

FISH RECIPES

for type A school lunches

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Home Economist, Bureau of Commercial Fisheries



Test Kitchen Series No. 5

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BAKED COD FILLETS WITH BREAD STUFFING

Main Dishes (protein-rich)

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
18 lb.....		Cod filets (fresh or frozen)		<ol style="list-style-type: none"> Thaw frozen filets and skin if necessary. Divide into 100 portions, about 2 1/2 ounces each. Cook vegetables in the fat until clear, but not brown; remove from heat. Add bread and seasonings; toss to mix. Combine milk and eggs. Pour over bread mixture and blend thoroughly. Spread stuffing in well-greased baking pans. Place fish in a single layer on stuffing. Add salt and paprika to fat or oil and blend well. Pour mixture over fish. Bake at 350° F. (moderate) about 30 to 40 minutes or until the fish flakes easily when tested with a fork.
4 lb.....	1 gal.....	Chopped celery.....		
1 lb. 8 oz.....	1 qt.....	Chopped onion.....		
1 lb. 8 oz.....	3 cups.....	Melted butter or margarine		
4 lb. 8 oz.....	3 gal. 2 1/2 qt.....	Untrimmed soft bread cubes		
1 oz.....	2 tbsp.....	Salt.....		
	2 tbsp.....	Poultry seasoning.....		
	1 cup.....	Milk.....		
	1 1/2 cups (8).....	Eggs, beaten.....		
8 oz.....	1 1/2 tbsp.....	Salt.....		
	1 1/2 tbsp.....	Paprika.....		
	1 cup.....	Melted fat or oil.....		

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

VARIATIONS

- BAKED FISH PORTIONS WITH BREAD STUFFING.** Use 16 pounds 11 ounces (100 pieces, 2 1/2 ounces each) unbreaded, raw, frozen fish portions in place of cod filets. One portion provides the equivalent of 2 ounces protein-rich food.
- BAKED HADDOCK FILLETS WITH BREAD STUFFING.** Use 18 pounds haddock filets in place of cod filets. One portion provides the equivalent of 2 ounces protein-rich food.
- BAKED OCEAN PERCH FILLETS WITH BREAD STUFFING.** Use 18 pounds ocean perch filets in place of cod filets. One portion provides the equivalent of 2 ounces protein-rich food.
- BAKED POLLOCK FILLETS WITH BREAD STUFFING.** Use 18 pounds pollock filets in place of cod filets. One portion provides the equivalent of 2 ounces protein-rich food.
- BAKED WHITING FILLETS WITH BREAD STUFFING.** Use 18 pounds whiting filets in place of cod filets. One portion provides the equivalent of 2 ounces protein-rich food.

BAKED HADDOCK FILLETS IN SPANISH SAUCE

Main Dishes (Protein-rich)

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
20 lb.....		Haddock fillets (fresh or frozen)		<ol style="list-style-type: none"> 1. Thaw frozen fillets. Divide into 100 portions, about 3 ounces each. Place in a single layer in well-greased baking pans. 2. Cook onion and green pepper in fat or oil until tender. Blend in flour. 3. Add tomatoes and seasonings. Cook until thickened, stirring occasionally. 4. Cover fish with the sauce. 5. Bake at 350° F. (moderate) about 30 to 40 minutes or until the fish flakes easily when tested with a fork.
1 lb.....	2½ cups.....	Chopped onion.....		
4 oz.....	¾ cup.....	Chopped green pepper.....		
8 oz.....	1 cup.....	Melted fat or oil.....		
6 oz.....	1½ cups, sifted.....	All-purpose flour.....		
1½ oz.....	3 qt.....	Canned tomatoes.....		
1 oz.....	3 tbsp.....	Salt.....		
	2 tbsp.....	Sugar.....		
	¼ tsp.....	Crushed bay leaves.....		
	⅓ tsp.....	Ground cloves.....		

PORTION: 1 portion—provides 2 ounces cooked fish.

