

EAT THE CARP!

Erin Mallea

2019

PLEASE POST CONSPICUOUSLY

**DEPARTMENT OF COMMERCE
U. S. BUREAU OF FISHERIES
WASHINGTON**

EAT THE CARP!

The carp discovered America in 1877.

He found the land to his liking. He multiplied and filled the waters with his kind.

He is now big, abundant, useful. He converts useless vegetation and small animals into meat.

This meat is wholesome and nutritious. It contains as much protein as sirloin steak.

It is easily digestible.

It can be cooked in such a way as to remove the muddy taste. It can be boiled, baked, made into croquettes, or fish loaf. Carp jelly, an ancient Swedish dish, is delicious.

There are millions of carp in the United States. The last census shows that 43,000,000 pounds were marketed in one year. Nearly all this came from a few states in the Middle West.

Somebody ate those 43,000,000 pounds of carp.

Therefore the carp must be good to eat.

The carp is good to eat. Carp has not only been eaten, but has been cultivated in Europe for centuries. Europeans know how to cook it.

Catch the carp; buy the carp; cook the carp properly and eat it. Eat the roe; can the roe. Make carp jelly. Can the fish. Smoke it, too.

For information and recipes write to

**UNITED STATES BUREAU OF FISHERIES
DIVISION F, WASHINGTON, D. C.**

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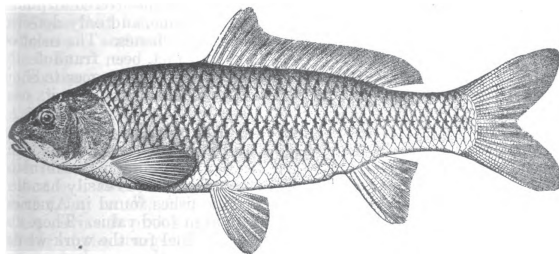
U. S. BUREAU OF FISHERIES

Economic Circular No. 31 Issued September 26, 1917

THE CARP: A VALUABLE FOOD RESOURCE.*

With Twenty-Three Recipes.

The carp is the most abundant, most widely distributed, and most valuable fish in the fresh waters of the United States—found, in fact, in nearly every State in the Union. The last fishery census gives 43,000,000 pounds as the amount of carp sold in one year; and while there are many and widely distributed carp fisheries, the bulk of this amount came from the Middle West. Somebody eats the carp; why not all of us? While we are hearing of meatless days in Europe and suggestions of something of the sort in this country, are we, never having tried it, to neglect the carp as a source of food, wholesome, nutritious, and abundant, or shall we make the obvious use of it—eat it as it has been eaten by millions? The carp has been used for food on a large scale for centuries in European countries. It is even cultivated artificially for its meat.



Shortly after introduction into the United States, it reached and even surpassed all expectations of hardiness, rapid growth, ease of management, and large size. Living in rivers, creeks, millponds, and other places not suitable for many of the finer species of fish, it has abundantly shown its ability to convert otherwise useless food material into wholesome meat.

For the first few years after the introduction of the carp it seemed that it would be popular as a food fish; in this respect, however, it lost in favor. Sentiment went characteristically to an extreme in unreserved condemnation of the carp as a food fish, and what might have been indifference became a prejudice.

* By H. F. Taylor, scientific assistant, U. S. Bureau of Fisheries.

The adverse opinion of the carp was, perhaps, natural under the circumstances—there was a muddy taste in the carp, the meat was sometimes coarse, and there were bones. There were better fish, and the demand was growing for foods that did not require elaborate methods of cooking. Perhaps the very abundance and familiarity of the carp bred a contempt. So the carp, unmolested, filled the rivers and streams; but whatever the history of the carp and the prejudice against it, the carp is with us. Is it not the part of good sense to eat the carp, and by so doing to keep it within proper bounds?

The carp needs to gain its proper place in the American food list. It has, in fact, continued in favor with some people, and many persons would be surprised to learn the extent to which it is used even at present. It can be so prepared as to remove the muddy taste and become, indeed, a palatable fish. This will only require a thriftiness to prepare it properly and to cook it by the right methods.

