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Twelve ways to cook carp. Circular 93 October, 1917

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[Madison, Wisconsin]: University of Wisconsin, Agricultural Extension Service, October, 1917

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Twelve Ways to Cook Carp

Although about equal in food value to other fish, practically all the carp caught in this state have been shipped to the New York market, where they are sold for from ten to eighteen cents a pound retail.

Ways in which carp may be used to help extend our meat supply.

Twelve Ways to Cook Carp

ABBY L. MARLATT AND AMY L. DANIELS

During the past two years there were taken from the waters of a single Wisconsin county more than 955,000, and from the inland waters of the entire state over 2,250,000 pounds of carp. By far the larger part of this was sold in New York City, where it competed successfully with salt water fish. There, housekeepers were willing to pay 10 to 18 cents a pound for this fish little appreciated in our own state.*

In food value carp compares favorably with other fish, which are important sources of tissue building food (protein). It may, therefore, be used to a large extent to take the place of meat in the diet.

Like other fish, carp should be eaten as soon as possible after it is caught. The eyes should be clear and the flesh firm.

HOW TO PREPARE CARP

Carp comes to the local markets only partly cleaned. They should be washed in boiling water, and the scales and skin removed. As the oil of carp, which has a distinct flavor, is found just below the skin, it is better to skin the fish before cooking. When it is removed the flesh of the carp may be cooked in any way in which white-meated fish is prepared.

To Scale, Skin, Bone and Salt Carp.—First scrub the fish thoroughly. Then with a sharp knife make a cut on each side of the fins and pull them out. Make a deep cut through the skin along the back, another along the belly and connect these two cuts by a third, encircling the body just behind the head. Fasten the head on a hook or sharpened nail driven through a plank, take hold of the skin at the angle of the two cuts at the back of the head, and remove the skin and scales by pulling toward the tail of the fish. A sharp knife may be used when the skin does not come off easily.

Cut off the head; remove the entrails. The carp is then ready to be boiled, baked, or stuffed and baked.

The bones may be removed by separating the flesh from the bone by use of a dull knife held parallel to the back bone and moved slowly next the bone until the flesh is separated in one large piece. Lift the bone from the other side of the flesh. Remove small bones and the carp is ready for boiling, stewing, frying, soup or for chowder.

VARIOUS WAYS OF USING CARP

Because of the distinct flavor of carp it may be salted and allowed to stand over night before cooking, or it may be cooked in water containing acid, as vinegar, or it may be cooked and served in a sour sauce. Onion or garlic or tomato or lemon juice may be used to conceal the carp taste.

The time allowed for cooking carp is twenty minutes for every inch of thickness of the piece of carp.

* The State Council of Defense has arranged with the State Conservation Commission to have supplies of this cheap food-fish sold at very low prices in a number of the public markets in the larger cities of the state, thus conserving materially the high-priced meat supplies.

Carp Soup

Skin and bone the carp. Boil the bones and head in 2 quarts of water containing one-fourth cup of vinegar, and 2 teaspoons of salt. Cut the carp flesh into inch strips, using one pound of carp. Fry the carp in drippings. Cook the following vegetables separately or together in water containing one teaspoon of salt to the quart: one red beet chopped, two medium sized onions chopped, half a small cabbage chopped. When the vegetables are tender (one-half hour) strain the fish broth over them and heat. Place the fried fish in the soup tureen and pour the broth and cooked vegetables over the fish.

Carp Chowder

- 1/4 pound salt pork diced and fried
- 3 pounds boned carp, sliced or cut in inch cubes
- 1 quart sliced raw potato
- 1 quart sliced onion
- Salt and pepper

Arrange potatoes, onions, fish and pork in alternate layers in the dish. Salt and pepper each layer. Cover with cold water. Cook very slowly until vegetables and fish are tender. Soak hard biscuit, common cracker, or pilot bread five minutes in hot water. Add these to the chowder and serve.

Liquid from canned tomato may be used in place of part of the water in which the chowder is cooked.

Savory Carp Stew

- 1 quart water
- 1 pint vinegar
- 2 sliced onions
- 1 celery root (or one teaspoon celery salt)
- 1 teaspoon chopped parsley (1/4 teaspoon dried parsley)
- 1 sliced carrot
- 15 allspice berries
- 15 whole cloves
- 3 pounds boned carp

Boil the water, vinegar and seasoning 15 minutes. Add the boned carp and cook until tender. Thicken the liquor, using two tablespoons of flour mixed smooth with 3 tablespoons cold water. Cook until the gravy is thickened; pour the gravy over the fish and serve.

