

### BAKED FISH IN CHEESE SAUCE

#### BAKED FISH:

½ - 2 lbs. Whiting H & G  
2 eggs with a little milk  
2 cups bread crumbs

½ tsp salt  
½ tsp pepper

Beat eggs in bowl, add milk and seasoning. Wash and clean fish. Dip fish in batter and sprinkle with bread crumbs. Put in well greased pan and bake 300° or 350° until done.

#### SAUCE:

Melt butter in medium sauce pan, blend in flour, onion, salt, pepper and nutmeg. Slowly stir in milk. Cook over low heat stirring constantly until sauce thickens and boils (about 1 minute). Add grated cheese to cook over low heat stirring constantly until cheese melts. Pour over fish.

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### BARBEQUE BAKED FISH

4 Whiting H & G  
4 tbsp Lemon Juice  
2 med. onions sliced

1 cup barbeque sauce  
Salt, pepper and garlic (salt to taste)  
1 stick of butter

Prepare fish for baking, spreading fish open. Add salt, pepper and garlic salt. Place onions on open side of fish (one side). Add lemon juice and close fish. Bake in oven at 350° for 30 min. in covered dish. Remove from oven and place on greased baking sheet. Add remaining ingredients, return to oven and broil until brown. Serve with egg and cucumber salad.

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### HAWAIIAN FRUIT FILLET FISH

2 slices of filleted fish  
1 can of fruit salad  
1 orange

1¼ lb sharp cheese  
1 jar cherries

Bake fish at 300°. Squeeze orange over fish as it cooks. When done put fruit in between the two slices of fish. Garnish with fruit and cheese and cherries.

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### FISH ROLLS

3 nice size fish  
¼ head cabbage  
½ bell pepper  
1 onion  
3 tbsp parsley

1 cup flour  
2 tab. celery seeds  
¼ stick butter  
1 egg  
¼ cup cold water

Boil fish and cook cabbage, in cooking cabbage add bell pepper. Add onion after cabbage is done. Add parsley celery seeds, Bone fish add mixture together very well. Use flour, butter, cold water and eggs to form dough. Roll dough very thin but do not tear. Put a little fish to each square and fold over. They can be baked or fried. Cover if baking.

### POACHED FISH WITH EGG SAUCE

3 lbs. whiting H & G	1 cup hot fish stock
1 tbsp. butter	1 egg yolk
1 tbsp. flour	

Clean and salt fish and poach for 30 minutes. Reserving one cup of fish stock. Melt butter, add flour and hot fish stock. Remove from heat and pan gradually on beaten yolk, Pour while hot over fish and garnish with parsley.

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1½ lbs. whiting H & G	¾ cup white vinegar
2 fresh eggs	pinch of salt
1 crushed garlic clove	½ cup of sugar
¾ cup corn starch	2 cups water
1 No. 2 sz. can chunk pineapples	2 green peppers
	2 tomatoes diced

The fish is cleaned and filleted, then beat up the eggs and the piece of garlic together and dip in the fish. Then in a half cup of cornstarch, roll around the fish, then put them into the hot oil and cook until it is brown. Then you may drain them on paper. Drain the juice from the pineapples and mix with the rest of the cornstarch. Then mix in the vinegar, salt, sugar and water. Cook this on a low fire for a few minutes until it is nice and thick then add the pineapples, green peppers, the tomatoes and fish chunks. Keep cooking for about 5 minutes and it is ready to serve. (serves 6 people).

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### FISH CROQUETTES

1 lb. whiting H & G	1 tbsp. parsley
3 tbsp. butter	1 tbsp. chopped onions
3 tbsp. flour	2 hard cooked eggs
2 tsp. salt	2 eggs, raw
4 tsp. pepper	2 tbsp. heavy cream
1 cup milk	1 teasp. lemon juice
	1 cup bread crumbs

Melt butter, stir in flour, salt, pepper, add milk gradually. Stir constantly, Cook sauce stirring until smooth and thick. Add fish, parsley, onion, hard cooked eggs. Cook over low heat for 5 minutes, stirring occasionally. Beat eggs with cream Stir into fish mixture. Cook stirring 1 to 3 minutes. Remove from heat and add lemon juice. Let mixture cook completely. Shape into croquettes. Roll each one in bread crumbs. Beat eggs lightly with two tbsp. water. Dip in eggs and again into crumbs, dry until done.

