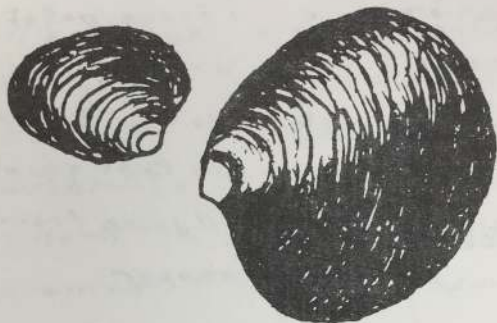


CLAMS



The clam is a shellfish which is able to travel wherever it wishes to go. It stands on edge, and by extending its foot, or the hard part, crawls along and burrows into the sand. Clams are secured from the bays by raking, or tonging, when the tide has receded.

FRIED EELS

Skin eels (cut skin around just behind head and with pliers pull skin entire length of eel) Cut in 2-inch pieces and parboil eight minutes. Sprinkle with salt & pepper, dip in corn meal and sauté in pork fat.

FRENCH-FRIED EELS

| | |
|----------------|-------------------|
| 1 1/2 lbs. eel | 2 tbsp cold water |
| 1 egg | bread crumbs |

Prepare eel, cut in desired lengths & wipe dry. Dip in crumbs, seasoned egg and again in crumbs. Fry in deep hot fat.

Milton Kelly

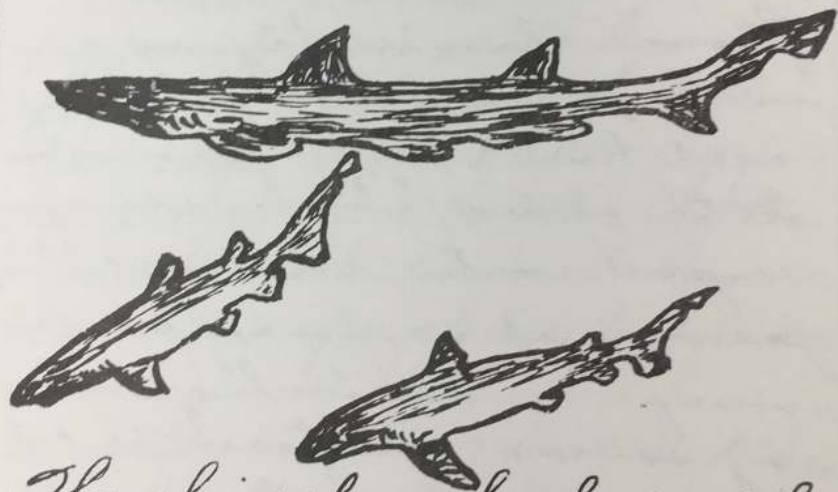
CHINESE FRIED SHARK

2 lbs shark steaks 1 green pepper
(3 strips)
1 tsp salt 3 bouillon cubes
(chicken)
1/4 cup flour 1 cup pineapple cubes
(drained)
1/2 cup vinegar 1/2 tsp. water
1 cup sugar 1/2 tps. soy sauce
1/2 cups water 3 tbs cornstarch

Sprinkle both sides of fish with salt, roll in flour. Place in frying pan with 1/8 in. of hot fat. Fry (med heat) until brown on both sides. Combine vinegar, sugar, water, bouillon cubes, green pepper & pineapple. Simmer for 10 min. Combine water, soy sauce & cornstarch. Add gradually to hot sauce & cook until thick, stirring constantly. Serve over fish.
Virginia Firth

(SHARK) MOCK SCALLOPS

Cut shark into inch squares. Dry well & sprinkle with salt & pepper. Dip in egg & crumbs & fry in hot fat 360° for 3 min. or until a golden brown. Serve with tartare sauce.
Serves 6. W. Wisner



The skin of a shark is like sandpaper in texture. Wear gloves when skinning.
(for the ladies)

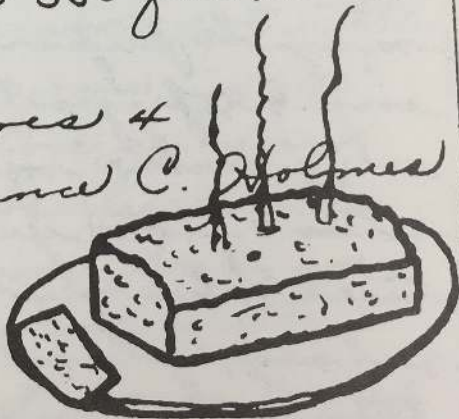
CASSEROLES
OF LEFT-OVER OR FRESH-COOKED FISH
AND OTHER COMBINATIONS

BAKED FISH LOAF

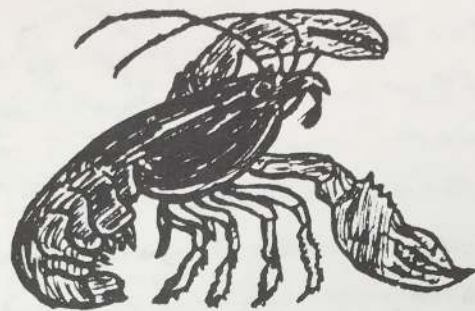
2 cups flaked cooked fish
1/2 tsp. salt
2 eggs separated
1 cup medium white sauce

Combine fish, salt, beaten egg yolks, white sauce, and beaten egg whites. Pour into greased baking dish and bake at 350° for 20-30 min.

Serves 4
Florence C. Holmes



LOBSTERS



Some of the most interesting forms of life are found in the sea. The lobster, with the big claws is found along the Atlantic coast north of New Jersey. The spiny lobster of the south Atlantic coast and the crawfish of the Pacific are all of the same family and have much the same flavor, but have no large claws.

TERRAPIN OR SNAPPER

To prepare for cooking, plunge into boiling water & boil 5 min. Lift out of water & remove skin from feet and tail by rubbing with towel. Draw out head with skewer and rub off skin.

To cook, put in kettle, cover with boiling salted water. Add 2 slices each of carrot, onion & celery. Cook until meat is tender, which may be determined by pressing meat of feet between thumb & finger.

Time required, 35-40 min. Remove from water, cool, draw out nails from feet. Cut under-shell close to

upper-shell & remove. Empty upper shell & carefully remove & discard gall bladder, sandbags & thick, heavy part of intestines. Any of gall would give bitter flavor. Liver, small intestines & eggs are used with the meat.

Judy Cludius



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