



FLOATING FISH CHOWDER
SEAFOOD RECIPES

FLOATING FISH CHOWDER

1 pound fillets, fresh or smoked
 1/4 cup finely sliced onion
 2 tablespoons butter
 1/2 cup diced celery
 1/2 cup diced carrot
 2 cups boiling water
 1/4 teaspoon salt
 1/4 teaspoon pepper
 1 cup milk

Cut the fillets in two or three pieces. Melt butter in a large saucepan and saute the onion until limp. Add the potatoes, carrots, celery, water, salt and pepper. Simmer until the vegetables are tender. Add the fish and cook 10 minutes longer. Add the milk that has been warmed. Re-heat, but do not boil. Makes 6 servings.

LOBSTER AND RICE SALAD

1 can—5 ounces of lobster
 2 cups cooked rice
 1 tablespoon lemon juice
 1 cup finely chopped celery
 2 tablespoons chopped stuffed olives
 1/2 teaspoon salt
 1/2 cup mayonnaise.

Break the lobster into bite-sized pieces. Combine all ingredients and chill. This salad may be moulded in custard cups and turned out on lettuce. Makes 6 servings.

CODFISH MEXICANO

1 pound boneless salt cod
 1 green pepper, chopped
 1 onion, chopped
 2 cloves of garlic, crushed
 4 tablespoons oil
 1 cup canned tomatoes
 1 cup water
 1/4 teaspoon tarragon
 Few drops Tabasco
 3 cups cooked rice

Soak fish overnight. Pour off water, cover with fresh water, and bring to the boil. Drain fish and flake it. Fry green pepper, onion and garlic in oil until it begins to brown. Add tomatoes, water, tarragon and Tabasco sauce and simmer for 10 minutes. Place fish on a bed of rice, and pour tomato mixture over it. Makes 6 servings.

BAKED STUFFED FISH

Clean the fish by removing the entrails, scales and fins. The head and tail may be removed or left on as desired. Wash and dry the fish. Sprinkle it on the inside with salt. Loosely stuff the fish with the stuffing of your choice, allowing about 1/4 cup stuffing for each pound of dressed fish (if the backbone is removed, allow about 1 cup for each pound of dressed fish). Fasten the opening with small skewers or toothpicks and loop string about them as you would lace shoes. Place the stuffed fish on a greased baking pan and brush with melted fat or cooking oil. Measure the thickness of the stuffed fish at the thickest part. Bake it in a hot oven (400° F.) allowing 10 minutes cooking time for each inch of stuffed thickening.

SALMON ROLL

3 cups flour
 4 tps. baking powder
 1/4 tsp. salt
 1 egg
 1/2 cup milk
 1 tin salmon (1 1/2 cups)
 4 tps. milk
 2 tps. lemon juice
 2 tps. scraped onion
 1 1/2 tps. chopped parsley
 1/4 tsp. salt

Sift flour, baking powder, salt. Add shortening. Mix in well with fork. Beat egg slightly in measuring cup. Add milk to the 3-4 cup, add to first mixture. Roll on floured board in sheet 8 inch by 1/4 inches thick. Mix remaining ingredients, spread evenly on dough. Roll up. Bake in hot oven (425 deg.) 30 minutes. Serve with egg sauce.

Egg Sauce

To 2 cups white sauce Add: 2 hard cooked eggs, cheese, tinned peas, chopped parsley.

Mrs. Mary MacKinnon
 Mermaid W.I.

CORN AND CLAM SCALLOP

Cook one small green pepper
 1/4 onion
 2 tps. butter
 Add and blend well:
 2 tps. flour
 1/2 tsp. salt
 1/4 tsp. paprika
 1/2 tsp. mustard
 1/2 cup milk and bring to a boil. Add:
 1 cup corn
 1 cup minced clams
 1/2 cup bread crumbs

Put in casserole and cover with cracker crumbs. Bake in 400 deg. oven until crumbs are brown. Serves 6.

Elsie Bowles
 Bedoues W.I.

QUICK BAKED FISH

1 lb. fish fillets
 1/4 cup evaporated milk
 1/4 cup water
 2 tps. salt
 2 cups fine dry bread crumbs
 Salad oil

Cut the fish in serving portions. Dip pieces into water, milk and salt mixture, then in bread crumbs till thickly coated. Place on oiled shallow pan, drizzle each piece lightly with salad oil. Allow 2 tps. oil for all the fish. Bake uncovered in very hot oven 500-600 deg. for 10 minutes. Do not add water or turn fish while baking. Remove to hot platter using pancake turner, garnish with parsley and lemon slices.

Mrs. Francis MacQuarrie
 Reads Corner W.I.