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### BROILED FISH

2 whiting H & G	few drops worcestershire sauce
1½ tsp. lemon juice	1 med. onion (sliced)
1/8 tsp. salt	2 tsp. flour
1/8 tsp. pepper	
1/8 tsp. garlich powder	

Fillet fish. Marinate fish in lemon juice for 10 minutes. Pour off juice and add seasoning add worcestershire sauce. Flour lightly the fish. Place fish in pan, cover with onions. Baste with oil while broiling. Broil at low or 375°.

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### FISH CAKES IN PINEAPPLE FISH SAUCE

2 med. whiting H & G	Salt and pepper to taste
¼ cup green peppers	¼ cup milk (evaporated)
¼ cup onions	1 egg
1 small white potatoe	Bread crumbs
1 small white potatoe	

Clean fish and steam until done five minutes. Cool and mix with all vegetables and seasonings. Beat egg with milk. Make fish cakes and roll in crumbs. Cook in hot oil.

#### Fish Pineapple Sauce:

½ cup flaked whiting H & G	Salt and pepper to taste
¼ cup pineapple (crushed)	¼ chopped green pepper (cup)
1 sm. tomatoe	¼ cup chopped onions

Mix all vegetables to gether and cook 10 minutes. Add fish. Serve with fish cakes and rice.

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### FISH BALLS

1 lb. whiting H & G	1 egg
1 med. onion	2 slices bread
1 stem celery	salt and pepper to taste
1 carrot	

Clean, bone and skin fish and cut into cubes. In a pot put bones, skin ¼ onion, carrot, celery and salt. Add water. Cook for 30 minutes. Put cubed raw fish in blender with egg water, salt, pepper blend until almost smooth with wet hands shape into balls. Put balls in fish stock and cook covered 30 min tes. Strain stock and balls and cool slowly for 1 hour.

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BAKED PERU WHITING LOAF NO. 12

3 whiting H & G (baked & boned)	salt, pepper, celery salt to taste
1 med. red onion (diced)	2 cups bread crumbs
1 green pepper (diced)	2 eggs
1 stick butter	3 tsp. vegetable oil
$\frac{1}{2}$ cup shredded parmesan or mozzarella cheese	1 cup water
	$\frac{1}{4}$ tsp. garlic, sage and thyme

Heat water. Melt butter in water, pour into your bowl, adding bread crumbs, oil fish and eggs. Mix together. Add salt, sage, thyme, pepper and celery to taste. Combine onion and peppers and cheese. Roll together, place in loaf dish and bake 20 minutes at 350°.

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FISH & RICE

1 cup uncooked rice	$\frac{1}{2}$ tsp. freshly ground pepper
2 cups water	1 lb. filleted whiting H & G
2 tsp. butter	1 tsp. paprika
1 lge bermuda onion	1 tbsp. lemon juice
$\frac{3}{4}$ tsp. oregano	1/8 oz. tomatoe sauce
6 lge. peeled tomatoe slices	8 slices American cheese
1 tsp. salt	

Brown rice, wash, add water and salt. After rice is done, cook onion in butter until onion is soft, but not brown. Arrange onions and butter in casserole dish. Pour rice over onion. Sprinkle with oregano. Top with tomatoe slices Cut fish into serving size pieces, spread over tomatoe layer. Sprinkle fish with salt, black pepper, paprika, and lemon juice. Pour tomatoe sauce over fish. Cover with cheese slices. Bake about 30 minutes or until cheese bubbles.

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FISH IN A SACK

3 to 4 whiting H & G	$\frac{1}{4}$ chopped onion
salt and pepper to taste	$\frac{1}{2}$ cup green peppers
garlic salt to taste	$\frac{1}{2}$ lb. cheese
2 lbs. lettuce	3 cups water
2 tomatoes	

Clean and bone fish. Put in small pot with 2 cups water. Add salt, pepper and garlic. Bring to boil. Turn gas very low for 20 to 25 minutes. Drain and let cool. Cook tomatoes and green peppers on stove. While cooling prepare sack.