VARIATIONS

1. **BAKED COD FILLETS IN SPANISH SAUCE.** Use 20 pounds cod fillets in place of haddock fillets. One portion provides 2 ounces cooked fish.
2. **BAKED FISH PORTIONS IN SPANISH SAUCE.** Use 16 pounds 11 ounces (100 pieces, 2½ ounces each) unbreaded, raw, frozen fish portions in place of haddock fillets. Place frozen portions in a single layer in well-greased baking pans. One portion provides 2 ounces cooked fish.
3. **BAKED OCEAN PERCH FILLETS IN SPANISH SAUCE.** Use 20 pounds ocean perch fillets in place of haddock fillets. One portion provides 2 ounces cooked fish.
4. **BAKED POLLOCK FILLETS IN SPANISH SAUCE.** Use 20 pounds pollock fillets in place of haddock fillets. One portion provides 2 ounces cooked fish.
5. **BAKED WHITING FILLETS IN SPANISH SAUCE.** Use 20 pounds whiting fillets in place of haddock fillets. One portion provides 2 ounces cooked fish.

BAKED HADDOCK FILLETS WITH PUFFY CHEESE SAUCE. Main Dishes (protein-rich)

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
18 lb.		Haddock fillets (fresh or frozen)		1. Thaw frozen fillets. Divide into 100 portions, about 2½ ounces each. Place in a single layer in well-greased baking pans. 2. Combine mayonnaise, relish, cheese, egg yolks, and salt. 3. Beat egg whites until stiff and fold into sauce. 4. Cover fish with the sauce. 5. Bake at 350° F. (moderate) about 30 to 40 minutes or until the fish flakes easily when tested with a fork and the sauce is brown.
1 lb. 4 oz.	2½ cups	Mayonnaise		
4 oz.	½ cup	Drained sweet pickle relish		
8 oz.	2 cups	Grated cheese		
1 oz.	¾ cup (8) 2 tbsp	Egg yolks Salt		
	1 cup (8)	Egg whites		

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

VARIATIONS

- BAKED COD FILLETS WITH PUFFY CHEESE SAUCE.** Use 18 pounds cod fillets in place of haddock fillets. One portion provides the equivalent of 2 ounces protein-rich food.
- BAKED FISH PORTIONS WITH PUFFY CHEESE SAUCE.** Use 16 pounds 11 ounces (100 pieces, 2⅔ ounces each) unbreaded, raw, frozen fish portions in place of haddock fillets. Place frozen portions in a single layer in well-greased baking pans. One portion provides the equivalent of 2 ounces protein-rich food.
- BAKED OCEAN PERCH FILLETS WITH PUFFY CHEESE SAUCE.** Use 18 pounds ocean perch fillets in place of haddock fillets. One portion provides the equivalent of 2 ounces protein-rich food.
- BAKED POLLOCK FILLETS WITH PUFFY CHEESE SAUCE.** Use 18 pounds pollock fillets in place of haddock fillets. One portion provides the equivalent of 2 ounces protein-rich food.
- BAKED WHITING FILLETS WITH PUFFY CHEESE SAUCE.** Use 18 pounds whiting fillets in place of haddock fillets. One portion provides the equivalent of 2 ounces protein-rich food.

BAKED WHITING FILLETS

Main Dishes (protein-rich)

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
20 lb.		Whiting filets (fresh or frozen)		1. Thaw frozen filets. Divide into 100 portions, about 3 ounces each. Place in a single layer in well-greased baking pans.
1 1/2 oz.	1/4 cup	Chopped onion		2. Add onion, salt, and paprika to fat or oil. Gradually add lemon juice, beating constantly until blended.
2 oz.	1/4 cup	Salt		3. Cover fish with the sauce.
1 lb. 4 oz.	3 tbsp.	Paprika		4. Bake at 350° F. (moderate) about 30 to 40 minutes or until the fish flakes easily when tested with a fork.
10 1/2 oz.	2 1/2 cups	Melted fat or oil		
	1 1/4 cups	Lemon juice		

PORTION: 1 portion—provides 2 ounces cooked fish.

VARIATIONS

- BAKED COD FILLETS.** Use 20 pounds cod filets in place of whiting filets. One portion provides 2 ounces cooked fish.
- BAKED FISH PORTIONS.** Use 16 pounds 11 ounces (100 pieces, 2 2/3 ounces each) unbreaded, raw, frozen fish portions in place of whiting filets. Place frozen portions in a single layer in well-greased baking pans. One portion provides 2 ounces cooked fish.
- BAKED HADDOCK FILLETS.** Use 20 pounds haddock filets in place of whiting filets. One portion provides 2 ounces cooked fish.
- BAKED OCEAN PERCH FILLETS.** Use 20 pounds ocean perch filets in place of whiting filets. One portion provides 2 ounces cooked fish.
- BAKED POLLOCK FILLETS.** Use 20 pounds pollock filets in place of whiting filets. One portion provides 2 ounces cooked fish.

