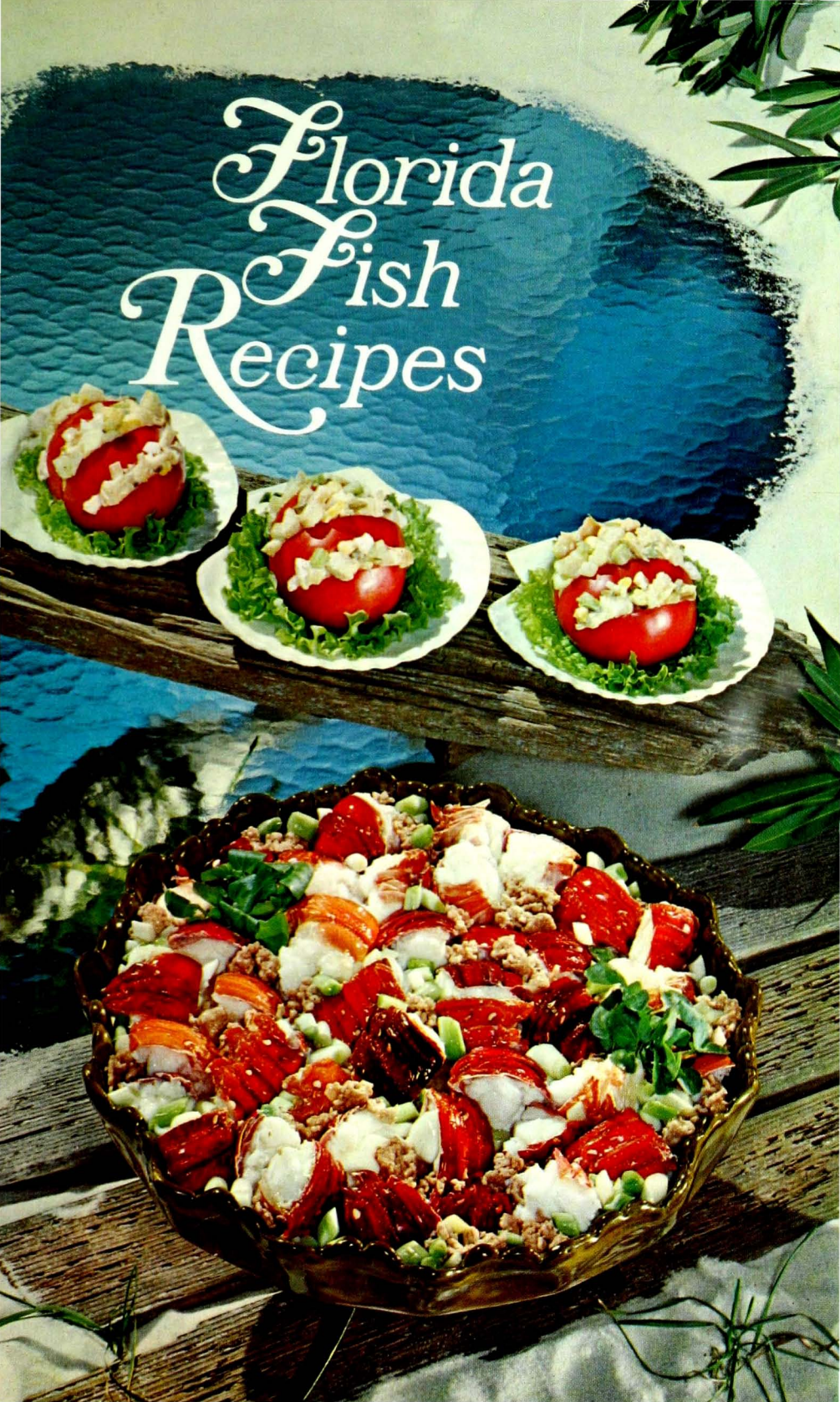
Florida Fish Recipes

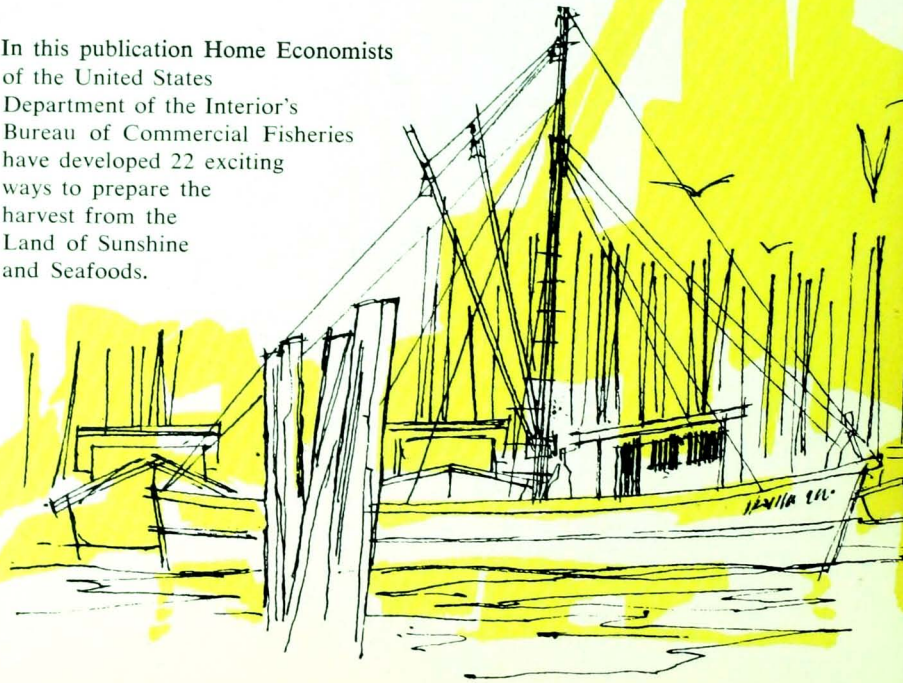


FISHERY MARKET DEVELOPMENT SERIES NO. 1

The versatile State of Florida could appropriately be called the Land of Sunshine and Seafoods. From the blue waters along its hundreds of miles of white sandy beaches are landed a greater variety of commercial seafoods than from any other area of the country.