Sack:

3 cups unbleached white flour	3 cups whole wheat flour
$\frac{3}{4}$ cup vegetable oil	2 tbsp. baking powder
1 cup water	

Mix flours, baking powder and salt together, mixing well. Slowly add oil. Add water working in the water, knead it well and roll out to about  $\frac{1}{4}$  of an inch thick. Bake on grill or in oven. Cut in half, open like a sack. Mix in fish with vegetable and cut up cheese finely add to fish. Fill sack.

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### WHITING FISH KABOBS

6 whiting H & G fillets  
1 green pepper (cut in sixths)  
2 tbsp. soy sauce  
basil and garlic to taste

1 lg. can pineapple chunks (reserve juice)  
4 cherry tomatoes  
salt and pepper to taste  
2 tbsp. salad oil

Remove skin from fish and cut into strips (approximately 1 inch wide). Roll fillets, starting at narrow end. Thread on long skewer with onions, green peppers, tomatoes pineapples juice and seasonings. Brush liquid mixture on kabob. Place kabobs on well greased pan, broild about 3 inches from heat for 4 to 6 minutes. Turn kabobs. Broil til fish flakes easily when tested with fork ( not dry). Servie with browned rice.

### FISH CASSEROLE DELUXE

1½	cup bottled milk scalded or ¾ cup evaporated milk and ¾ cup water, scalded	1½	cup grated processed american cheese
1	cup soft bread crumbs	1	tsp. pepper
¼	cup melted butter	Dash	paprika
1	tsp. minced parsley	3	well beaten eggs
1½	tbsp. minced onion	1	cup drained, cooked vegetables
		2	cups Whiting H & G Fish cooked

Pour the scalded milk over the bread crumbs. Add butter, parsley, onion, grated cheese, and seasoning. Then add the eggs, put vegetables in a greased or oiled 1¼ quart casserole, and pour the milk in a moderate oven of 325° for 75 mins. or until the loaf is firm. Serves 6

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### FISH PIE

filling	crust
5 cups boiled drained Whiting H & G Fish	2 cups flour
½ cup bread crumbs	2/3 cups crisco
3 small firm tomatoes chopped	½ tsp. salt
2 carrots cooked & chopped	6 tbsp. cold water
5 black olives chopped	¼ tsp. curry
1 stalk celery	½ tsp. onion juice
1 tbsp. onion juice	1 tsp. minced onion
¼ tsp. black pepper	1 tsp. sesame seeds
¼ tsp. paprika	
½ curry powder	
½ rosemary	
Dash tumeric, oregano	

Mix all ingredients for filling, set aside. Sift flour, salt, curry, cut in shortening, 1 tsp. at a time until mixture is crumbs. Add onions, ½ sesame seeds. Sprinkle cold water over mixture tbsp. at a time until mixture forms. Dough will be elastic like. Roll out to fit 8in. pie plate, bake 45 min.

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### FISH POT PIE

¾	Whiting H & G Fish	3	tsp. oil
1/3	cup peas	1	pie crust
1/3	cup cooked carrots	4	tbsp. sugar
1¼	large potatoes		
1	large onion		
¼	cup green pepper		
¼	clove garlic		
2	cans small tomatoe sauce		

Boil fish approximately 5 min. or until done. Mix all ingredients. Place on a crusted deep fish dish. Let bake in 375° oven for 50 min. Serve hot

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FILLET OF SOLE BONNE LEMME WITH LEMON  
BUTTER SAUCE

1 or 2 lbs. Whiting H & G Fish	1	green pepper (chopped)	
2	tbsp. melted butter	2	tbsp. flour
3	tbsp. lemon juice	1/8	tsp. pepper
1/4	cup minced onion	1	cup milk
1	can tomatoes (small)		

Place fish in ungreased baking dish. Add tomatoes, peppers, and milk. Stir in flour, salt and pepper. Combine lemon juice, melted butter and onions. Pour over fish mixture. Cover and bake for 1 hr. at 350°.

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FISH & EGG PLANT BAKED

1/3	cup butter or margarine (veg)	Dash	pepper
1	med. eggplant, sliced lengthwise in 1/2 in. slices	1	eight oz. can tomatoe sauce
1 or 2 lbs.	Whiting H & G Fish	1/4	cup grated cheese
1/2	tsp. salt	1/2	lb. mild cheese, sliced

Melt butter, or margarine. Add eggplant slices; cook over low heat until lightly browned on both sides. Place in shallow 2 quart baking pan; reserve drippings. Add fish, onion, salt and pepper to drippings. Cook until fish is slightly browned. Place over eggplant. Add tomatoe sauce and grated cheese. Bake in moderate oven of 350° degrees for 20 mins. Add sliced mild cheese; bake 10 mins. or until cheese is bubbly and melted. Makes approximately 6 servings.

