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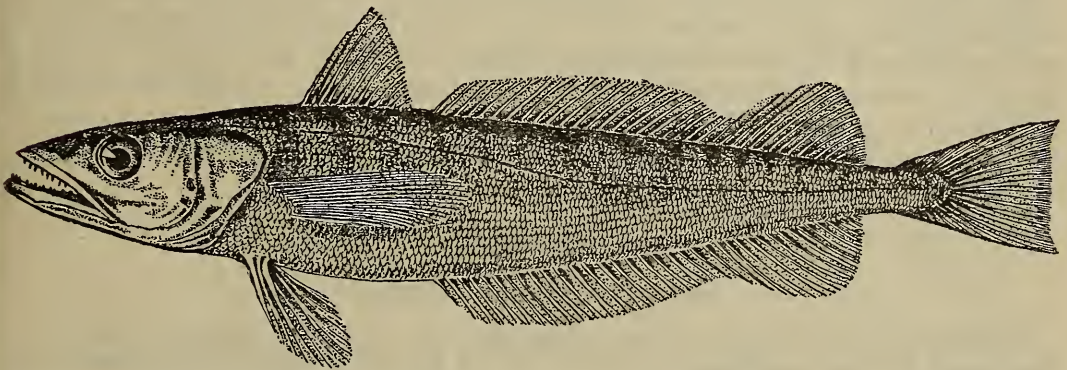


THE WHITING:

A Good Fish Not Adequately Utilized.^a

The "divine right" of kings as opposed to the rights and liberties of the people is not yet a dead issue in some parts of the world, but for the Anglo-Saxon the question in its essentials was decided adversely to the ruler in the early part of the thirteenth century, when King John of England was forced explicitly to concede the rights of his subjects by granting the "Great Charter." As a minor, but enlightening, instance of that monarch's views of his royal prerogative, it is recorded that he excluded his own subjects from the whiting fishery and, for a consideration, gave to certain French merchants the exclusive right to catch and dry the fish on the shores of England, an Anglo-French "entente" which did not appeal to the average Briton.

That the concession was sought and paid for is proof that the whiting was of importance in commerce 700 years ago and that it is still held in regard is shown by the fact that in 1913, the year before the war disorganized British fisheries, about 70 million pounds were landed in England and Wales alone and brought a price per pound



considerably higher than that which was paid for cod and haddock. In our own country this fish, like many other good things, has been practically unused. In 1898 less than 50,000 pounds were marketed, but in 1908 about 10 million pounds were sold, and apparently there has been some increase since then.

The quantity consumed, however, is insignificant in comparison with the abundance of the fish, or even with the supply which is available as an accidental catch of the fisheries, and largely thrown away.

Now that the world is threatened with a shortage of animal food, and is not only threatened but actually confronted with excessively high prices, it is little short of disgraceful to permit this waste of large quantities of an excellent foodstuff. It is true that the whiting is being canned and frozen in a few localities, but the capacity of canneries and cold-storage plants is limited and in demand for other purposes, and the consumption of the fresh and pickled fish is not sufficient to absorb the surplus.

^a By H. F. Moore, Deputy Commissioner, United States Bureau of Fisheries.

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When fresh the whiting is a particularly good, sweet fish, but unfortunately its flesh is rather soft and it can not be shipped to distant points in good condition. It should be used extensively in places within short distances of the fishery points, and it would be more generally so used if the housekeeper, before making up her menu, were to ascertain if this fish is in the markets and adjust her purchases to meet conditions.

The whiting occurs commonly from New York northward. It is normally a resident of deep waters offshore as far south as Bermuda, but during spring and early summer it comes to the New England coast in vast schools whose numbers are beyond the capacity of local labor to handle. It is at such times that the markets are flooded and the waste occurs. The fisherman sometimes spends hours of his valuable time removing from his nets large quantities of fish for which he has no outlet, and in many cases they die and float up on the beaches to become a public nuisance and a menace to health. The whiting feeds voraciously on other fishes, its powerful, lithe form, large mouth, and strong sharp teeth, making it a dangerous enemy of the herring and other surface-dwelling fish. Its migrations to the coast are impelled by the search for food, its spawning grounds being in the deeper waters. Adults reach a length of about 18 inches, but the average fish of the coastal schools is about 12 or 14 inches.