FRIED OYSTERS

Ingredients:
 1 1/2 pints oysters
 2 eggs
 1/2 tsp. salt
 1/4 tsp. pepper
 1/4 tsp. milk
 4 tps. flour
 1/4 cup fine bread crumbs

Drain the oysters. Beat eggs well, add the milk, and beat again. Dip each oyster into the flour, and then dip into the egg mixture. Finally, dip lightly in bread crumbs, without pressing them on, so as to keep them fluffy and light. Fry in deep fat, 375 degrees F. for 2 1/2 minutes.

Mrs. Allison MacLeod
 New London

SOUTH SHORE FISH DINNER

1 lb. dried boneless cod, soaked in cold water for two hours
 4-5 medium size potatoes
 1/2 lb. fresh or salt pork, cut into small squares

Drain the salt cod, add fresh cold water; bring to boil and cook for twenty minutes. To this add the potatoes, sliced about 1/4 inch thick. Cook until potatoes are tender. Drain. Place on platter. Meanwhile fry out the pork until done. Slice one onion into this and brown nicely. Pour this over hot potatoes and fish. Serve at once.

Mrs. Frank Ross
 Parkdale W.I.

STUFFED FISH FILLETS

1 cup soft bread crumbs
 Minced onion to taste
 pepper
 salt
 pepper
 1/4 lb. fish fillets

cooked chopped spinach
 2 hard cooked eggs
 Toss bread crumbs, onion, salt and pepper in a little sweetened butter, cut fillets into long oblong pieces 2 inches by 5 inches. Season with salt and pepper and spread with bread mixture. Roll and fasten with toothpicks. Place fillets on ovenproof platter. Brush with butter. Bake 30 minutes in 375 deg. oven. Arrange hot spinach, well seasoned around fish rolls. Garnish with chopped hard cooked eggs.

Kate MacPherson
 Summersville

BAKED KIPPERED HERRING

4 kippered herring
 1/4 cups tomato juice
 Paprika or pepper
 Paprika or pepper
 3 slices of onion

Place prepared fish on a greased baking dish. Saute green pepper and onion in a little butter and add to fish. Pour tomato juice over the fish and sprinkle with pepper. Bake in oven until fish is cooked through.

R. W. Elliotvale W.I.

CLAM CHOWDER

1 pt. shucked clams and liquor
 4 cupfuls potatoes (sliced)
 3 onions (sliced)
 1/4 cupful diced salt pork
 1 qt. scalded milk
 2 tps. salt
 1-2 teaspoonful pepper
 2 cupfuls boiling water

Clean and pick over clams and chop hard parts, keeping soft parts whole. Strain liquor. Fry out salt pork, and onion, and cook until light brown. Add potatoes boiling water, salt and pepper. Cook 10 minutes. Add clams and liquor and cook 5 minutes. Add milk just before serving. Top each serving with halves of broken crackers.

Serves six.

BAKED SCALLOPS

Place one pound uncooked scallops in a greased baking dish and pour over them the following sauce:
 3 lbs. melted butter
 3 lbs. flour blended
 In with butter add:
 1/4 tsp. salt
 2 cups warm milk added and all cooked till smooth and thick stirring constantly.

R. W. Elliotvale W.I.

MEDIUM WHITE SAUCE

(For fish)
 2 tbs. butter
 2 tbs. flour
 1 cup milk
 Salt and pepper

Melt butter. Add the dry flour and mix well. Then add the milk gradually. Season and bring to boiling point. Cook until thick.

R. W. Elliotvale W.I.

SALMON PIE

1 lb. can salmon
 1/4 cup dry bread crumbs
 1 tsp. grated onion
 1/4 tsp. salt
 1 tsp. lemon juice

Mix well. Add flour and blend well. Add milk and cook until mixture thickens. Butter baking dish and pour 1/2 of white

2 eggs (lightly beaten)

1 cup liquid (Use liquid from canned salmon and enough milk to make up quantity)
 Drain and flake salmon, some liquid. Combine bread crumbs and salmon add onion, salt, lemon juice, eggs, and liquid. Mix well. Press into a greased 8 inch pie plate. Bake in 350 deg. F. oven for 45 minutes. Makes 6 servings.

Mrs. Russel MacLean
 De Sable

CARAVAN CHICKEN DINNER

4 sliced potatoes
 3 sliced carrots
 2 sliced onions
 Put in water from 1 can peas cook until tender add:
 1 can peas
 salt
 3 tps. flour
 3 tps. butter
 1 1/2 cups milk
 1 can tuna fish

Melt butter, add flour and blend well. Add milk and cook until mixture thickens. Butter baking dish and pour 1/2 of white

Mrs. Robert Carter
 North Millon

onions and vegetables. Add tuna fish and remainder of white sauce. Cover with buttered bread crumbs and bake until brown.