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FISH CASSEROLE

3	Whiting H & G Fish	1/2	cup broccoli, cooked
1/2	cup cooked rice	1/2	cup cauliflower, cooked
2	tbsp. cornstarch	1/2	cup carrots, cooked
1	small stick velveta cheese	2	tbsp. onions, diced
2	tbsp. butter		
1	can pet milk		

In quart pan, boil fish (turn off at first boil), rinse under cold water until skin & bones are removed, drain with paper towel until fish is free from excess moisture. Line casserole dish with layer of cooked rice.

WHITE SAUCE

Add cornstarch and butter in sauce pan, add water, stir until it begins to thicken and then add velveta, stir until thickens. Layer with cheese sauce.

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### FISH & RICE

1	sm. bell pepper, finely chopped	1	sm. onion, finely chopped
1/2	cup cubed Whiting H & G Fish	2	tbsp. oil
1	qt. cold rice (2 1/2 cup raw)	1	well beaten egg
2	tbsp. worchester sauce		

Fry fish in hot oil. Add green pepper, rice, onions and worchester sauce. Fry over low heat, 10 mins. Add egg, cook & stir 5 mins. more.

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### CAULIFLOWER AND TOMATOES WITH FISH

1	cup cauliflower	1/2	lb. Whiting H & G Fish
2	tbsp. butter	1	cup tomatoe puree
1	cup water		Salt and pepper to taste

Parboil cauliflower. Brown fish (filet) in butter, add tomatoe puree and water to fish and stir. Add parboiled cauliflower and cook until done. Season to taste. Serves 4.

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### FISH SOUFFLE

5	tbsp. flour	4	tbsp. butter
1/2	tsp. salt	1	cup milk
1 1/2	Cup Whiting H & G Fish		Dash cayene pepper
6	eggs (separated)		

Add flour and salt to butter, making a smooth paste. Add milk gradually, stirring constantly. Cook until thickened. Remove from heat and add flaked fish and slightly beaten egg yolks. Fold in the beaten egg whites and bake in a greased baking dish. Temperature 300° degrees for 1 1/4 hr.

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### FISH & NOODLES

2 1/2	cups Whiting H & G Fish	3/4	cup wheat noodles
2	cups sliced celery	1 1/2	tsp. salt
1	green pepper, sliced	1/8	tsp. pepper
		2 1/2	cup liquid

Put fish, celery, green pepper, broken uncooked noodles and seasings in a casserole dish. Add liquid (which may be either gravy or cold water). If cold water is used, add 1 boullion cube and leave out 1/2 tsp. of salt. Cover and bake at 400° degrees for 1 hr.

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WHITING RICE & TOMATOE CASSEROLE

- |    |                            |                        |                                      |
|----|----------------------------|------------------------|--------------------------------------|
| 2  | cup cooked rice            | 2                      | cup cooked Whiting H & G Fish flaked |
| 4  | eggs mixed                 | 1                      | tsp. onion powder                    |
| 1½ | tsp. parsley               | Salt & pepper to taste |                                      |
| 1½ | tsp. grated onion          | 1                      | cup tomatoe sauce                    |
| 1  | cup grated parmesan cheese |                        |                                      |

Put ingredients in bowl in order given; mix, place in buttered casserole dish. When done within 25-30 mins., butter the top and sprinkle parmesan cheese over the top of the casserole. Put back in oven until cheese melts. Serves 6 to 8 people.

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FISH & RICE CASSEROLE

- |        |                    |   |              |
|--------|--------------------|---|--------------|
| 2 or 3 | Whiting H & G Fish | ½ | tsp. salt    |
| 1      | cup uncooked rice  | ½ | tsp. pepper  |
| 1      | green pepper       | ½ | tsp. paprika |
| 2      | onions             | 2 | cups water   |
| 1      | stick of butter    |   |              |

First you wash the rice 3 or 4 times. Brown rice in ½ stick of butter with onions and green pepper. Add water, salt & pepper. Cook until tender. Take fish, cut into serving pieces. Brown on each side for about two mins. Then add fish to cooked rice and cook for 5 mins.