Rich Florida waters supply most of the spiny lobster, king mackerel, Spanish mackerel, mullet, pompano, red snapper, grouper, and stone crabs that are landed and consumed in the United States. In addition, Florida is one of the most important producing areas for shrimp, sea trout, bluefish, catfish, and blue crabs. In all, more than 50 commercial species are landed each year and the annual production is about 200 million pounds. These fish are shipped and enjoyed in every part of the United States.

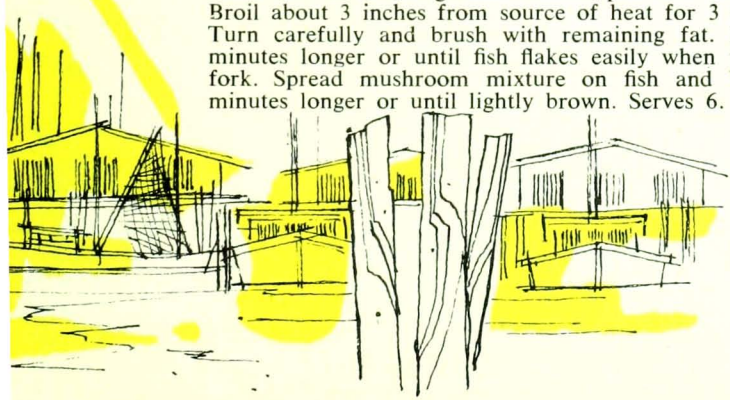
In this publication Home Economists of the United States Department of the Interior's Bureau of Commercial Fisheries have developed 22 exciting ways to prepare the harvest from the Land of Sunshine and Seafoods.



SUMPTUOUS BROILED FILLETS

2 pounds Spanish mackerel fillets or other fish fillets, fresh or frozen
¼ cup melted fat or oil
1 teaspoon salt
Dash pepper
2 cans (4 ounces each) mushroom stems and pieces, drained
1 cup grated process Cheddar cheese
2 tablespoons chopped parsley

Thaw frozen fillets. Skin fillets and cut into serving-size portions. Combine fat, salt, and pepper; mix thoroughly. Chop mushrooms. Combine mushrooms, cheese, and parsley. Place fish on a well-greased broiler pan and brush with fat. Broil about 3 inches from source of heat for 3 to 4 minutes. Turn carefully and brush with remaining fat. Broil 3 to 4 minutes longer or until fish flakes easily when tested with a fork. Spread mushroom mixture on fish and broil 2 to 3 minutes longer or until lightly brown. Serves 6.



SHRIMP MIAMI

(Back cover)

2 pounds shrimp, fresh or frozen
¼ cup olive or salad oil
2 teaspoons salt
½ teaspoon white pepper
¼ cup extra dry Vermouth
2 tablespoons lemon juice

Thaw frozen shrimp. Peel shrimp, leaving the last section of the shell on. Remove sand veins and wash. Preheat electric frying pan to 320° F. Add oil, salt, pepper, and shrimp. Cook for 8 to 10 minutes or until shrimp are pink and tender, stirring frequently. Increase temperature to 420° F. Add Vermouth and lemon juice. Cook one minute longer, stirring constantly. Drain. Serve hot or cold as an appetizer or entree. Serves 6.

GRILLED SPINY LOBSTER TAILS

(Back cover)

6 spiny lobster tails (8 ounces each), fresh or frozen
¼ cup melted butter or margarine
2 tablespoons lemon juice
½ teaspoon salt
Melted butter or margarine

Thaw frozen lobster tails. Cut in half lengthwise. Remove swimmerettes and sharp edges. Cut 6 squares of heavy-duty aluminum foil, 12 inches each. Place each lobster tail on one half of each square of foil. Combine butter, lemon juice, and salt. Baste lobster meat with sauce. Fold other half of foil over lobster tail and seal edges by making double folds in the foil. Place packages, shell side down, about 5 inches from hot coals. Cook for 20 minutes. Remove lobster tails from the foil. Place lobster tails on grill, flesh side down, and cook for 2 to 3 minutes longer or until lightly browned. Serve with melted butter. Serves 6.

