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# Fish for Spring Time Dinners

By KATHERINE GOEPPINGER

"'Tis very fresh and sweet, Sir—  
The fish was taken but this night."  
—Beaumont and Fletcher.

We, of the inland country, know little of the savor of fresh fish. However, frozen fishery products may be prepared in so many appetizing forms that what we miss in freshness may be compensated for in palatable preparation.

Since earliest times, fish has been a staple food, but only recently has it been so universally accepted as a refined dish. Americans eat 20 pounds of fish a year per capita. In its protein content, statistics indicate that fish is practically on a level with meat. Despite the fact that fish contains less fat than the flesh of land animals, many investigators maintain that it is at least comparable to meat as a source of body vigor.

With the war came a widespread appreciation of the value of fish as food and resultant increased demands. It is cheap, wholesome and plentiful. Food authorities suggest its varied use on the menu twice a week. The housewife often cheats herself by buying only the best known and most popular fish, for the kind that is in greatest demand is apt to be the most expensive. But there are many kinds of fish not well known to the housewife.

Below is a list of Mississippi Valley fish and when they are in season:

- Black Bass—Entire year.
- Bowfin—Entire year.
- Buffalo—Spring and summer.
- Carp—October to June.
- Catfish—Entire year.
- Crappie—Entire year.
- Pike—Entire year.
- Sturgeon—April to November.
- Sucker—Spring and early summer.

With such a range of inland fish, besides the many varieties of frozen fish obtainable, can anyone think of a sea food diet as being monotonous?

In buying fish, its quality may be tested as follows: When pressed by the finger, the flesh of good fish is elastic and firm, and does not retain an indentation. The eyes are bright, gills are bright red, skin is shiny, the scales adhere to the skin smells fresh, sinks in water, and muscular stiffness is evident to a greater or less degree. The supreme test is the flesh near the backbone. If it is in good condition, the fish is fresh.

"It is dangerous economy to buy cheap fish," says Henry T. Finck in "Food and Flavor." "No other food deteriorates so rapidly after it comes from the water. Especially is this true of white fish, which spoils quickest of all. Freezing breaks up the tissues and when it once is thawed it decomposes with enormous rapidity." It should be placed on ice immediately after purchasing and covered closely, if in a refrigerator with other foods.

With fish as with meat, most kinds can be used in the same ways. Left-over fish can be made into croquettes or salads, or creamed. Delicacies of the deep are made attractive when garnished with slices of pimento olives, hard-boiled eggs, lemon, tomatoes, cucumbers, pickles, shreds of red or green peppers, or parsley.



When you plan your week's menus, put fish down at least once.

There are many delicious ways of serving sea food. Try the following recipes and see how good they are:

## Hot Fish Rolls

Bake full crust rolls, using one for every person. Cut off the tops of rolls, scoop out the crumbs, brush inside and outside with melted butter and bake in oven until golden brown. Make a creamed fish dressing and add parsley and chopped whites of hard-boiled eggs. Fill the hot rolls with creamed fish and sprinkle top with grated yolks of hard-boiled eggs.

## Rarebit

In a chafing dish mix a teaspoonful of melted butter, one tablespoonful cornstarch, 1-4 teaspoonful onion juice, and season with salt and paprika. As it becomes warm, slowly add one cup milk,  $\frac{3}{4}$  cup chopped cheese and one cup cold flaked fish. Add one beaten egg and one tablespoonful lemon juice. Serve hot on thin toast and garnish with strips of pimento.

## Fish Box

Butter a bread pan and line with cooked rice. Fill with a cooked, flaked fish, season, and cover with a layer of rice. Steam for an hour, then serve on a hot platter with tomato sauce.

## Fish Boats

Cut cucumbers in half lengthwise and scoop out the pulp. Make a celery sauce of one cup mayonnaise, two tablespoons finely chopped cucumber, one cup minced celery, one tablespoon chopped parsley, two teaspoons lemon juice, salt and paprika. Mix the sauce with cold flaked fish and fill the cucumber boats with the mixture. Garnish with slices of pimento olives and serve on crisp lettuce.

## Jellied Fish

Boil a two-pound steak fish 20 minutes in three cups of water. Then remove the fish and boil the stock down to two cupfuls. Strain and add two cups strained tomatoes, seasoned with salt and celery salt. To the boiling stock add three tablespoons granulated gelatine which has been soaked in two table-spoons cold water. Break the picked fish in flakes and put into a mold. Slice one hard-boiled egg, one lemon, and a dozen stuffed olives and arrange around the outer edge of the mold. Add the stock mixture and place in refrigerator until firm. Serve on lettuce with tartare sauce or salad dressing.

## Fish Souffle

To two cups of riced potatoes add a cup of cold boiled fish, one cup of white

sauce and three beaten egg yolks. Beat three egg whites until dry and fold in lightly. Put in a buttered casserole and bake until golden brown. Garnish with parsley and serve hot.

## Pineapple and Fish Chop Suey

Boil one and one-half pounds halibut until done. Drain, cut in pieces and fry with one tablespoon fat and one and one-half cups grated pineapple. Thicken slightly with  $\frac{3}{4}$  tablespoon corn starch mixed with cold water.

## Fish Loaf

Finely chop one pound of fish steak in a meat chopper. Soak two cups of bread crumbs in one cup of milk and one cup of fish stock and cook until the mixture leaves the sides of the pan. Mix  $\frac{1}{4}$  cup butter and two eggs, beaten separately, with the fish pulp. Season with salt, pepper and lemon juice and add one tablespoon parsley. Make a loaf with sifted crumbs on the outside and bake for half an hour in a hot oven. Serve with lemon butter sauce made of two teaspoons lemon juice worked into four tablespoons creamed butter.

If the fish dish is varied in its composition and not served too often, there is little danger of the family becoming tired of the flavor.

## DECORATIVE DARNs

ONE of the little tricks of this time of the year is the ability to darn or mend the worn garment. The wool dress may do to wear another month more if it is retrimmed in some attractive way to cover the worn places.

The old trimming will have to be removed and a new method or kind of trimming used. Wool and silk yarns in harmonizing colors may be used very effectively. A pretty trimming can be made by using wool yarn on the sewing machine. The thread is put through under the pressure foot and caught with the stitch. The material is pulled back and forth under the foot and gives a simple but pretty little stitch. This could be used around the bottom of a skirt, or panels, or perhaps on cuffs.

The sweater may be getting thin. Do not let hand-knit things go into real holes if you can avoid it. Always mend them as soon as they show signs of wear. Whether mending a hole or a thin place, start at the right hand side, at least three rows of knitting beyond the worn spot. Find where the thin thread first makes its appearance and put the point of your needle in the same place. Follow it along and pass through two loops of the row above. Slip the point of your needle through those two loops. Then it travels down into the row below; comes down and goes through two loops there. So you go up and down from row to row, always keeping your thread at the right side, and always putting your needle in and out of the middle of each old loop never at the side. When you have finished a row take your thread down to the wrong side of the thing you are mending. Choose a new row, either above or below. Bring it up there just as you did for the first one, and start again. Use washed and shrunken wool, and don't pull too tight.