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FISH VALENCIA

- |   |                             |   |                    |
|---|-----------------------------|---|--------------------|
| 2 | cups Whiting H & G Fish     | ½ | tsp. salt & pepper |
| 2 | tbsp. chopped green peppers | ½ | lemon rind grated  |
| 1 | tbsp. minced onion          | 2 | eggs separated     |
| 2 | tbsp. butter                | ½ | cup milk           |
| 1 | cup soft bread crumbs       |   |                    |

Preheat oven 350° degrees. Saute pepper & onion in butter until soft and add fish. Add crumbs, salt, pepper, lemon rind, beaten egg yolks, and milk. Beat egg whites until they form peaks but are not dry. Fold egg whites into egg yolk mixture. Pour into greased 6 cup loaf pan or fish mold, and place pan in hot water. Bake 1 hr. in preheated oven.

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WHITING H & G A LA KING

1½	cups Whiting H & G Fish	2	canned pimentos (optional)
1	tbsp. butter	1	cup milk
½	tsp. salt	2	tbsp. flour

Flake the fish and add the pimentos, cut fine. Add butter, salt and allow to heat thoroughly. Then add milk into which the flour has been dissolved and cooked until smooth and creamy. Pour into a buttered baking dish, dot over with butter and crumbs and brown quickly in a hot oven (400° degrees). Serves 4

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### WHITING H & G FISH CHOWDER #1

- 1 lb. Whiting H & G Fish
- 1 cup boiling water
- 2 cups (2 large potatoes)
- ½ tsp. onions
- 1 tsp. dried parsley
- 2 tbsps. butter or vegetable margarine
- 2 cups. milk

Simmer the fish in the boiling water until fish flakes (do not keep in water too long; causes mushie paste). Remove fish and add diced potatoes, cover and simmer until soft. Saute the onion, and parsley in the butter or vegetable margarine until onion is tender. Add to the cooked potatoes along with the milk and the flaked fish. Season to taste. Reheat, but do not boil. Makes 5 cups soup, 3-4 servings

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### FISH CHOWDER #2

- 2 lbs. Whiting H & G Fish
- ¼ lbs. butter
- 1 lb. onion
- 1 qt. water
- 1 lb. potatoes
- 2 carrots
- 2 tbsls. worchestershire sauce
- 2 ½tsp. salt
- 1/4 tsp. tarragon
- 1 bay leaf
- 2 cups. milk
- 1 cup heavy cream

Cut fish in 2 in pieces, set aside in a dutch oven or heavy skillet. Melt butter, add onions and saute until golden. Cover and simmer ten minutes. Add water, put potatoe, carrots, sauce, salt, tarragon and bay leaf. Bring to a boiling point. Cover, heat and simmer 10 mins. longer. Lay fish on top, cover and simmer for 15 mins. longer or until vegetables are tender. Scall milk. Stir in cream. gradually pour.

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### FISH SOUFFLE

- 5/8 tbsp. flour
- ¼ tsp. salt
- 1 ½ cup flaked Whiting H & G Fish
- 6 eggs separated
- 4 tbsps. butter
- 1 cup milk
- Dash cayeene pepper

Add flour and salt to butter, making a smooth paste. Add milk gradually, stirring constantly. Cook until thickened. Remove from heat and add flaked fish and slightly beaten egg yolks. Fold in the beaten egg whites and bake in a greased baking dish. Temperature 300° degrees - 1 ¼hr.

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### FISH CHOWDER SKILLET STYLE

1	large onion	2	cups water
1	green pepper	1	cup milk
3	tbsp. of vegetable oil	1	pkg. (about 5½ oz.) potatoe mix or cook 4 potatoes
1	can pimentoes, chopped	1	can 8 oz. whole kernel corn
1	can 10½oz. condensed chicken broth	2	cups. Whiting H & G Fish
2	tsp. liquid brown gravy seasoning or brown sauce	2	cups. evaporated milk
			Salt and pepper to taste

Cook onion and pepper until limp in hot oil. Stir in pimentoes, chicken broth, gravy seasoning, water, milk and potatoe mixer; use broth potatoes. Bring to a boil, reduce heat and simmer about 20 mins. Stirring often, add corn, and fish, mild simmer, 8-10 mins., season to taste.