ORIENTAL KING MACKEREL STEAKS

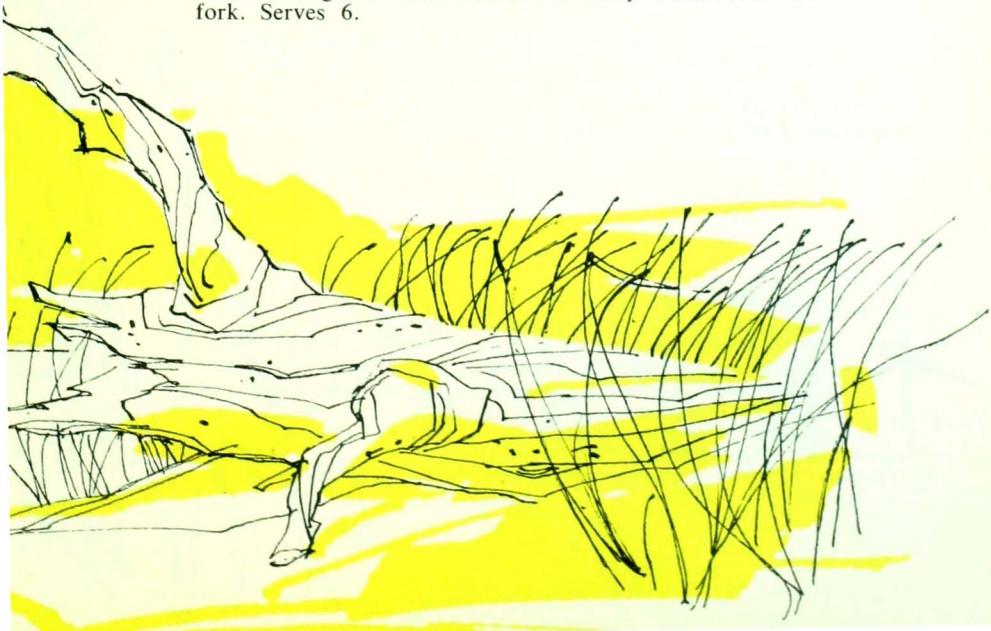
2 pounds king mackerel steaks or other fish steaks, fresh or frozen
¼ cup orange juice
¼ cup soy sauce
2 tablespoons catsup
2 tablespoons melted fat or oil
2 tablespoons chopped parsley
1 tablespoon lemon juice
½ teaspoon oregano
½ teaspoon pepper
1 clove garlic, finely chopped

Thaw frozen steaks. Cut into serving-size portions. Place fish in a single layer in a shallow dish. Combine remaining ingredients. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish on a well-greased broiler pan. Broil about 3 inches from source of heat for 4 to 5 minutes. Turn carefully and brush with remaining sauce. Broil 4 to 5 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

SPICY RED SNAPPER

2 pounds red snapper fillets or other fish fillets, fresh or frozen
⅓ cup steak sauce
¼ cup catsup
¼ cup melted fat or oil
1 tablespoon vinegar
1 teaspoon salt
½ teaspoon curry powder

Thaw frozen fillets. Cut into serving-size portions. Combine remaining ingredients and mix thoroughly. Place fish, skin side up, on a well-greased broiler pan and brush with sauce. Broil about 3 inches from source of heat for 4 to 5 minutes. Turn carefully and brush with remaining sauce. Broil 4 to 5 minutes longer or until fish flakes easily when tested with a fork. Serves 6.



MARINATED SPANISH MACKEREL FILLETS

2 pounds Spanish mackerel fillets or other fish fillets, fresh or frozen
½ cup vinegar
¼ cup melted fat or oil
¼ cup lemon juice
2 tablespoons grated lemon rind
1 tablespoon liquid smoke
1 tablespoon brown sugar
2 teaspoons salt
½ teaspoon Worcestershire sauce
2 bay leaves
Dash white pepper
Dash liquid hot pepper sauce

