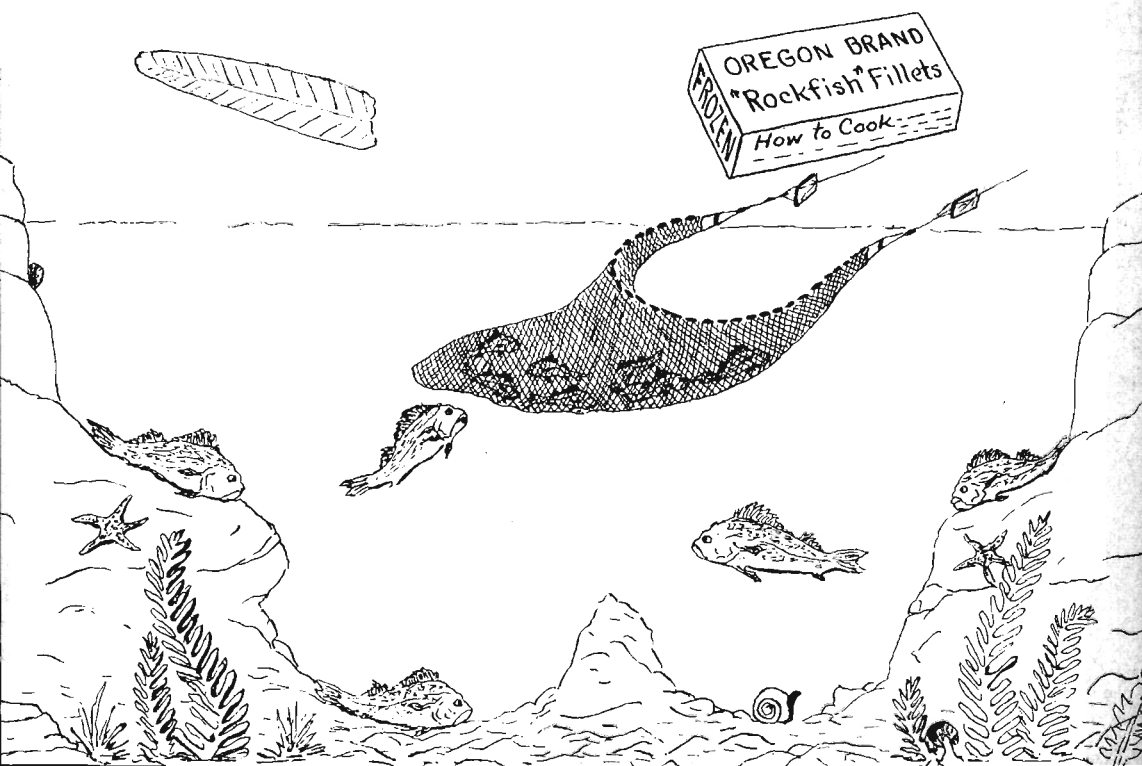


Let's Try Something Different

Adventures IN **"ROCKFISH" COOKERY**

by MARGARET R. LUNNING & E.W. HARVEY



Agricultural Experiment Station
Oregon State College
Corvallis

Foreword

THE PURPOSE of the Seafoods Laboratory at Astoria is to study and present to the people of the state new marine foodstuffs and better methods of utilization and preparation of these foods.

In this bulletin, the laboratory presents many new recipes developed exclusively for the comparatively unknown group of fishes, the rockfishes.

These rockfishes comprise one of Oregon's most abundant marine foods. The laboratory hopes to provide you with new eating pleasure and help you to use more fully one of Oregon's natural resources.

J. E. Price
DEAN AND DIRECTOR

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Definition of Cooking Terms

BAKE: Cook by dry heat, as in oven in an uncovered pan.

BASTE: Moisten food while cooking by spooning melted fat, water, or other juices over it.

BLEND: Mix thoroughly two or more ingredients.

BOIL: Cook in water, or other liquid, in which bubbles rise continually to the surface.

BRAISE: Brown quickly in small amount of hot fat. Add a small amount of water, cover, and finish cooking covered.

BREAD: Coat with bread crumbs alone, or by alternate dippings in crumbs, and a mixture of egg and milk.

BROIL: Cook by direct heat—grill.

CHOP: Cut into pieces with a sharp tool, such as a knife or a vegetable chopper.

DEEP-FAT FRY: Cook in deep fat, on top of the stove.