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### WHITING GUMBO

3½	lbs. Whiting H & G Fish	1	jar (16 oz.) spaghetti sauce
½	cups diced celery	2	cups water
¼	cup diced pepper	½	cup uncooked browned rice
½	cup diced onion	1	tsp. worchestershire sauce
3	tbsp. butter		Dash hot sauce
½	tsp. salt		

Bone (raw) fish, cut in cubes. Saute fish, celery, green peppers, onion in butter. Add salt, spaghetti sauce, water and rice. Cover, cook for 15 mins. Add worchestershire sauce, tabasco sauce (if desired).

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### FISH SOUP

3	Whiting H & G Fish	1	tbsp. salt
1	green pepper	1	tbsp. pepper
1	celery stalk	1	tbsp. onion salt
½	cup green peas	1	tbsp. thyme
2	carrots	1	tbsp. old boy seafood seasoning
2	potatoes	½	cup tomatoe sauce
2	garlic cloves	½	cup oil
1	onion, large		

Boil fish (fish is done on first boil), remove from water. Remove skin and bone by running under cold water. Drain with paper towels, set aside. Dice carrots, potatoes, garlic, onion, green pepper, celery; remember to wash vegetables. Put veg. and all seasoning into pot ½ filled with water, cook until veg. are tender. Make white sauce (cornstarch and butter in a pan of water, stir until thickened). Add this mixture and ½ cup of tomatoe sauce and whiting H H & G to cooked veg. Soup may be brought to a new boil. Serves 6.

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VEGETABLE FISH SALAD

- |                              |                            |
|------------------------------|----------------------------|
| 3 cups chopped whiting H & G | $\frac{1}{2}$ green pepper |
| 5 carrots                    | 1 cup chopped celery       |
| 4 med. sized onions          | clove garlic               |
| 1 pkg. frozen peas           | 1 tsp. accent              |
| salt and pepper to taste     | 1 lge. tomatoe             |
| 4 dashes cinnamon            | 2 cups water               |
| $\frac{1}{2}$ stick butter   |                            |

Melt butter in pot. Add chopped vegetables, water and seasoning. Cook vegetables until done. Then add chopped fish and peas. Cook wlowly for about 20 minutes or until peasare done. Remove from fire, cool. Drain off excess water.

uncooked portion:

- |                                   |                                |
|-----------------------------------|--------------------------------|
| 1 head lettuce                    | $\frac{1}{4}$ tsp. garlic salt |
| 1 heart of celery (include leave) | $\frac{1}{2}$ green pepper     |
| 1 sm. onion                       | $\frac{1}{2}$ tsp. accent      |
| 1 tbsp. indian relish             | 1 cup mayonnaise               |

Cut lettuce, celery, onion and green pepper in small pieces. Add relish, garlic, salt and accent. Them combine the fish mixture with the lettuce mixture and mix well. Add dressing and serve in a small bowl.

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PRECIOUS WHITING CHEESE SPREAD

- |                        |                           |
|------------------------|---------------------------|
| 4 oz. cream cheese     | $\frac{1}{2}$ cup raisins |
| 2 whiting H & G baked) | 1 piece garlic            |

Fillet whiting. Bakeluntil done. Add to cream cheese, mix well, until soft. Mix in raisins serve.

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WHITING PINEAPPLE DIP

- |                                    |                         |
|------------------------------------|-------------------------|
| 1 cup cooked, flaked whiting H & G | 3 tbsp. pineapple juice |
| 1 9 oz. crushed pineapple          | dash salt               |
| 1 pkg. (8 oz.) cream cheese        | dash nutmeg             |
| potatoo chips (optional)           |                         |

Drain pineapple and save liquid. Soften cheese at room tempreture. Combine all ingredients except potatoe chips. Blend into paste. Chill. Serve in bowl sorrouded by potatoe chips. Makes about 1 pint of dip

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QUICK DIP

- |                                      |                         |
|--------------------------------------|-------------------------|
| 1 whiting H & G (steamed and flaked) | 1 pkg. cream cheese     |
| 5 stuffed olives, chopped            | 1 tsp. mustard          |
| 2 tbsp. mayonnaise                   | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{2}$ tsp. pepper            |                         |

Combine all ingredients in the order in which they appear above.

