

The true sportsman always utilizes the fish he catches, even those that become little more than pieces when trimming is done. However, this practice looms even more important in this time of shortages. To make the results a little more palatable, here are a few recipes for fish pieces.

FISH CURRY

2 lbs. fish	1 t. ginger powder
3 T. cooking oil	1 t. curry powder
1 large onion, finely chopped	1 6-ounce can tomato sauce
1 1/2 t. salt	2 cups water
1/4 t. turmeric	1/4 t. red pepper
1/2 t. garlic powder	2 t. lemon juice

Cut fish into large (2-inch) pieces. Mix 1 teaspoon salt with half of turmeric and half of garlic powder. Lightly rub salt mixture on all fish pieces, sprinkle with lemon juice, set aside for half an hour.

Saute onion in oil until golden brown. To onion, add rest of turmeric and garlic powder, along with ginger, red pepper, and curry. Stir for a half minute and add tomato sauce. Cover pan and cook over low heat for 7 minutes, stirring occasionally. Add the water and rest of salt. Bring to a boil, add fish pieces, cover, and simmer over low heat until done. Serve with cooked rice.

Mrs. Nelson Samuel, Batala (Punjab), India

PICKLED FISH

Especially good for carp, since bones dissolve in pickling.

2 quarts fish	2 cups salt
---------------	-------------

Fillet and cut fish into pieces. Place in gallon jar with salt and fill with water. Soak for 6 hours. Rinse well in cold water.

1 quart Heinz vinegar	1 onion, sliced
1/4 cup salt	1/2 box French's pickling spice
2 cups sugar	1 quart water

Combine rinsed fish with above ingredients and let stand for 6 days.

Roy Bashus, Plattsmouth, Nebraska

FISH AU GRATIN

2-3 pounds fish	Sage
3 large onions	Thyme
1 pint heavy cream	Pepper
Grated nutmeg	Salt
Chopped parsley	Mustard
1 ounce flour	Grated cheese

Cut fish into pieces. Saute onions in butter until golden brown and stir in flour. Remove from heat. Stir in cream slowly and reheat. Add grated nutmeg, chopped parsley, sage, thyme, salt, pepper, and mustard to taste. Pour over fish and cover with thick layer of grated cheese. Bake at 400° for one hour. Brown under broiler if necessary. Serves six.

FISH CAKES

2 lbs. fish	8 t. anchovy essence
1 lb. mashed potatoes	4 eggs
4 T. onion, finely chopped	2 oz. cooking oil
1/4 t. sage	Salt
4 t. chopped parsley	Pepper
	Flour

Cook fish in a little salted water. Pick out bones. Thoroughly mix fish with above ingredients. Shape into patties. Roll in flour. Fry in hot shallow fat until brown. Serves six.

WHAT'S BUGGING THAT FISH?

APPROVED

AN ANGLER'S GUIDE TO FISH DISEASES AND PARASITES

For information on the Manter Laboratory go to:
<http://hwml.unl.edu> or write Scott Gardner,
Curator of Parasites: slg@unl.edu or call:
402-472-3334



Prepared by Nebraska Game and Parks Commission in cooperation with Monte A. Mayes, Harold W. Manter Laboratory, University of Nebraska State Museum