DICE: Cut into small cubes.

DREDGE: Coat with flour or other fine substances such as corn meal.

GRIND: Reduce to small particles by putting through food mill.

MINCE: Cut or chop into very small pieces.

PAN-FRY: Cook in small amount of fat in shallow pan.

POACH: Cook in a hot liquid, just under the boiling point.

SAUTÉ: Brown or fry in a very small amount of hot fat.

SIMMER: Cook in a liquid at a temperature of about 185° F. Bubbles form slowly and break below the surface.

STEAM: Cook in steam with or without pressure. Steam may be applied as in a steamer or pressure cooker.

Suggestion

A fillet 1-inch thick will require about 10 minutes in a very hot oven (500° F.) in an uncovered pan. When cooking frozen fish, allow about double the time recommended for fresh fish; that is, allow approximately 20 minutes for each inch of thickness of fish.

Let's Try Something Different

E. W. HARVEY AND MARGARET R. LUNNING

Seafoods Laboratory

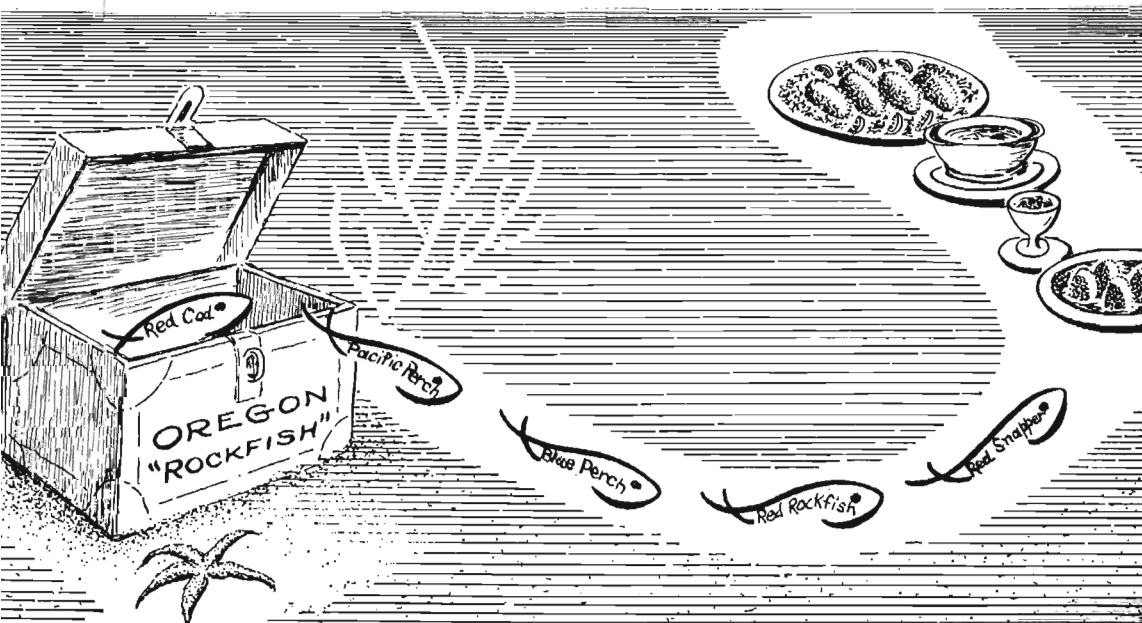
Food and Dairy Technology Department, Astoria, Oregon

SOMETHING DIFFERENT is just what we mean. Let's try "rockfish." Everyone is familiar with salmon and tuna, but how well do we know our native rockfish? What is or are rockfish?

The term "rockfish" is applied to a large number of species of the genus SEBASTODES. These closely-related fish (named red cod, red rockfish, blue perch, red snapper, etc.) live among the rocks offshore. "Rockfish" is one of Oregon's most abundant marine foods.

In the 1930's the rockfish were harvested off our coast for some plants and it was not until then that they appeared in food markets to a limited extent. They were further tested and tried just prior to and during the war, and the satisfying results intensified the interest and testing.

A similar early history of a fishery on the northeastern seaboard is found in the closely-related genus SEBASTES, commonly called redfish, red perch, rosefish, or ocean perch. This fish was not introduced to the food markets until the early 1930's, at which time it was given the name ocean perch. The popularity of this fishery product has grown through the intervening years until it is now the *most abundantly-produced fish in that area of the country*. It is also used in large quantities by Canada, Iceland, and some European countries.