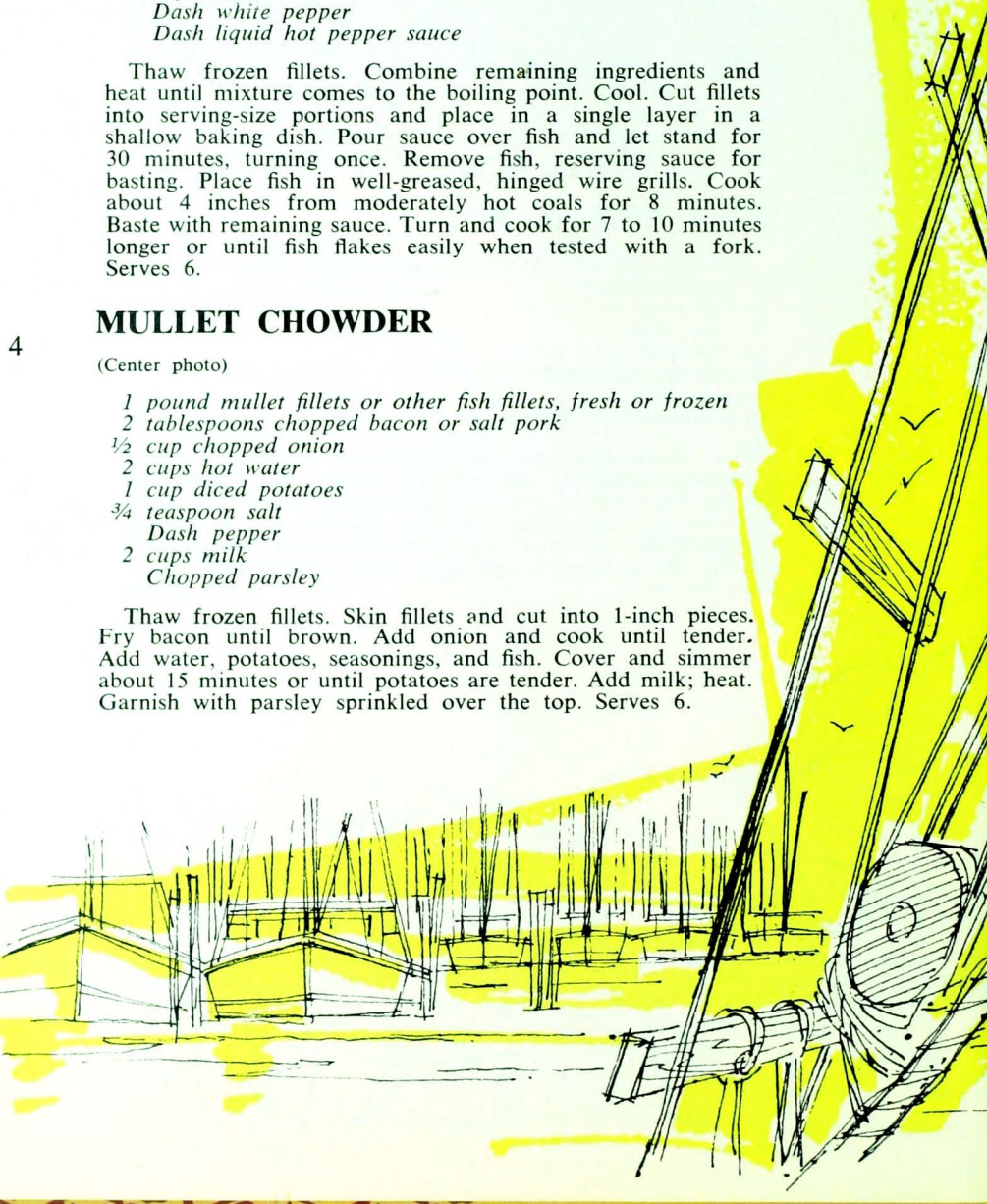
Thaw frozen fillets. Combine remaining ingredients and heat until mixture comes to the boiling point. Cool. Cut fillets into serving-size portions and place in a single layer in a shallow baking dish. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish in well-greased, hinged wire grills. Cook about 4 inches from moderately hot coals for 8 minutes. Baste with remaining sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

MULLET CHOWDER

(Center photo)

1 pound mullet fillets or other fish fillets, fresh or frozen
2 tablespoons chopped bacon or salt pork
½ cup chopped onion
2 cups hot water
1 cup diced potatoes
¾ teaspoon salt
Dash pepper
2 cups milk
Chopped parsley

Thaw frozen fillets. Skin fillets and cut into 1-inch pieces. Fry bacon until brown. Add onion and cook until tender. Add water, potatoes, seasonings, and fish. Cover and simmer about 15 minutes or until potatoes are tender. Add milk; heat. Garnish with parsley sprinkled over the top. Serves 6.



DEVILED CRAB

1 pound blue crab meat, fresh or pasteurized
2 tablespoons chopped onion
2 tablespoons melted fat or oil
2 tablespoons flour
¾ cup milk
1 tablespoon lemon juice
1½ teaspoons powdered mustard
1 teaspoon Worcestershire sauce
½ teaspoon salt
3 drops liquid hot pepper sauce
Dash pepper
Dash cayenne pepper
1 egg, beaten
1 tablespoon chopped parsley
1 tablespoon melted fat or oil
¼ cup dry bread crumbs

Remove any remaining shell or cartilage from crab meat. Cook onion in fat until tender. Blend in flour. Add milk gradually and cook until thick, stirring constantly. Add lemon juice and seasonings. Stir a little of the hot sauce into the egg; add to remaining sauce, stirring constantly. Add parsley and crab meat; blend well. Place in 6 well-greased individual shells or 5-ounce custard cups. Combine fat and crumbs; sprinkle over top of each shell. Bake in a moderate oven, 350° F., for 20 to 25 minutes or until brown. Serves 6.

OYSTER CLUB SANDWICHES

1 can (12 ounces) oysters, fresh or frozen
12 slices bacon
1 cup dry bread crumbs
1 cup flour
1 egg, beaten
1 tablespoon milk
½ teaspoon salt
Dash pepper
18 slices buttered toast
¼ cup mayonnaise or salad dressing
6 lettuce leaves
2 tomatoes, sliced