When frozen or canned, the good flavor of the fresh whiting is preserved, and it also makes an excellent product salted in brine. Its preparation in the latter condition affords the best means for its utilization on many parts of the coast where the fishing communities are small and the establishment of the elaborate plants required for freezing and canning is not economically possible. As dealers usually will not carry a commodity for which there is no inquiry, housekeepers can "do their bit" in preventing the waste of this good fish by asking for it fresh, frozen, canned, salted, and smoked.

RECIPES.

FRESH OR FROZEN WHITING.

Whiting may reach markets remote from the coast in a frozen state and should be purchased in that condition. The fish should not be thawed until immediately before using.

1. *Fried whiting*.—If the fish is small, split and cut in sections of desired size for the pan; if large, cut in steaks or cross sections; roll in cracker meal, bread crumbs, or corn meal in which salt to taste has been mixed. Fry in frying pan well greased, preferably with fried-out pork or bacon, but butter, lard, or any cooking fat may be used. Deep fat may be used if preferred. May be served with sliced lemon.

2. *Fillet of whiting, tartar sauce*.—Split the fish and remove backbone; cut into fillets of desired size. Roll in flour, then in whipped egg and milk, cover in cracker meal and fry in butter (for economy, any cooking fat), until well done. Serve with tartar sauce.

3. *Breaded whiting with tomato sauce*.—Split small whiting and cut in sections of desired size, or cut large fish in steaks or cross sections 1 inch thick. Stiffen crumbs of stale bread with well-beaten egg and roll the pieces of fish in the mixture. May be fried brown in well-greased frying pan by turning when one side is done, or in deep fat; or it may be baked in an oven.

(*Tomato sauce*.—Boil and strain, removing skins and seeds. In stewpan melt a small lump of butter and stir in a little thin flour, cooking until brown, and being careful not to scorch it. To this add the strained tomato, one or two cloves, a pinch of cinnamon, red pepper, black pepper, and salt to taste. A small onion or a little garlic adds greatly to the flavor. Cook a few minutes over a slow fire. Serve separately in a gravy boat or pour over the fish as preferred.)

4. *Broiled whiting*.—Wipe dry, season well, place under a gas broiler with oven door open, or broil in the ordinary way over live coals. When one side is browned, turn and cover unbrowned side with coarse bread crumbs. Cook until golden brown.

5. *Whiting maître d'hôtel*.—Having cleaned and scaled the fish, cut in sections. Sprinkle with a little salt and pepper, dip in olive oil, and broil slowly over clear live coals, charcoal or wood coals preferred, or in gas oven broiler, until nicely browned on each side. When done place the fish on a hot platter and spread over it a maître d'hôtel butter made of 2 ounces of butter, a teaspoonful of chopped parsley, and the juice of a lemon. Serve with lemon or parsley, or on lettuce leaves as a garnish.

6. *Boiled or steamed whiting*.—Four pounds of fresh fish. Rub with salt and wash in a fresh water. Place on fire one-half gallon of water with 2 onions, 4 cloves, 2 bay leaves, one-half cup of vinegar, and tablespoonful of dry salt. Let it come to boil, then drop fish in. Boil 20 minutes. Serve with cream sauce, 2 hard-boiled eggs, minced, and a little chopped parsley.

7. *Whiting hash*.—One cup cold, cooked fish chopped with 1 cup cold, cooked potato. Season with salt and pepper. Fry in salt pork or bacon drippings, or in butter.

8. *Baked whiting*.—Two pounds of fish cut into slices 1 inch thick. Place in well-buttered pan with 1 minced onion and 1 cup of water, sprinkle top with cracker meal, a little salt and paprika. Bake in covered pan 15 minutes, remove cover and brown well.