The Oregon Seafoods Laboratory has developed these recipes for Oregon "rockfish" to help acquaint you with this "new" fish of our coastal waters. The person who enjoys fish will find in this delicately-flavored flesh a valuable addition to his list of seafood favorites. It lends itself readily to numerous methods of preparation: deep-fat fried, pan-fried, broiled, steamed, boiled, poached, or baked. As with most white-fleshed fish, care should be taken to enhance and not detract from the natural flavor. The judicious use of spices and herbs is recommended. Along with seasoning, mono-sodium glutamate is suggested. This is a natural salt which in itself has no flavor, but which accents and enhances the natural flavor of that with which it is used. It can be found on your grocer's shelf under a variety of names.

It has been found that cooking in covered containers is more successful than in an open kettle. Covering tends to keep the product moist and helps to retain the natural flavor. For the same reason a heavy batter is recommended in almost all deep-fat frying methods. The batter forms a protective covering and thus helps retain the flavor. Steaming and poaching are excellent methods of preparing fish for salads, cocktails, croquettes, sandwiches, or cream soup, and for recipes calling for flaked cooked fish. By these procedures fish may be prepared the day before and stored in a covered container in your refrigerator.

If it is found necessary to remove any scales or bits of flesh from fillets, do so by rinsing quickly in cold water, or in a solution made of the juice of $\frac{1}{2}$ lemon mixed with two cups cold water. Dry well with cloths or paper towels—otherwise batters will not adhere well, and browning will be uneven. When using frozen fish, it is preferable that they are thawed before cooking. The use of partially-thawed fish may alter the results completely in any of these recipes. If frozen fish is put into these recipes, use about twice the cooking time.

These seafood recipes have been developed with an eye to thrift, palatability, and simplicity. Your own imagination can provide many more tempting and attractive combinations to satisfy your individual taste. The whole family will enjoy these new Adventures in "Rockfish" Cookery.

Adventures in "Rockfish" Cookery

Oven Sautéed Rockfish

Serves 6



2 pounds fillets, cut into serving pieces,
or 4 to 6 small fillets

1 teaspoon glutamate

1 teaspoon salt

1 tablespoon lemon juice

2 tablespoons milk

2 eggs

4 tablespoons melted butter

Cracker crumbs

Sprinkle fish with salt and glutamate.

Beat eggs slightly and add lemon juice, milk, and salt.

Dip each piece of fish first in egg mixture, then in cracker crumbs.

Repeat the process. Shake off excess crumbs after each dipping.

Place breaded fillets in large shallow baking pan containing the melted butter. Baste well with butter and cover pan. Bake at 375° F. for 35 minutes. Baste once during baking period. Remove cover, baste well with pan drippings, and put under broiler 3 to 5 minutes to brown slightly.

Broiler rack should be lowered to prevent browning too quickly.

Perchato Loaf

Serves 6 to 8

1 pound fillets, cooked and flaked

2 cups cooked potatoes, mashed and seasoned to taste

$\frac{1}{2}$ cup light cream

2 eggs

Mix all ingredients thoroughly and bake in a greased loaf pan for 30-35 minutes or until well browned, at 375° F.

If time and materials are available, it is suggested that the fish be poached in court bouillon, page 14.

Perch Piquant

Serves 6

- 2 pounds fillets, cut into serving pieces
- 1 teaspoon each salt and glutamate
- 1 tablespoon prepared mustard
- $\frac{1}{8}$ teaspoon curry powder

Sprinkle fillets with salt and glutamate. Add curry to mustard and spread evenly over lean side of fish. Place in a lightly greased pan and bake covered in a 400° F. oven for 15 to 20 minutes depending on thickness of the fillets.

Broiled Rockfish

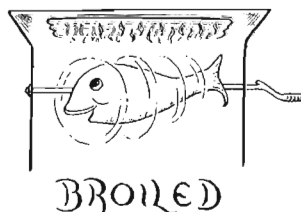
Serves 6

- 2 pounds fillets, cut into serving pieces
- 1 teaspoon each salt and glutamate
- 4 tablespoons melted butter
- Juice of $\frac{1}{2}$ lemon
- Garlic bud

Rub fillet very lightly with a split bud of garlic, then sprinkle with salt and glutamate. Melt butter and mix with lemon juice. Brush fish generously with this mixture, and put under a preheated broiler—broil 6 to 7 minutes on each side.