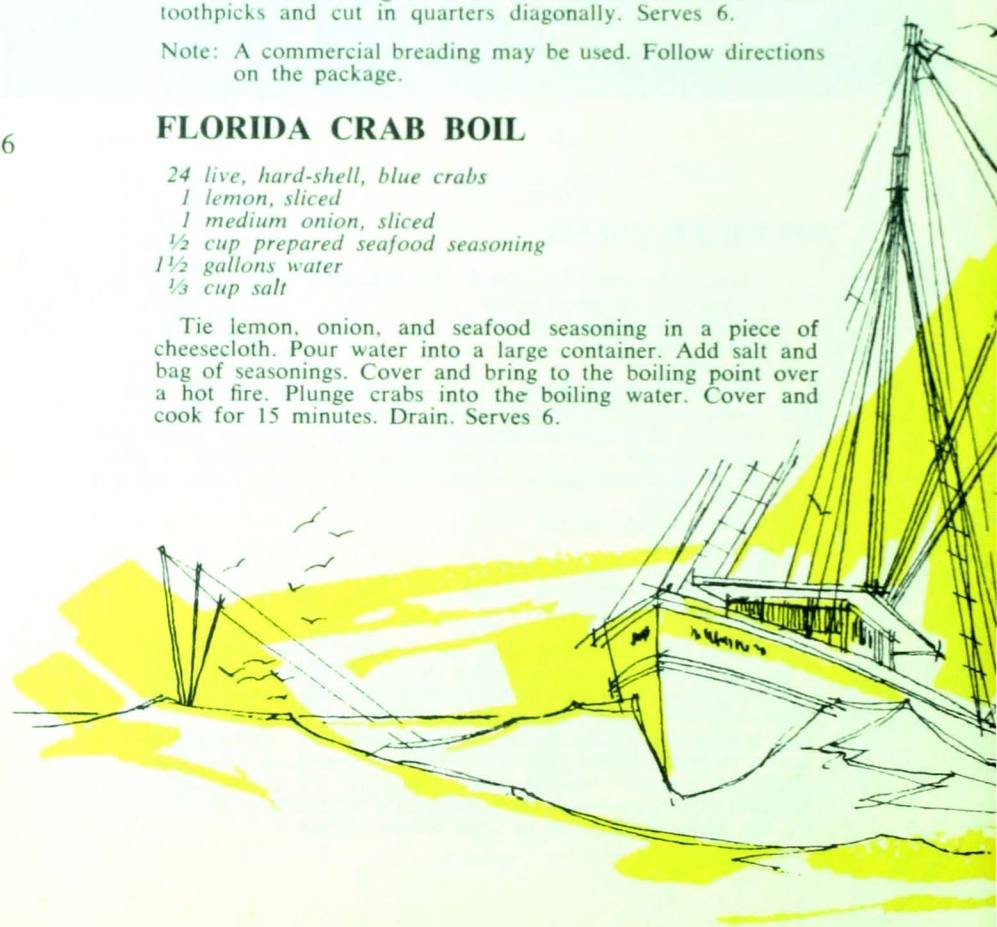
Thaw frozen oysters. Drain oysters. Fry bacon. Drain on absorbent paper. Combine crumbs and flour. Combine egg, milk, salt, and pepper. Roll oysters in crumb mixture. Dip in egg mixture and roll in crumb mixture. Fry in hot bacon fat at moderate heat until brown on one side. Turn carefully and brown the other side. Cooking time approximately 5 to 7 minutes. Drain on absorbent paper. Spread 6 slices of toast with mayonnaise. Arrange lettuce and tomatoes on top. Cover with second slice of toast. Arrange bacon and oysters on top. Cover with remaining slices of toast. Secure sandwiches with toothpicks and cut in quarters diagonally. Serves 6.

Note: A commercial breading may be used. Follow directions on the package.

FLORIDA CRAB BOIL

24 live, hard-shell, blue crabs
1 lemon, sliced
1 medium onion, sliced
½ cup prepared seafood seasoning
1½ gallons water
⅓ cup salt

Tie lemon, onion, and seafood seasoning in a piece of cheesecloth. Pour water into a large container. Add salt and bag of seasonings. Cover and bring to the boiling point over a hot fire. Plunge crabs into the boiling water. Cover and cook for 15 minutes. Drain. Serves 6.



SOUTHERN CATFISH STEW

(Back cover)

1 pound skinned catfish fillets or other fish fillets, fresh or frozen
½ cup chopped bacon
1 cup chopped onion
1 can (1 pound 12 ounces) tomatoes
2 cups diced potatoes
1 cup boiling water
¼ cup catsup
2 tablespoons Worcestershire sauce
1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon thyme

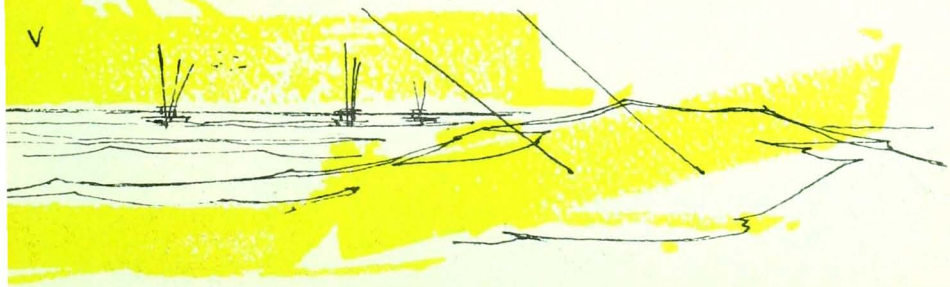
Thaw frozen fillets. Cut into 1-inch pieces. Fry bacon until brown. Add onion and cook until tender. Add tomatoes, potatoes, water, catsup, and seasonings. Cover and simmer for 30 minutes. Add fish. Cover and simmer about 15 minutes longer or until potatoes are tender. Serves 6.

SHRIMP MACARONI SALAD

(Center photo)

¾ pound cooked, peeled, and cleaned shrimp, fresh or frozen or
3 cans (4½ or 5 ounces each) shrimp
2 cups cooked shell macaroni
1 cup chopped raw cauliflower
1 cup sliced celery
¼ cup chopped parsley
¼ cup chopped sweet pickle
½ cup mayonnaise or salad dressing
3 tablespoons garlic French dressing
1 tablespoon lemon juice
1 teaspoon grated onion
1 teaspoon celery seed
1 teaspoon salt
¼ teaspoon pepper
Salad greens
1 hard-cooked egg, sliced

Thaw frozen shrimp or drain canned shrimp. Rinse canned shrimp with cold water. Cut large shrimp in half. Combine macaroni, cauliflower, celery, parsley, pickle, and shrimp. Combine mayonnaise, French dressing, lemon juice, onion, and seasonings; mix thoroughly. Add mayonnaise mixture to shrimp mixture and toss lightly; chill. Serve on salad greens. Garnish with egg slices. Serves 6.