CODFISH CAKES

Main Dishes (protein-rich)

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
13 cans (14 oz. each)	1½ gal.	Drained codfish flakes.		1. Separate fish into flakes.
1 lb. 8 oz.	1 qt.	Chopped onion.		2. Cook onion in fat or oil until tender.
1 lb.	2 cups.	Melted fat or oil.		3. Combine eggs, mashed potatoes, catsup, and salt with the fish and onion.
16 lb.	¾ cups (16)	Eggs, beaten.		4. Portion fish mixture with a No. 16 scoop (¼ cup). Form into 200 cakes. Roll in crumbs.
9 oz.	2 gal.	Mashed potatoes.		5. Place in a single layer on well-greased sheet pans. Pour fat or oil over the cakes.
2 oz.	1 cup.	Catsup.		6. Bake at 500° F. (extremely hot) about 8 to 10 minutes or until browned on bottom. Turn carefully and bake for 3 to 5 minutes longer or until brown.
1 lb.	¼ cup.	Salt.		
	1 qt.	Dry bread crumbs.		
1 lb. 8 oz.	3 cups.	Melted fat or oil.		

PORTION: 2 cakes—provide the equivalent of 2 ounces protein-rich food and ¼ cup vegetable.

VARIATIONS

- FISH CAKES.** Use 10 pounds 8 ounces (1 gallon 1¼ quarts) flaked cooked fish in place of codfish flakes. One portion provides the equivalent of 2 ounces protein-rich food and ¼ cup vegetable.
- FISH FLAKE CAKES.** Use 13 cans (14 ounces each) or 1½ gallons drained fish flakes in place of codfish flakes. One portion provides the equivalent of 2 ounces protein-rich food and ¼ cup vegetable.
- MACKEREL CAKES.** Use 14 cans (15 ounces each) or 1¼ gallons drained mackerel in place of codfish flakes. One portion provides the equivalent of 2 ounces protein-rich food and ¼ cup vegetable.
- PACIFIC SARDINE CAKES.** Use 16 cans (15 ounces each) or 1½ gallons drained Pacific sardines in place of codfish flakes. One portion provides the equivalent of 2 ounces protein-rich food and ¼ cup vegetable.
- SALMON CAKES.** Use 14 cans (16 ounces each) or 1½ gallons drained salmon in place of codfish flakes. One portion provides the equivalent of 2 ounces protein-rich food and ¼ cup vegetable.

COD CHOWDER

Soups and Chowders (Protein-rich)

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
10 lb.		Cod filets (fresh or frozen)		1. Thaw frozen filets and skin if necessary. Cut into 1-inch pieces.
1 lb. 8 oz.		Diced salt pork		2. Fry salt pork until crisp. Add onion and cook until tender.
3 lb.	2 qt.	Chopped onion		
15 lb.	2 3/4 gal.	Diced potatoes		3. Add potatoes, water, and fish. Cook until potatoes are tender.
	1 1/2 gal.	Water		
	2 gal.	Hot milk		4. Stir milk into the fish mixture. Add salt to taste. Heat.
	1/2 cup	Salt, to taste.		5. Add parsley.
		Chopped parsley		

PORTION: 1 cup—provides 1 ounce cooked fish and 1/4 cup vegetable.

VARIATIONS

- HADDOCK CHOWDER.** Use 10 pounds haddock filets in place of cod filets. One portion provides 1 ounce cooked fish and 1/4 cup vegetable.
- OCEAN PERCH CHOWDER.** Use 10 pounds ocean perch filets in place of cod filets. One portion provides 1 ounce cooked fish and 1/4 cup vegetable.
- POLLOCK CHOWDER.** Use 10 pounds pollock filets in place of cod filets. One portion provides 1 ounce cooked fish and 1/4 cup vegetable.
- WHITING CHOWDER.** Use 10 pounds whiting filets in place of cod filets. One portion provides 1 ounce cooked fish and 1/4 cup vegetable.