Garnish to your own taste.

(Place broiler rack 4 to 5 inches from source of heat to prevent fish from drying.)



Fishburgers

Serves 4 to 6

- 1 pound fillets, ground coarsely
- $\frac{1}{2}$ teaspoon each salt and glutamate
- $\frac{1}{4}$ small onion, ground with fish (optional)
- 1 teaspoon cracker meal

Mix all together thoroughly, and form into patties. Pan fry, or broil until well browned on each side.

Rockfish Creole

Serves 6

- 2 pounds fillets, cut into serving pieces
- 1 teaspoon salt
- 1 small onion, diced
- 1 teaspoon glutamate
- 1 green pepper, diced
- 2 cans (8-ounce) tomato sauce
- 2 tablespoons shortening or oil
- 1 teaspoon Worcestershire sauce (or more to taste)

Using a small sauce pan, sauté vegetables in 2 tablespoons oil until thoroughly done. Add tomato and Worcestershire sauce. Cook 10 minutes. Dip fish lightly in flour and brown on each side in hot fat, using a heavy skillet. Pour sauce over fish, cover pan tightly, and simmer for 15 minutes.

If sauce is thicker than desired, thin with a little hot water.

Baked Oregon Supreme

Serves 6

- 2 pounds fillets, cut into serving pieces
- 1 teaspoon each salt and glutamate
- Juice of 1 lemon
- 4 tablespoons olive oil
- $\frac{1}{2}$ cup green onion, chopped (or an herb of your choice)

Season fish with salt and glutamate. Sprinkle lemon juice over fish and baste generously with olive oil. Bake 7 minutes at 500° F., basting once during cooking process with pan drippings. Remove from oven and pile chopped green onions, or herb, on each portion. Place under broiler about 3 minutes to heat.

Steamed Rockfish

Serves 3 to 4

- 1 pound fillets
- $\frac{1}{4}$ teaspoon glutamate
- $\frac{1}{4}$ teaspoon salt

Put one layer at a time of seasoned rockfish in a perforated steamer rack, and cook covered over boiling water for 15 minutes or until fish flakes easily.

Do not overlap pieces because they will not cook properly. Do not let water touch fish at any time during cooking. Serve with your favorite sauce. May be used cold in cocktails, salads, or made into a sandwich spread.

Rockfish Fillets a la Harvé

Serves 3 to 4

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| 1 pound fillets, cut into serving pieces | Cracker crumbs |
| $\frac{1}{2}$ teaspoon each salt and glutamate | $\frac{1}{2}$ cup button mushrooms |
| 1 cup sour cream | (optional) |
| 2 tablespoons butter | 1 tablespoon flour |

Season fish with salt and glutamate. Roll in cracker crumbs. Melt butter and slightly brown in an iron skillet. Quickly brown fillets on each side in this butter. Add mushrooms and cream. Reduce heat, cover, and simmer 15 to 20 minutes, or until fish will flake easily.

Remove fish to warmed platter, thicken remaining cream with 1 tablespoon flour dissolved in a very small amount of cold water. Pour over fish and serve.

Liberty Bells

Serves 4

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| 4 green peppers | 1 cup cooked rice |
| 1 cup cooked, diced rockfish | 1 tablespoon soy sauce or |
| 2 strips bacon | Worcestershire sauce |
| 1 small onion | |

Cut off tops of peppers and remove seeds. Parboil 5 minutes and invert to drain off excess liquid. Fry bacon until brown, and remove pieces. Add diced fish and onion to bacon fat, and cook until tender. Add cooked rice, bacon, and soy sauce. Brown slightly. Stuff pepper shells with fish mixture. Bake at 400° F. for 15 minutes in greased casserole.

Pan-Fried Rockfish Fillets

Serves 6

- 2 pounds fillets, cut into serving pieces
- 1 cup buttermilk
- 1 teaspoon each salt and glutamate
- $\frac{1}{8}$ teaspoon pepper
- Cracker crumbs
- 3 to 4 tablespoons oil or shortening

Sprinkle fish with salt, glutamate, and pepper. Dip in buttermilk, and then in cracker crumbs. Fry 3-5 minutes on each side until golden brown, turning only once. Drain on absorbent paper.

