L. Osterhaug and Rose G. Kerr. Price 20 cents.
- No. 10—*How to Cook Crabs*, by Dorothy M. Robey and Rose G. Kerr. Price 20 cents.
- No. 11—*How to Cook Lobsters*, by Jean Burtis, Ellen H. Nagy, and Rose G. Kerr. Price 20 cents.
- No. 12—*How to Cook Tuna*, by Kathryn L. Osterhaug, Paula J. Wieters, and Rose G. Kerr. Price 20 cents.
- No. 13—*How to Cook Scallops*, by Dorothy M. Keller, Paula W. Lemmon, and Rose G. Kerr. Price 20 cents.

#### CIRCULAR SERIES

- No. 41—*Shrimp Tips From New Orleans*. Price 25 cents.
- No. 60—*Take A Can of Salmon*. Price 25 cents.