RED SNAPPER FLORIDIAN

(Center photo)

2 pounds red snapper fillets or other fish fillets, fresh or frozen
3 tablespoons melted fat or oil
2 tablespoons orange juice
2 teaspoons grated orange rind
1 teaspoon salt
Dash nutmeg
Dash pepper

Thaw frozen fillets. Cut into serving-size portions. Place in a single layer, skin side down, in a well-greased baking dish, 12 x 8 x 2 inches. Combine remaining ingredients and pour over fish. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until fish flakes easily when tested with a fork. Serves 6.

MULLET TOMATO FAN-TANS

(Front cover)

1½ pounds mullet fillets or other fish fillets, fresh or frozen
1 quart boiling water
1 tablespoon salt
1 cup chopped celery
2 hard-cooked eggs, chopped
⅓ cup mayonnaise or salad dressing
2 tablespoons chopped sweet pickle
1 tablespoon chopped onion
½ teaspoon salt
Dash pepper
6 large tomatoes
Lettuce

Thaw frozen fillets. Place fillets in boiling salted water. Cover and simmer about 10 minutes or until fish flakes easily when tested with a fork. Drain. Remove skin and bones; flake.

Combine all ingredients except tomatoes and lettuce; chill. Wash tomatoes and remove stem ends; place on lettuce. Cut each tomato, not quite through, into 3 vertical slices. Separate slices slightly and sprinkle with salt. Fill in between slices with salad, using approximately ⅓ cup for each tomato. Serves 6.

SHRIMP PARADISE SALAD

¾ pound cooked, peeled, and cleaned shrimp, fresh or frozen
or
3 cans (4½ or 5 ounces each) shrimp
1 pineapple
2 oranges
1 avocado
1 tablespoon orange juice
Shrimp Paradise Salad Dressing

Thaw frozen shrimp or drain canned shrimp. Rinse canned shrimp with cold water. Chill. Cut pineapple in half lengthwise. Remove core and meat, reserving shell for serving. Dice pineapple. Peel and section oranges, reserving juice. Cut avocado in half lengthwise and remove seed. Peel and slice avocado. Sprinkle with orange juice to prevent discoloration. Combine pineapple, oranges, and avocado. Fill pineapple shells with fruit mixture. Arrange shrimp on top. Serve with Shrimp Paradise Salad Dressing. Serves 6.

SHRIMP PARADISE SALAD DRESSING

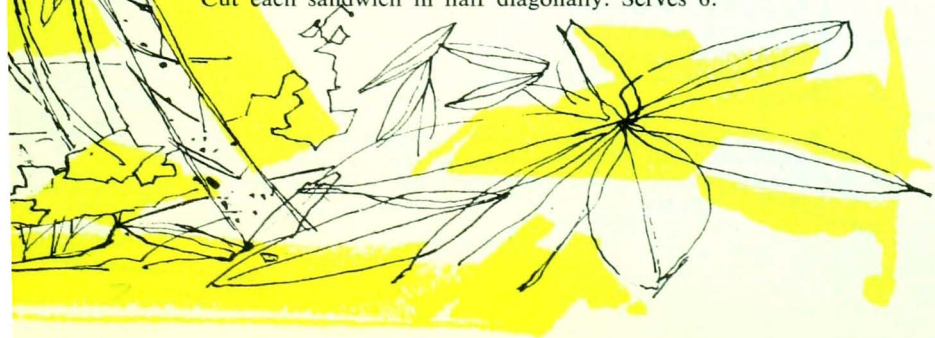
½ cup olive or salad oil
2 tablespoons lemon juice
2 tablespoons dry, white wine
1 teaspoon honey
½ teaspoon paprika
½ teaspoon salt

Combine all ingredients and shake well. Chill. Makes approximately ¾ cup dressing.

SHRIMP TROPICANA

½ pound cooked, peeled, and cleaned shrimp, fresh or frozen
or
2 cans (4½ or 5 ounces each) shrimp
1 cup creamed cottage cheese
½ cup drained crushed pineapple
⅓ cup mayonnaise or salad dressing
2 teaspoons lemon juice
½ teaspoon salt
12 slices buttered cracked wheat bread
6 lettuce leaves

Thaw frozen shrimp or drain canned shrimp. Rinse canned shrimp with cold water. Chop shrimp. Drain cottage cheese. Combine all ingredients except bread and lettuce. Chill. Spread 6 slices of bread with approximately ⅓ cup shrimp mixture. Cover with lettuce and remaining 6 slices of bread. Cut each sandwich in half diagonally. Serves 6.



PARTY SHRIMP

1 pound cooked, peeled, and cleaned shrimp, fresh or frozen
or
4 cans (4½ or 5 ounces each) shrimp
Avocado Dip

Thaw frozen shrimp or drain canned shrimp. Cover canned shrimp with ice water and let stand for 5 minutes; drain. Fill a bowl with chopped ice. Place a small bowl in center of the ice bowl. Arrange shrimp on the ice. Fill small bowl with the Avocado Dip. Provide toothpicks for dipping.