Deep-Fat Fried Fillets

Serves 6

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| 2 pounds fillets, cut into serving pieces | 1 cup milk |
| 1 teaspoon each salt and glutamate | $\frac{1}{8}$ teaspoon pepper |
| 1 egg | Cracker crumbs |

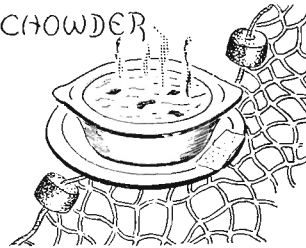
Sprinkle fish with salt and glutamate. Beat egg and add milk. Dip fish first in cracker crumbs, then in egg and milk, and again in crumbs. Fry in deep fat at 375° F. for approximately 4 minutes or until a deep golden brown. (If no thermometer is available, heat fat until a 1" cube of day-old bread will brown in 60 seconds.)

Chowder

Serves 4 to 6

- 1 pound fillets, cut into $\frac{1}{2}$ " cubes
- 2 potatoes, diced
- 1 onion, diced
- 4 strips salt pork or bacon, chopped
- 2 cups milk
- Cayenne, to taste
- Salt and pepper to taste

CHOWDER



Cook potatoes and fish in a large kettle containing $2\frac{1}{2}$ cups slightly salted water, for about 15 minutes. Fry bacon and onion until done, and add to the fish, potato, and stock in the kettle.

Add milk slowly, and heat to scalding point.

Season to taste with salt, pepper, and cayenne. Serve immediately.

Fried Timbales

Serves 6

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| 1 cup flaked cooked fillets | $\frac{1}{2}$ teaspoon glutamate |
| 2 cups cooked rice | $\frac{1}{8}$ teaspoon marjoram |
| $\frac{1}{2}$ teaspoon salt | 2 small eggs |
| $\frac{1}{2}$ teaspoon pepper | |

Mix all ingredients together, and drop from large tablespoon on a greased griddle or skillet, and fry until golden brown on each side.

Escallop

Serves 6 to 8

- 1 to 1½ pounds fillets, cut into large cubes
- ¾ teaspoon each salt and glutamate
- Flour for dredging
- 5 tablespoons salad oil or melted shortening
- 2 small carrots, diced
- 2 small potatoes, diced
- 1 large stalk celery, diced
- ½ medium onion, diced
- 1 cup peas
- 1 teaspoon paprika

Cook vegetables in a very small amount of water until tender. Season fish with salt and glutamate, and dredge in flour. Brown the fish very quickly in hot fat. Add vegetables plus water used for cooking them to the fish, reduce heat. Cover and let steam for 5 minutes to blend flavors. Remove all to shallow baking dish. Add enough oil to make 3½ tablespoons fat in skillet; add 3½ tablespoons flour, and blend well. Add 3 cups cold milk, stir until smooth, and bring to gentle boil, stirring constantly. Stir in 1 teaspoon paprika. Pour sauce over fish and vegetables. Shake gently to mix.

Rockfish Español

Serves 4 to 6

- 1 to 1½ pounds fillets, cut into serving pieces
- 1 teaspoon each salt and glutamate
- 1 medium sized green pepper, very thinly sliced
- 1 medium sized onion, very thinly sliced
- ½ teaspoon chili powder
- 4 tablespoons shortening or oil
- 2 cups sieved, cooked or canned tomatoes
- 2 tablespoons corn starch

Sauté pepper and onion in oil until tender, add salt and chili powder. Add tomato. Lay seasoned fish on top, cover pan, and simmer gently until fish flakes easily—about 25 minutes. Remove fish to warm covered dish. Dissolve corn starch in a very small amount of cold water and stir into boiling tomato sauce. Cook until thick and pour over fish. Garnish with parsley and lemon.

Flaked Rockfish Cocktail

Serves 4



1 cup fish flakes—(steamed or left-over cooked fish)

$\frac{1}{2}$ cup catsup

Juice of 1 lemon

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon tabasco sauce or prepared mustard

Blend the sauce ingredients. Mix with flaked cold rockfish from which the dark meat has been removed. Chill until ready to serve.

Serve in cocktail glasses, topped with a thin wedge of lemon.

Tomachhli (Salad)

Serves 6

2 cups coarsely flaked, cooked fillets $\frac{1}{4}$ large apple, finely minced

1 tablespoon minced onion

1 tablespoon mayonnaise

1 tablespoon finely minced green pepper 2 teaspoons lemon juice

$\frac{1}{4}$ teaspoon salt, or more to taste 6 tomatoes

Prepare tomato shells by slicing off stem end; scoop out center. Invert to drain.