Boiled Carp

Tie the skinned and boned carp in a square of thin cloth. Place this in boiling water to which one-fourth cup vinegar and 2 teaspoons salt to each quart have been added. Cook slowly for 20 minutes or until the flesh is tender. Serve with a sour sauce.

Sour Sauce. One pint fish stock, 2 tablespoons flour, 2 tablespoons fat, 1 tablespoon chopped parsley, 1 lemon, juice and grated yellow rind. Melt the fat, add the flour, the hot fish stock and cook until smooth. Season with salt and pepper, add the lemon juice and grated rind. Pour the sauce over the boiled carp. Serve either hot or cold.

Sour Cream Sauce. One pint sour cream, 1 teaspoon dry mustard, 1 teaspoon soup coloring (burnt sugar), 1 tablespoon Worcestershire sauce. Cook until the sauce boils. Serve hot over boiled carp.

Stuffed Baked Carp

Prepare carp by skinning and removing entrails. Stuff the carp with a dressing made as follows:

- 2 cups soaked stale bread
- 4 tablespoons beef drippings
- 1/2 teaspoon ground mace
- 1/2 teaspoon pepper
- 1 teaspoon salt

Sew up the opening or tie securely. Place the fish in a dripping pan, the bottom of which has been covered with a thin layer of fat and slices of onion. Bake until the fish is golden brown. Serve with parsley and slices of lemon.

Baked Carp—Armenian Style

3 pounds carp flesh
2 onions
3 ripe tomatoes or 5 tablespoons stewed tomato
 $\frac{1}{2}$ bunch mint
1 cup water
1 teaspoon salt
 $\frac{1}{4}$ cup beef fat or oil

Place the tomatoes and sliced onion in layers in the baking dish. Lay the skinned and boned carp in the dish and cover with a second layer of sliced onion and tomato. Sprinkle the finely chopped mint and parsley, salt and pepper over the top. Pour over this the melted fat or oil and bake in a hot oven at least half an hour or until the fish is tender.

Baked Carp With Sour Cream

Clean and bone the carp. Place it in an oiled baking pan, salt and pepper the surface, add two bay leaves, juice of one lemon, and cover with sour cream. Bake until the fish and cream are a golden brown. Serve the fish on the platter and strain the cream sauce over it.

Fried Carp

Skin and bone the carp. Cut the flesh into slices one inch thick. Salt each piece and let it stand with vinegar over the surface at least one hour. Drain. Roll each piece in corn meal or flour or beaten egg and bread crumbs, and fry in hot fat. Serve with lemon.

Fried Carp With Brown Gravy

Prepare the carp as in the above recipe. Cook one finely chopped onion with a small amount of fat in the frying pan. When the onion is brown, place the carp in the pan with the onion and cook slowly until the carp is brown.

Brown Sauce. Two tablespoons beef drippings, 2 tablespoons flour, $1\frac{1}{2}$ cups soup stock, 2 cloves of garlic, 1 tablespoon chopped green pepper, 1 teaspoon of salt. Prepare as for sour sauce. Pour this sauce over the fish in frying pan and cook slowly until the carp is tender.

Scalloped Carp

Any cold cooked carp may be placed in alternate layers with white sauce, onion sauce, tomato sauce or sour sauce in a baking dish. Cover the top with crumbs which have been browned in beef drippings. Bake until heated through.

Carp in Casserole

Boil the boned carp until tender. Place it in an earthen baking dish, pour over it the juice of one-half lemon, and cover with a sour sauce or a brown sauce. Bake until the sauce boils—about 15 minutes. Serve in the dish in which it has been cooked.

Carp Salad

Use any left over cooked carp. Let it stand for one hour in the following sauce: 1 cup vinegar, 1 sliced onion, 6 whole peppers, 6 allspice berries, 2 cloves of garlic, 1 inch piece ginger root, 1 teaspoon salt. Boil these together 15 minutes. Keep the amount of liquid the same by adding boiling water as needed. At the end of the hour drain the fish. When it is cold serve with a French dressing, boiled dressing or mayonnaise dressing.