9. *Scalloped whiting*.—Place 2 cupfuls of skinned fish cut into small pieces in a baking dish. Dredge over it one-third cup of flour, add one-half tablespoonful of salt, pepper, and 2 tablespoonfuls butter. Cover with milk, and bake for 30 or 40 minutes.

10. *Whiting chowder*.—After scaling and cleaning, cut the fish into large sections and place in a cheesecloth or muslin bag and tie up the open end. Place this in a stewpan or kettle and just cover with cold water, let it come to a boil over a slow fire and cook until done. Take the bag out of the water and remove the bones and skin from the fish. Having fried out pork or bacon fat place it in a kettle (also the pieces of pork or bacon if desired). To this add the water in which the fish was cooked; peel and slice some potatoes and an onion or two, the amount of each being determined by the quantity of fish bouillon or water that you have in the kettle. For 1 quart of this 6 good-sized potatoes and 1 good-sized onion would be sufficient. Place these in the water or bouillon in the kettle and cook until done. Season with salt and pepper and lump of butter to taste. To 1 quart of fish bouillon stir in 1 quart of milk and the previously prepared fish. Allow to heat thoroughly but not boil. Crackers may be cooked in the chowder when the milk is added or served separately.

CANNED WHITING.

11. *Canned whiting cakes*.—Drain, bone, and flake 1 can of whiting. Boil and mash potatoes to make 1 pint, which season with butter, pepper, salt, and a little cream. Work the fish into the potato, add a beaten egg, a dusting of flour, and shape the mixture into cakes of the desired size. Fry the cakes in hot fat and serve garnished with a thin slice of salt pork or bacon and sprays of parsley on top of each.

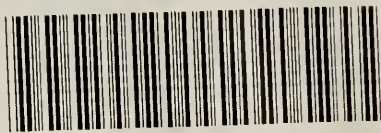
12. *Canned whiting hash*.—For 1 can of whiting take 1 pint of chopped or ground cold boiled potatoes, to which add 1 teaspoonful of butter and salt and pepper to taste. Flake the fish and mix with the other ingredients. Place in a well-greased frying pan and stir until thoroughly heated throughout, then leave long enough to brown on the bottom. Turn on a platter brown side up.

13. *Canned whiting omelet*.—Flake 1 can of whiting, beat 5 eggs and mix with one-third teaspoonful of salt and 1 tablespoonful of flour, and stir in the fish. Melt a piece of butter in a frying pan until it begins to smoke, in which place the mixture of fish, etc., and bake on top of the stove until done brown. It may be turned as with egg omelet.

14. *Canned whiting croquettes*.—Mix about 1 large tablespoonful of melted butter and small tablespoonful of flour and let them come to boiling point. Mix this with 1 can of whiting, two-thirds cup of cream, 2 well-beaten eggs, two-thirds cup of stale bread crumbs, salt and pepper to taste. Boil 2 minutes. Let it get cold. Form into croquettes and fry in hot lard.

15. *Warmed-over canned whiting*.—Turn 1 can of whiting into a greased frying pan, season with a lump of butter, salt and pepper. As breakfast dish may be served with dry toast or hot rolls.

16. *Scalloped canned whiting*.—For 1 can of whiting use 3 cups of stale bread crumbs or 3 cups of boiled rice, 2 tablespoonfuls of butter, or pork or bacon, or other cooking fat; 1 tablespoonful of finely chopped onion; 1 tablespoonful of finely chopped pickle. Into a baking dish put a layer of bread crumbs or rice. Spread over it a small amount of the chopped onion, pickle, and fat and a pinch of red pepper. Add a layer of fish and another layer of crumbs or rice, and so on. Reserve about half the fat for a final layer of bread crumbs or rice on top of the dish. Bake until the top layer is brown.



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17. *Canned whiting loaf*.—Flake 1 can of crumbed and well-beaten egg and two-thirds cup of milk. Season to taste with salt, pepper, and paprika. Bake 15 minutes in a buttered dish.