AVOCADO DIP

2 ripe avocados
2 tablespoons mayonnaise or salad dressing
2 tablespoons lemon juice
1 tablespoon grated onion
1 teaspoon Worcestershire sauce
½ teaspoon liquid hot pepper sauce
¼ teaspoon salt

Cut avocados in half lengthwise and remove seeds. Peel and mash avocados until smooth. Add remaining ingredients and mix thoroughly. Cover and chill 1 hour. Makes approximately 1½ cups dip.

FESTIVE MULLET

2 pounds mullet fillets or other fish fillets, fresh or frozen
½ cup French dressing
1½ cups crushed cheese crackers
2 tablespoons melted fat or oil
Paprika

Thaw frozen fillets. Skin fillets and cut into serving-size portions. Dip fish in dressing and roll in cracker crumbs. Place on a well-greased cooky sheet, 15 x 12 inches. Drizzle fat over fish. Sprinkle with paprika. Bake in an extremely hot oven, 500° F., for 10 to 12 minutes or until fish flakes easily when tested with a fork. Serves 6.

BAKED RED SNAPPER WITH SOUR CREAM STUFFING

3 or 4 pounds dressed red snapper or other dressed fish, fresh or frozen
1½ teaspoons salt
Sour Cream Stuffing
2 tablespoons melted fat or oil

Thaw frozen fish. Clean, wash, and dry fish. Sprinkle inside and out with salt. Stuff fish loosely. Close opening with small skewers or toothpicks. Place fish in a well-greased baking pan. Brush with fat. Bake in a moderate oven, 350° F., for 40 to 60 minutes or until fish flakes easily when tested with a fork. Baste occasionally with fat. Remove skewers. Serves 6.

SOUR CREAM STUFFING

¾ cup chopped celery
½ cup chopped onion
¼ cup melted fat or oil
1 quart dry bread cubes
½ cup sour cream
¼ cup diced peeled lemon
2 tablespoons grated lemon rind
1 teaspoon paprika
1 teaspoon salt

Cook celery and onion in fat until tender. Combine all ingredients and mix thoroughly. Makes approximately 1 quart stuffing.

TOMATOES WITH CRAB MEAT DRESSING

(Center photo)

1 pound blue crab meat, fresh or pasteurized
1 cup grated carrot
2 hard-cooked eggs, chopped
1 tablespoon chopped onion
1 cup mayonnaise or salad dressing
¼ cup lemon juice
1 teaspoon prepared mustard
1 teaspoon salt
¼ teaspoon pepper
18 tomato slices
6 lettuce leaves

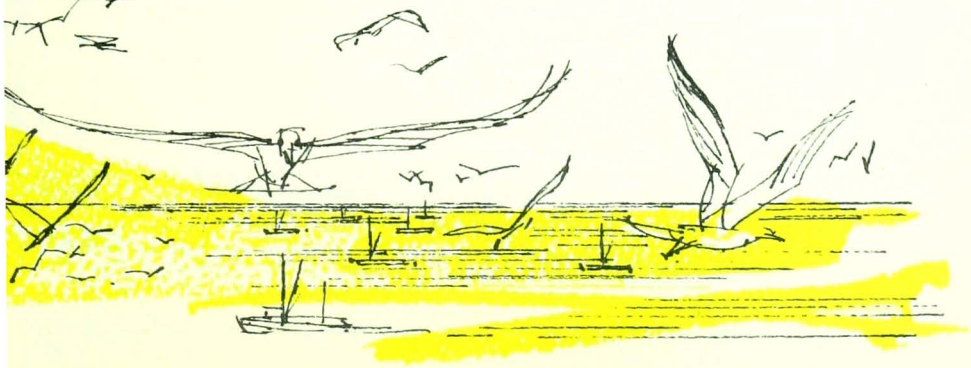
Remove any remaining shell or cartilage from crab meat. Combine carrot, egg, onion, and crab meat. Combine mayonnaise, lemon juice, mustard, salt, and pepper; mix thoroughly. Add mayonnaise mixture to crab mixture; toss lightly. Chill. Arrange 3 tomato slices on each lettuce leaf; sprinkle with salt. Top tomatoes with approximately 2/3 cup crab meat dressing. Serves 6.

LOBSTER CANTONESE

(Front cover)

2 pounds spiny lobster tails, fresh or frozen
¼ pound ground pork
1 clove garlic, sliced
¼ cup melted fat or oil
½ cup sliced green onions
2 beef bouillon cubes
2 cups boiling water
2 tablespoons cornstarch
1 tablespoon soy sauce
1 teaspoon ground ginger
½ teaspoon salt
¼ teaspoon sugar
1 egg, slightly beaten