Mrs. John P. Trainor
 Southport

CLAM PATTIES

3 cups fresh clams
 1 cup bread crumbs (dry)
 1-2 tsp. pepper
 2 eggs
 3 tps. cream
 2 tps. flour

Mince clams, add crumbs and seasoning. Break in eggs and stir thoroughly, add cream and flour. Heat bacon dripping in frying pan and drop in mixture by spoonfuls, shaping with the spoon. Cook until golden on both sides.

Mrs. Robert Carter
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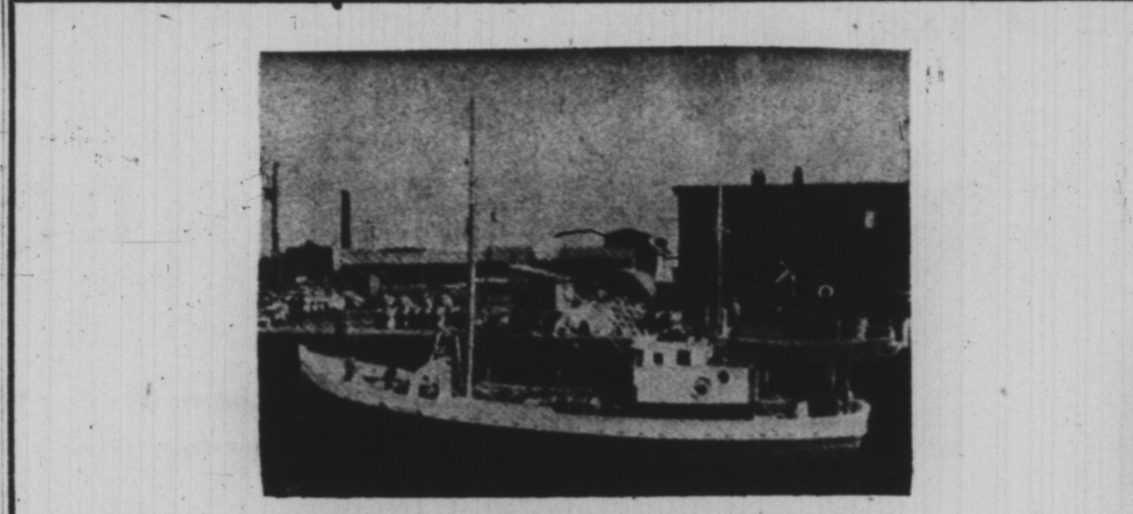
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The P. E. I. Fishermen's Association
Its Purpose and Achievements:

The Prince Edward Island Fishermen's Association was formed by a group of representative fishermen from all parts of the Island on March 20, 1952.

The first directors, three from each county, were as follows: Prince County:—Harold Cormier, Myrl Matthews, Ayrre Arsenault; Queen's County:—Stewart Ross, Allan Gauthier, Peter Hughes; King's County:—Richard Power, Marcellus Gotell, Charles Elderhahav. The Secretary-Treasurer:—Charles F. Richards; Technical Advisers:—Rev. William Simpson, St. Dunstan's Extension Department; Eugene Gorman, Fisheries Department, Charlottetown.

Some purposes of the Association were:—

- To consider itself the voice of the fishermen of Prince Edward Island.
- To take united action upon matters arising in respect to the welfare of the fishermen.
- To procure and disseminate information in regards to methods of catching, curing, processing, marketing of fish and fish products.
- To assist in protection and conservation of the fisheries.
- To promote social intercourse and adult education.
- To co-operate with like organizations of the other provinces on the Maritime and national level.

This organization, like others of its kind, had an up-hill job from the beginning owing to the widely scattered fishing centres. Much credit, however, from the standpoint of the fishermen, is due this organization for the firm stand it took from the beginning in regard to the need and practicability of bringing fishermen under the Unemployment Insurance plan. Then too, the series of broadcasts and panel discussions put on weekly over CFCY for a period of five years was welcomed and acknowledged from all over the Maritimes as a sane and appropriate way to disseminate needed education, and indirectly a great help in deterring out-of-season lobster poaching by appealing to the fishermen's individual sense of fair play.

The organization expresses appreciation for the help and advice it has received from both the Provincial and Federal governments, but admits a shot in the arm from many of the local fishing centres is needed to revamp and stimulate this very important and necessary organization to the fishing industry.

CHARLES F. RICHARDS,
 Secretary-Treasurer
 P.E.I. Fishermen's Association.

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