That the carp is acceptable when properly cooked is further shown by an incident that occurred in 1902, when 224 men, members of the North American Fish and Game Protective Association and the representatives of the fishery departments of three Provinces of Canada, were purposely deceived, being fed carp as red snapper. That the deception was not discovered is evidence that whatever objectionable quality the meat may have can be fully overcome by proper methods of preparation. Carp, properly cooked, has been discovered at public eating houses being served under some other name, and only detected by people familiar with the appearance of carp bones. The meat of the carp is excellent when smoked. It has, in fact, been fraudulently sold for the much dearer smoked sturgeon. This only goes to show that it is an acceptable article of food and should go under its own name.

Impartial scientific investigation, quietly conducted in time of peace, has shown that the carp is of high food value, is acceptable and palatable when properly prepared, is not particularly harmful to other fishes, is one of the fish freest from parasites, is easily handled and shipped, and is one of the most prolific fishes found in America.

The strong argument for the carp is its high food value. There are two uses of food in the body: To furnish the fuel for the work we do, and to keep the working parts of the body—the muscles, organs, bones, membranes—in repair. Sugar and starch are primarily the fuels of the body, and when a surplus is consumed it is stored as fat to be used as future fuel; but these foods can never repair the muscles and organs. Only proteins can do that, but they are also fuels when consumed in excess. Animal meat is preeminently the protein food, the body builder, and this fact explains the careful conservation of meat in Europe—everybody must have a certain amount of protein.

The following table shows the comparison of various animal foods. It will be seen that the difference between carp meat and beef or mutton is chiefly in the fat, which is a fuel and can be entirely replaced by vegetables. Carp meat contains approximately as much protein as beef, and protein is the expensive element of food.

Analyses and food value of fish and other meats, edible part, dressed.

Kind.	Water.		Dry flesh.		Protein.		Fat.		Ash.	
	Per cent.	Per cent.	Per cent.	Per cent.	Per cent.	Per cent.	Per cent.	Per cent.	Per cent.	Per cent.
Sirloin steak	60.00	40.00	20.00	18.00	13.00	1.00				
Mutton, leg	61.50	38.20	18.30	15.00	14.90	1.40				
Salmon, fresh	63.60	36.40	21.60	13.40	1.40	1.90				
Shad	70.62	29.28	18.55	9.48	1.25	1.25				
Mackerel	64.01	29.38	18.77	8.21	1.40	1.40				
Halibut	75.42	24.58	18.35	5.18	1.05	1.05				
Carp	78.43	21.57	19.07	1.26	1.24	1.24				

The analyses given are only representative. The food value of fish is variable from month to month, the variation being due largely to fluctuations in content of fat, especially in the fat species like shad and salmon.

The digestibility of carp meat has not been investigated. There appears no reason, however, to believe that it differs from other fish meats in digestibility. Fish meats in general, in common with other meats, receive and respond to the same treatment in the digestive apparatus. Eighteen recent experiments^c showed that when eaten as a part of mixed ration the four fishes—mackerel, butterfish, grayfish (canned), and salmon (canned)—are digested with equal completeness. Those fishes were the subject of 18 experiments on digestibility in 6 men; 92.5 per cent of the protein and 93.6 per cent of the fat were digested. From numerous other investigators we have ample evidence that fish meat is as easily digested as are other meats, as wholesome, and quite as able to supply the flesh-building proteins of the body.

The roes and milts of the carp are worthy of attention, too. In size the roe reaches a fourth or more of the total weight of the fish. A 12-pound carp recently captured in the Altamaha River contained over 3 pounds of roe. It is a well-known fact that the roe of fishes is especially nutritious, containing even more protein than beef and some fat in addition. The ease with which the carp roe may be prepared is a further recommendation for it. It has been made into caviar, but in this form has not yet become a commercial product. Carp caviar is pink or red, in this respect differing from the black caviar of the sturgeon. It may be canned either at home by small-pressure cookers or industrially on a large scale. Of course, it may be cooked directly, with eggs or otherwise, for a fresh food.

