



Great Catches From Famous American Seaports

America's famous seaports yield cuisines as varied and unique as the cities themselves. And great catches from the sea play an important role in each of these recipes.

The bounty from the sea has been so great that the taste possibilities are limited only by the imagination. Seasonings, sauces and added ingredients can give seafood a host of personalities.

Put some culinary excitement into seafood at your home with these great recipes, reflecting

the unique, ethnic heritages of some of America's most famous seaports.

Add variety to your favorite meals with more great catch recipes featuring delicious breaded and batter-dipped fish fillets and sticks. Write for your free copy by sending your name, address and zip code to Great Catches, P.O. Box 5-402, Dept. 851, Minneapolis, MN 55460. Offer good while supply lasts.

HAWAIIAN FISH STICKS

The crossroads of the Pacific, Honolulu, boasts a cuisine which is legend, reflecting tastes of the Orient and the influences of early British seafarers. Go Hawaiian at home with this easy recipe featuring fish plus traditional island ingredients.

- 1 package (12 ounces) fish sticks
- Sauce (below)
- 2 tablespoons vegetable oil
- 2 medium carrots, cut diagonally into 1/4-inch slices
- 1 clove garlic, crushed
- 2 medium onions, cut into eighths
- 1 medium green pepper, cut into 1-inch pieces
- 1 can (8-1/4 ounces) pineapple chunks in syrup, drained (reserve syrup)
- Flaked coconut, if desired

Heat oven to 400°. Bake fish sticks as directed on package. Prepare Sauce: reserve. Heat oil in 10-inch skillet over medium-high heat until hot. Add carrots and garlic; cook and stir 3 minutes. Stir in onions, green pepper and pineapple; cook and stir 3 minutes longer. Stir in Sauce. Heat to boiling, stirring constantly. Boil and stir until thickened, about 2 minutes. Arrange fish sticks on serving plate. Immediately pour pineapple mixture over top; sprinkle with coconut, if desired.

Sauce: Add enough water to reserved pineapple syrup to measure 1/2 cup. Mix in 1/4 cup packed brown sugar, 1/4 cup cider vinegar, 1 tablespoon cornstarch, 2 tablespoons catsup and 1 tablespoon soy sauce.

High Altitude Directions (3500 to 6500 feet): Thinly slice carrots. Increase second cook time to 8 minutes.

SEAPORT FISH SANDWICHES

Each year, millions of tourists are lured to the port cities in California and Texas to enjoy the historic sights, the ocean and local dishes. From four of these great seaports come these tasty sandwiches. Enjoy all four distinctively different tastes of American cooking.

Heat oven to 400 degrees. Bake 1 package (12 oz.) fish fillets as directed. Assemble fish sandwiches, using the rolls and toppings specified below from your favorite seaport.

San Diego Topping: 7 hard rolls, split, 1 carton (6 ounces) frozen guacamole, thawed, 2 medium tomatoes, sliced, 1 cup shredded Cheddar cheese (4 ounces), 1/2 cup dairy sour cream, sliced ripe olives if desired.

San Francisco Topping: 7 sourdough rolls, split, lettuce leaves, 2 medium tomatoes, sliced, 1 small onion, sliced, 1/2 cup tartar sauce.

Corpus Christi Topping: 7 hard rolls, split, 1 cup barbecue sauce, heated, 1-1/2 cups coleslaw.

Galveston Topping: 7 baking powder biscuits, split, 1 can (15 ounces) chili with beans, heated, 1 cup shredded Cheddar cheese (4 ounces).

High Altitude Directions (3500 to 6500 feet): No adjustments are necessary.

RATATOUILLE FILLETS, NEW ORLEANS STYLE

Capture the French flavor of New Orleans, our second largest port, with this recipe for fish fillets and ratatouille. Famous in the south of France, this ratatouille sports a zesty, added touch of red pepper sauce...New Orleans style.

- 1 tablespoon olive or vegetable oil
- 1 medium onion, sliced
- 1 clove garlic, finely chopped
- 1 medium zucchini, cut into 1/4-inch slices
- 1 medium green pepper, cut into strips
- 1/2 small eggplant, cut into 3/4-inch cubes
- 1/4 package (10-ounce size) frozen okra, cut into 1/2-inch slices
- 1/2 teaspoon salt
- 1/4 teaspoon dried basil leaves
- 1/4 teaspoon pepper
- 4 drops red pepper sauce
- 2 tablespoons snipped parsley
- 1 medium tomato, cut into eighths and eighths cut into halves
- 1 package (8 ounces) fish fillets

Heat oil in 10-inch skillet. Cook and stir onion and garlic over medium heat until tender. Add remaining ingredients except parsley, tomato and fillets; cook and stir 2 minutes. Reduce heat; cover and cook 20 minutes, stirring occasionally. Stir in parsley and tomato; cover and cook 10 minutes.

About 20 minutes before ratatouille is done, heat oven to 425°. Bake fillets as directed on package. Serve over ratatouille, 4 servings.

High Altitude Directions (3500 to 6500 feet): No adjustments.

NEW YORK-STYLE INDIVIDUAL PIZZAS

Among the best known of America's great seaports is New York City, whose foods have long enjoyed a rich and colorful Italian influence. These unique minipizzas add an Italian influence to your table.

- 2 packages (12 ounces each) fish fillets
- 1 can (8 ounces) pizza sauce (1 cup)
- 1/4 cup grated Parmesan cheese
- 1/3 cup chopped green pepper
- 1 can (4 ounces) sliced mushrooms, drained
- 1 cup shredded mozzarella cheese

Heat oven to 400°. Line shallow baking pan with aluminum foil. Place fillets in pan. Bake 17 minutes. Mix pizza sauce and Parmesan cheese; spread over fillets. Top with green pepper, mushrooms and mozzarella cheese; bake until cheese is melted, about 10 minutes longer. Arrange fillets in circle on serving platter, 8 servings.

High Altitude Directions (3500 to 6500 feet): No adjustments.

