
Fish Boil Recipe

Vivian Weber - Hudson's Battle Creek

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

Servings: 8

3 pounds fresh fish (salmon, steelhead, coho), cut into one-inch cubes

8 medium potatoes, peeled

1 1/2 cups salt

1 cup butter or margarine, melted

6 medium white onions, peeled

melted butter (for service)

Place the potatoes in a basket with eight quarts of water in a twelve quart kettle. Heat to boiling. (Do not cover.) Slowly add the salt. Return to a boil. Boil for 12 minutes.

Add the onions. Return to a boil. Boil for 6 minutes longer.

Place the fish in the basket. Return to a boil. Boil for 11 minutes. Drain off the water.

Serve with melted butter.

(Always bring the water to a boil before starting to time cooking. Keep the lid off the pot while cooking.)

Seafood

Per Serving (excluding unknown items): 331 Calories; 23g Fat (61.5% calories from fat); 4g Protein; 29g Carbohydrate; 3g Dietary Fiber; 62mg Cholesterol; 19429mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Vegetable; 4 1/2 Fat.