FISH FLAKE LOAF

Main Dishes (protein-rich)

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
14 cans (14 oz. each)	1 gal. 2½ qt.	Drained fish flakes.....		1. Combine fish flakes, eggs, bread cubes, tomatoes, parsley, onion, and celery salt. Add salt to taste. 2. Place into 2 well-greased baking pans (about 12 by 20 by 2 inches) 1 gallon ½ quart or about 9 pounds 4½ ounces per pan. 3. Top with crumbs which have been mixed with the fat. 4. Bake at 350° F. (moderate) about 45 to 60 minutes or until loaf is firm in the center.
1 lb. 8 oz.	2 cups (10)	Eggs, beaten.....		
1 oz.	1 gal. ¾ qt.	Soft bread cubes.....		
1 oz.	2 qt.	Canned tomatoes.....		
6 oz.	1 cup	Chopped parsley.....		
	1 cup	Chopped onion.....		
	1½ tbsp.	Celery salt.....		
		Salt, to taste.....		
12 oz.	3 cups	Dry bread crumbs.....		
8 oz.	1 cup	Melted butter or margarine.....		

PORTION: 1 piece, 2 by 3 inches—provides the equivalent of 2 ounces protein-rich food.

VARIATIONS

- FISH LOAF.** Use 11 pounds 8 ounces (1 gallon 1¼ quart) flaked cooked fish in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.
- SALMON LOAF.** Use 15 cans (16 ounces each) or 1 gallon 2½ quarts drained salmon in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.

FISH FLAKE SANDWICH FILLING

Sandwiches (protein-rich)

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
16 cans (14 oz. each)	1 gal. 3½ qt.	Drained fish flakes.....		1. Separate fish into flakes.
3 lb.	3 qt.	Chopped cabbage.....		2. Combine all ingredients except salt and mix lightly. Add salt to taste. Chill.
1 lb.	1 qt.	Grated carrots.....		3. Portion with a No. 12 scoop (½ cup).
14 oz.	1½ cups	Catsup.....		4. Prepare sandwiches.
3 lb.	1½ qt.	Salad dressing.....		
		Salt, to taste.....		

PORTION: 1 sandwich—provides 2 ounces cooked fish.

VARIATIONS

- FISH SANDWICH FILLING.** Use 12 pounds 8 ounces (1 gallon 2¼ quarts) flaked cooked fish in place of canned fish flakes. One portion provides 2 ounces cooked fish.
- MACKEREL SANDWICH FILLING.** Use 16 cans (15 ounces each) or 1½ gallons drained mackerel in place of canned fish flakes. One portion provides 2 ounces cooked fish.
- PACIFIC SARDINE SANDWICH FILLING.** Use 19 cans (15 ounces each) or 1¾ gallons drained Pacific sardines in place of canned fish flakes. One portion provides 2 ounces cooked fish.
- SALMON SANDWICH FILLING.** Use 16 cans (16 ounces each) or 1¾ gallons drained salmon in place of canned fish flakes. One portion provides 2 ounces cooked fish.
- SHRIMP SANDWICH FILLING.** Use 12 pounds 8 ounces (2 gallons 2¾ quarts) cooked, peeled, and cleaned shrimp in place of canned fish flakes. One portion provides 2 ounces cooked fish.
- TUNA SANDWICH FILLING.** Use 34 cans (6½ or 7 ounces each) or 2 gallons ½ quart drained tuna in place of canned fish flakes. One portion provides 2 ounces cooked fish.

FISH FLAKE SHORTCAKE

Main Dishes (protein-rich)

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
12 cans (14 oz. each)	1 gal. 1 1/2 qt.	Drained fish flakes.....		1. Separate fish into flakes.
12 oz.	2 cups.....	Chopped onion.....		2. Cook onion in the fat until tender. Blend in flour. Stir into milk. Cook until thickened, stirring constantly. Add cheese and blend well.
12 oz.	1 1/2 cups.....	Melted butter or margarine.....		3. Stir fish flakes into the sauce. Add salt to taste. Heat.
1 lb. 4 oz.	1 1/4 qt., sifted.....	All-purpose flour.....		4. Serve on split biscuit, toasted roll, or or cornbread, using a 4-ounce ladle (1/2 cup). Garnish with a slice of egg.
1 lb. 8 oz.	2 gal. 1 1/2 qt.	Hot milk..... Grated cheese..... Salt, to taste.....		
	12.....	Hard-cooked eggs, sliced.....		

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

VARIATIONS

- SALMON SHORTCAKE.** Use 13 cans (16 ounces each) or 1 gallon 1 3/4 quarts drained salmon in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.
- SHRIMP SHORTCAKE.** Use 9 pounds 8 ounces (2 gallons) cooked, peeled, and cleaned shrimp in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.
- TUNA SHORTCAKE.** Use 26 cans (6 1/2 or 7 ounces each) or 1 gallon 2 1/2 quarts drained tuna in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.