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PEAS AND FISH SALAD

- 1 cup cooked Whiting H & G
- 1 cup cooked peas
- 1 cup cooked rice
- 1/2 tsp salt

- 1/4 tsp Curry Powder
- 1/4 cup mayonnaise or cooked salad dressing
- Crisp Salad Greens

In medium bowl, separate fish meat, removing bones. Add remaining ingredients, except salad greens, mixing gently to combine. Refrigerate, covered, 1 hour. Serve on Salad Greens.

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EASTERN CURRIED FISH & RICE

- 1 cup cooked Whiting H & G (boned & skinned)
- 3 cups cooked cold rice
- 1 cup chopped celery
- 1/4 cup chopped Green Pepper
- 1 tsp Chopped onion

- 1/2 tsp Dry Mustard
- 3/4 tsp salt
- 1/8 tsp Pepper
- 3/4 cup Mayonnaise
- 2 tbsp Lemon Juice

1 - 9 oz can Crushed Pineapple drained

Mix together Fish, rice, celery and green pepper. Mix onion, curry powder, mustard, salt and pepper with mayonnaise. Stir in lemon juice. Toss fish mixture with mayonnaise mixture. Add pineapple last, folding in until well mixed. Serve on beds of lettuce.

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FISH SALAD I

- 1/2 cup mayonnaise
- 1 tsp salt
- 1/2 cup onions
- 2 tsp pimento

- 1/2 green pepper chopped fine
- pinch garlic powder
- 2 eggs chopped
- 1/2 cup celery chopped fine

Steam fish about 15 min. Let cool. Bone fish and take dark skin off. Add above ingredients.

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FISH SALAD (2nd PRIZE WINNER) II

- 4 whiting H & G
- 1 med. onion chopped
- 1 stem of chopped celery
- 1/2 tsp. salt
- 1 green pepper shell
- 2 hollowed tomatoes

- 1 1/2 cups mayonnaise
- 4 boiled eggs
- 1/2 tsp. lemon juice
- pinch of sage
- 1 hollowed cucumber

Steam whiting H & G. Fillet. Combine all other ingredients then add fish. Mix. Hollow tomatoes and cucumbers and green peppers. (scalloped edges of tomatoes and pepper).

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### ARABIAN STYLE STUFFED EGGS

6 eggs  
3 lge whittings  
3 tbsp mayonnaise

½ cup diced onions  
salt to taste  
pepper to taste

Brown or broil Whiting in the Broiler of stove until white meat is done and mix mayonnaise, onions and seasoning in small bowl. Boil eggs for 20 min. Remove yoke, stuff mixture in eggs. Ingredients can vary, add relish or chopped celery or anything you desire.

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### SHABAZZ TOAST

2 cups cooked, flaked Whiting H & G  
1 tsp minced onion  
½ cup mayonnaise  
2 tbsp Chopped Green Pepper  
½ cup Shredded Cheddar Cheese  
Salt and Pepper to taste

¼ tsp Dried Dillweed  
8 slices Whole Wheat Bread  
1 Beaten Egg - 2 tbsp milk  
¼ cup Butter or Vegetable oil  
Sesame Seed (Optional)

Blend together first 7 ingredients. Spread evenly over 4 slices of bread, top with remaining slices. In Shallow dish, combine egg and milk. Dip sandwich in egg mixture (sprinkle both sides of sandwich with sesame seeds). Brown sandwiches in skillet, using butter or oil on both sides, til golden brown. Serve while hot.

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### WHITING H & G HEAVENLY EGGS

6 hard cooked eggs  
¼ cup mayonnaise  
2 tbsp finely chopped onion  
½ tsp prepared mustard

salt and pepper to taste  
dash Cumin  
1 cup cooked flaked Whiting H & G  
1 tbsp indian relish

Cut each egg in half, lengthwise, remove yolks. Mash yolks til smooth, combine with remaining ingredients. Mix well. Fill egg whites with yolk mixture, chill. You may garnish with paprika or parsley, if desired. Makes 12 servings.

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### FISH SALAD III

4 fish (boiled)  
½ cup mayonnaise

½ cup relish  
4 or 5 eggs boiled

Diced green peppers, onions, and celery salt and pepper to taste. Paprika. Clean fish, fillet and boned. Flake fish in a bowl and add mayonnaise, relish, celery, and pepper. Blend in the eggs. Garnish with paprika.

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