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until meat can be separated from off bits of skin, bone, etc. Fry wned. Add potatoes to water in pepper. When potatoes are done, ring to boil but don't let it boil! for cooking fish and potatoes.

Drive, Rapid City, S. D. 57701

small trout are delicious. Toma-

m yellow perch. Add water, salt 10 minutes. Add milk and butter.

DR#2, Howard, S. D. 57349

half done. Place trout in kettle of meat loosens from bones. Remove water in which it has been boiled. porated milk, corn, butter, salt and es. Cook slowly ten minutes and

, Rapid City, S. D. 57701

CATFISH BALLS

2 c. flaked fish
2 c. mashed potatoes
1 egg
salt and pepper
deep-fat frying oil

Bake or steam catfish. Best way is with a pressure cooker. Remove fish from bones and flake. Blend flaked fish, mashed potatoes, egg, salt and pepper to taste. Shape in balls and deep fry until golden brown.

Mrs. Dave Robin, PO Box #463, Upton, Wyoming 82730

PICKLED FISH

Fillet and cut in strips 1 inch wide. Fill quart jars $\frac{3}{4}$ full, do not pack.

Add:

3 tbsp. salt
 $\frac{1}{4}$ c. sugar
2 tsp. pickling spice
1 medium onion, diced

Fill remainder of jar with white vinegar. Refrigerate 4 days and it's ready to eat.

Mrs. Russel Jacobs, Box 67, Roslyn, S. D. 57261

PICKLED FISH

Fillet and skin any fish you care to use. Be sure to remove the rib cages. Now cut them into about $1\frac{1}{2}$ inch square chunks or $\frac{1}{4}$ to 1 inch strips. Fill a qt. jar about $\frac{3}{4}$ full of these sliced fillets plus 1 diced onion. Pack very loosely. Add the following:

2 tbsp. salt
7 tbsp. sugar
2 tsp. whole mixed pickling spice
 $1\frac{1}{2}$ oz. dry white wine
apple cider vinegar

Fill the jar with wine and vinegar right to the top. Now shake the jar to thoroughly mix the ingredients. Refrigerate for four days and they're ready to eat. During the four days shake the jar from time to time.

Note: If you like it sweeter, add a bit more sugar, but don't change the salt content. If you like a more vinegar taste leave the wine out, as all this does is cut the vinegar a bit. Optional, 1 red pepper and/or clove garlic.

Mrs. Fred M. Rosin, Jr.

PICKLED FISH

Make a brine of water and salt - 2 c. salt to 1 gal. water. Have fish skinned and cut in quite small pieces. Soak fish pieces in this brine for 24 hours. Rinse off quickly in cold, fresh water. Pour off immediately.

Mix:

4 c. white vinegar
1 c. water
 $\frac{1}{2}$ to $\frac{3}{8}$ c. sugar
1 tbsp. mixed pickling spices

Heat this slightly and pour over fish. Add sliced lemon and onion.

This can be eaten the following day. Any kind of fish can be used but we prefer to use smaller ones. We have even used paddlefish.

Mrs. Leonard Reinke, Box 267, Elkton, S. D. 57026

CANNED FISH

Clean fish and skin them. Cut into pieces about 2 inches long. Pack in clean pint jars. Add 1 tsp. salt, 3 tbsp. vinegar and 1 drop liquid smoke to each pint. Process in a pressure cooker for 80 minutes at 10 lb. pressure.

Mrs. Earl Ellwanger, Custer State Park, Hermosa, S. D. 57744

CANNED FISH

Any kind of fish can be used such as trout, pike or suckers. Pack chunks of raw fish into pint jars.

Mix together:

1 tsp. salt
 $\frac{1}{4}$ c. vinegar
 $\frac{1}{4}$ c. Snap-E-Tom tomato cocktail
1 tsp. brown sugar

Pour over fish in jars; seal. Process in pressure cooker at 10 lb. for 90 minutes.

This resembles canned salmon and is very good for fish loaf.

Mrs. Roy W. Cook, Spearfish, S. D. 57783

and butter in a kettle or stewpan
heat falls apart. Add milk and
t.

52, Oelrichs, S. D. 57763
13, Upton, Wyoming 82730

arragon, sliced lemon with peel
remove from heat and pick flesh

; add and saute onions. Remove
then drained; add fish; cooked po-
ilk. When hot remove from stove
well. Add desired butter and salt
1 with crushed basil.

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