18. *Creamed canned whiting*.—Melt 3 ounces of butter and mix with 2 ounces of flour; when creamy add 1 quart of hot milk, 1 ounce of chopped onion, salt and pepper, break in 3 raw eggs and draw to back of stove till eggs set and will remain in chunks when stirred; add 1 can of whiting after removing bones and skin, if any are present. Put back on fire and let boil up once.

19. *Canned whiting chowder*.—Drain and bone 3 cans of whiting, leaving the fish in large pieces. Dice 2 slices of salt pork and slightly cook on the bottom of the chowder kettle. Over the pork place a layer of thinly sliced onions, over that a layer of thickly sliced raw potatoes; dot with lumps of butter, dust with pepper and salt, and put on a layer of pilot crackers broken in large pieces. Continue the layers in this order. Add just enough water to thoroughly cook the potatoes and onions; boil until the potato is thoroughly done but not broken. Add 1 pint of milk and 1 cup of cream (or increase the quantity of milk). Stir in the fish and allow the chowder to come to the boiling point once and remove and serve. In case pilot biscuit are not available, any good water cracker may be used.

SALT WHITING.

20. *Creamed salt whiting*.—Wipe the fish dry and broil until well done, but not too brown. Lay on a hot platter; make a cup of cream sauce which season with salt, pepper, and paprika. Just before pouring over the fish, which should have the bones removed, add to the sauce a well-beaten egg and a little lemon juice. Do not let the sauce stand after adding the egg and lemon.

21. *Baked salt whiting*. Put the fish in a pan, cover with cream or rich milk, and place in oven. Cook until cream begins to brown. About 5 minutes before it is dished add a small piece of butter and some pepper.

22. *Boiled salt whiting*.—Boil the fish 10 minutes or until the meat will just freely leave the bones. Serve with boiled potatoes and egg cream sauce, egg sauce, or pork scraps and fat.

23. *Broiled salt whiting*.—Dry the fish carefully and butter; lay the fish in the broiler and broil a nice brown. Lay on a heated platter and pour over it a tablespoonful of boiling water, a pinch of black pepper, and a tiny bit of sour gherkin or cucumber pickle minced fine.

24. *Fried salt whiting*.—If the fish is small, wrap the whole fish in strong white paper, which should be greased with a little lard to prevent sticking. (Brown paper or paper that has been waxed or printed upon should not be used.) Put it in a hot frying pan that has been greased and fry about 4 minutes. Turn the fish over once in the pan. If the fish is large, it may be cut in pieces, wrapped in paper, and fried separately. Serve hot in the paper.

25. *Salt whiting fish cakes*.—Prepare fish and potatoes by boiling until done. Allow them to cool, chop or grind rather fine, and mix with a little milk and well-beaten egg. Form into cakes and cover with cracker meal. Fry brown in a well-greased frying pan.

26. *Salt whiting hash*.—Boil the desired amount of fish and chop or run through a meat grinder. Do not make it too fine. Mix the fish with an equal amount of cold, boiled potatoes also chopped or ground. Moisten with cream or milk and a well-beaten egg if desired. A finely chopped small onion may be added if desired. Fry brown in a well-greased frying pan.

27. *Baked salt whiting hash*.—Boil the fish until skin and bones are easily removed, and after cool, separate into flakes. Boil and mash potatoes enough to equal the quantity of fish, by measure. Grease a baking pan and place in it the mixed fish and potato. A finely chopped onion may be added if desired. On top of this lay 3 or 4 medium thin strips of bacon. Bake until brown on top.

28. *Pickled salt whiting*.—Pour boiling water over the fish and let it stand 15 minutes; drain off, and then pour on boiling vinegar, with cloves and mace added.

29. *Scalloped salt whiting*.—From the desired amount of whiting remove all the skin and bones, and cut into squares. For 1 pound of fish, slice about 1 dozen medium-sized cold, boiled potatoes and put in layers, alternating potato and fish, using butter and pepper on each layer of fish. Begin and end with a layer of potato, and have a generous layer of fish. Cover with a custard made of 3 cups of milk and 5 well-beaten eggs. Last of all add half a cup of fine bread crumbs, mixed with a little softened butter. Bake until done and brown on top. Serve from the same dish.

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