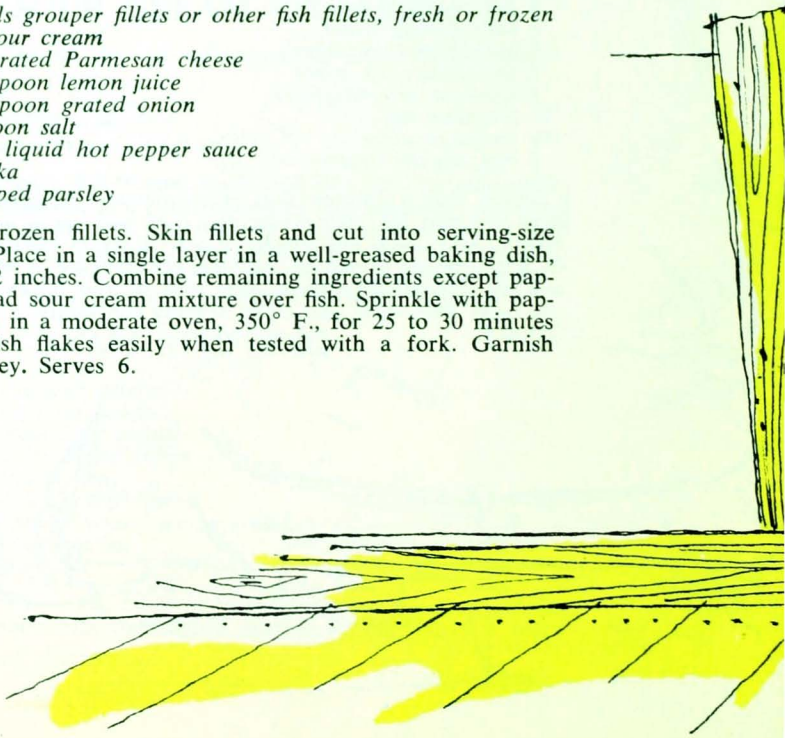
Thaw frozen lobster tails. Cut in half lengthwise, then crosswise into 1½ inch pieces. Fry pork and garlic in fat until brown. Add onion and lobster. Cook 10 to 15 minutes longer or until lobster is tender, stirring occasionally. Combine remaining ingredients except egg. Add to the lobster mixture and cook until thick and clear, stirring constantly. Stir in egg. Serves 6.



GROUPER PARMESAN

2 pounds grouper fillets or other fish fillets, fresh or frozen
1 cup sour cream
¼ cup grated Parmesan cheese
1 tablespoon lemon juice
1 tablespoon grated onion
½ teaspoon salt
Dash liquid hot pepper sauce
Paprika
Chopped parsley

Thaw frozen fillets. Skin fillets and cut into serving-size portions. Place in a single layer in a well-greased baking dish, 12 x 8 x 2 inches. Combine remaining ingredients except paprika. Spread sour cream mixture over fish. Sprinkle with paprika. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until fish flakes easily when tested with a fork. Garnish with parsley. Serves 6.



UNITED STATES DEPARTMENT OF THE INTERIOR

FISH AND WILDLIFE SERVICE

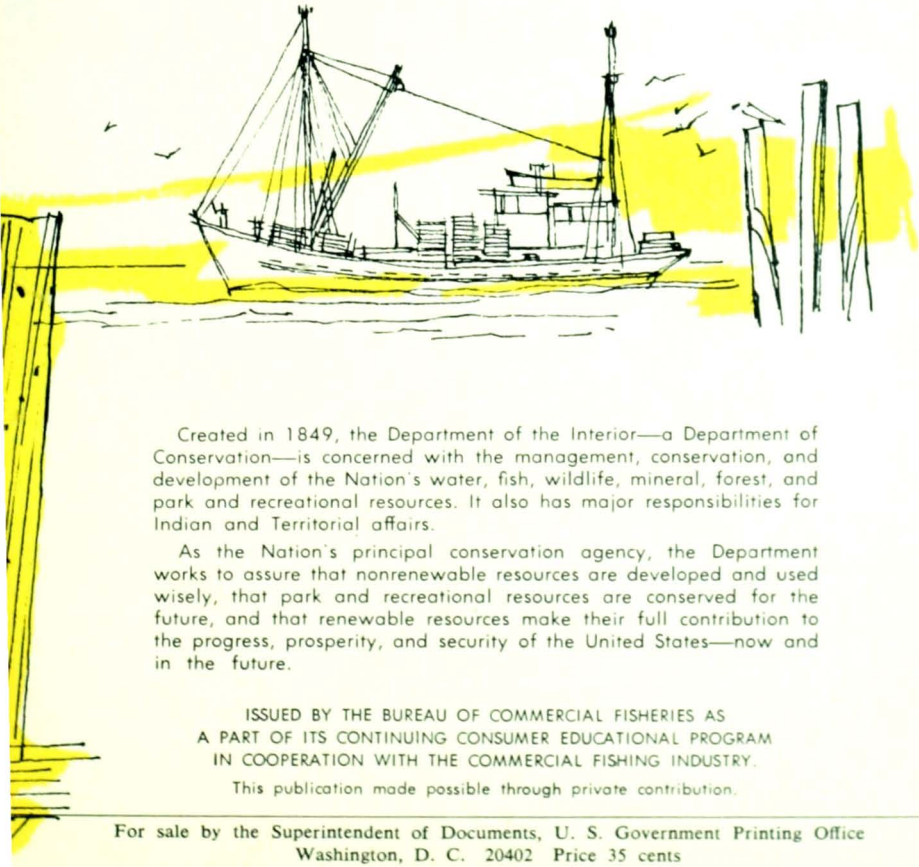
BUREAU OF COMMERCIAL FISHERIES

In cooperation with the

FLORIDA BOARD OF CONSERVATION

and the

SOUTHEASTERN FISHERIES ASSOCIATION, INC.



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As the Nation's principal conservation agency, the Department works to assure that nonrenewable resources are developed and used wisely, that park and recreational resources are conserved for the future, and that renewable resources make their full contribution to the progress, prosperity, and security of the United States—now and in the future.

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