Mix remaining ingredients. Salt tomato shells slightly and stuff filling in lightly. Dust with paprika and decorate with sprig of parsley or a celery leaf, flag fashion, on top of each serving.

Serve on crisp salad greens.

Tartar Sauce

Makes about $\frac{3}{4}$ cup sauce

$\frac{1}{4}$ cup mayonnaise

1 tablespoon chopped onion

1 tablespoon chopped green pepper

1 tablespoon minced parsley

1 tablespoon chopped pimiento

Combine all ingredients thoroughly.

If no pimiento is available, add equal amount of chopped tomato or red bell pepper. If tomato is used, scoop out seeds and use only the solid shell. The mock hollandaise sauce on the next page can be used cold in place of mayonnaise.

Onion Sauce

Makes 1 cup

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| $\frac{1}{2}$ cup finely chopped onion | 1 cup milk |
| 1 tablespoon shortening | Salt and pepper to taste |
| 1 tablespoon flour | |

Sauté onion in fat until yellow. Blend in flour and stir in milk slowly. Cook over low heat, stirring constantly until thick. Season with salt and pepper. Cook a few minutes longer, stirring occasionally. Serve with breaded fish, either baked or fried.

Mock Hollandaise Sauce

Makes 2 cups

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| 2 tablespoons butter | $\frac{1}{8}$ teaspoon pepper |
| $2\frac{1}{2}$ tablespoons flour | $\frac{1}{4}$ teaspoon dry mustard |
| 2 cups warmed milk | $\frac{3}{4}$ teaspoon Worcestershire sauce |
| 1 teaspoon salt | 2 teaspoons vinegar |

Blend butter and flour in top of double boiler. Add warm milk slowly while stirring. Add spices and Worcestershire sauce.

Stir constantly while cooking over boiling water until thoroughly blended and slightly thickened. Slowly stir in 2 teaspoons vinegar. This is a basic sauce and may be varied to suit your individual taste.

Suggested variation:

Before serving, stir in thoroughly:

- 6 tablespoons buttermilk
- $\frac{1}{8}$ teaspoon cayenne
- 3 teaspoons chopped parsley

Tomato Sauce

Makes 1 cup

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| 2 cups sieved tomato or pureé | 12 peppercorns |
| $\frac{1}{2}$ cup boiling water | $\frac{1}{2}$ teaspoon salt |
| 12 whole cloves | 1 teaspoon sugar |
| 2 medium sized bay leaves | |

Pour $\frac{1}{2}$ cup boiling water over spices and allow to steep for 10 minutes. Add to tomato and boil slowly for 20 minutes, or until of desired consistency. Strain and add sugar and salt. Serve hot.

Horseradish Sauce

Makes 1 cup

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| $\frac{1}{4}$ cup drained horseradish | 1 tablespoon vinegar |
| $\frac{3}{4}$ teaspoon salt | $\frac{1}{2}$ cup heavy cream, whipped |
| $\frac{1}{4}$ teaspoon pepper | |

Mix first four ingredients and then fold this mixture into the whipped cream.

Very good with fish which has not been cooked in a sauce.

Court Bouillon for Poaching Fish

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| $\frac{1}{4}$ cup diced celery | 2 whole cloves |
| $\frac{1}{4}$ cup diced carrots | $1\frac{1}{2}$ tablespoons vinegar |
| 2 tablespoons minced onions | 3 teaspoons salt |
| $\frac{1}{4}$ cup diced green pepper | 3 sprigs parsley |
| 1 medium sized bay leaf | 1 quart cold water |
| 2 peppercorns | 2 tablespoons butter |

Using a large kettle, sauté vegetables in butter for 3 to 5 minutes.

Add remaining ingredients and boil gently, covered, for 30 minutes. Strain into covered pan having rack or fry basket. Boil liquid down to about 3 cups. Drop basket containing fish into hot liquid. Cover and, when bouillon returns to gentle boil, cook 6 to 8 minutes, or until fish flakes easily.

This amount of bouillon will poach 2 pounds of fish. Be sure fish is covered by liquid at all times during cooking. Garnish, or serve with your favorite sauce. Fish cooked in this manner is especially good used in salads or cocktails.

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