The experience of those who have made most use of the carp indicates that in the winter season, from October to April, it is at its best. In the summer months, especially in muddy ponds when the carp is breeding, it has been found, in many instances, to be unsatisfactory for food.

There is no question that Americans can make a valuable use of the carp; it only remains to bring about the same thriftiness and willingness to cook it properly that has made the carp an article of food to the millions who were willing to do a little work to prepare it.

^c By Dr. A. D. Holmes, in a forthcoming paper from the Bureau of Home Economics, Department of Agriculture.

SIMPLE RECIPES.

FRIED CARP.

The carp is a good food fish; catch it and eat it; smoke it, can it, can the roe; cook the fish carefully and intelligently, and the carp will become an important food.

RECIPES FOR COOKING CARP.

As already intimated, the carp probably owes much of its present unpopularity to the fact that it is seldom properly cooked. The meat often has a muddy taste, especially in fish that have lived in very muddy ponds at a high temperature. Numerous methods have been devised to remove this flavor. Live fish are sometimes kept for a few days in clean, fresh water. As most of the undesirable flavor resides in the skin and fat immediately underlying it, the fish may be skinned. It is also said that an improvement is made by cutting off the head of the live fish and bleeding it thoroughly. The fish is then soaked three or four hours in mild salt water, or boiled in salt water. Or, it may be salted dry as soon as killed and bled. Before the fish is to be cooked, the salt should be removed with a soft cloth and fresh water.

The following recipes are selected so as to give a wide range of choice from simple to the more elaborate. Most of them are of German origin, though some of them originated in America, and one is Swedish. The cook must use some judgment as to which method is best suited to her equipment and needs. In general, only the smaller fish should be fried—the larger ones may be boiled, stewed, or baked. The seasoning and spicing may also be varied to suit tastes, and may, in some cases, be simplified.

BOILED CARP.

1. Scale and clean the fish, and make some slight incisions on both sides; if too large, cut in pieces. Wipe the fish dry, sprinkle slightly with flour, dip in beaten eggs, and roll in bread crumbs. Put the pieces in boiling lard, so as not to touch each other. When sufficiently brown, take them out and lay on a hot sieve to let the superfluous fat run off; sprinkle with salt, and lay in a hot dish without cover. Serve very hot.

2. Scale and clean the carp; make up a pot of half vinegar and half water, enough to cover the fish well; season with pepper, bay leaves, cloves, and salt; peel some small onions and boil them in part of the liquor; when done, serve up the fish and smother it with the onions.

3. Clean and scale the fish, raise the backbone and rub in some salt, then let it lie in some strong salt water for 2 hours, after which wash it out in clear water, then put it into boiling water with a good handful of salt, and let it boil from 15 to 20 minutes, with the milt or roe. Garnish with parsley and slices of lemon, and serve with melted butter or fish sauces.

4. Do not scale the fish, but clean it well, split it in half, then into suitable sized pieces; lay them on a dish, and pour over each piece, on the scale side, some scalding vinegar; have only sufficient water in the stewpan or kettle to cover the fish, into which put two or three onions, with cloves, some whole pepper, allspice, and a handful of salt. When the water boils lay the pieces in, so that the scales are undermost, with the roe or milt at top; then pour in the vinegar and let it boil for half an hour, taking care to skim it while boiling. When done, place the fish in the dish carefully, with the scales undermost and the roe or milt at top; garnish with some slices of lemon and some parsley; serve with it white anchovy sauce or grated horseradish boiled in stock or bouillon.

5. Clean and split a 5-pound carp and rub 2 tablespoonfuls salt well into both sides, and let stand 2 hours in a covered dish. Take some spices and herbs, half dozen kernels black pepper, same of allspice and cloves, 4 laurel leaves, a medium-sized onion, some celery, and a sliced carrot, and boil thoroughly with 1 pint water, 1 pint red wine, one-half pint vinegar, some lemon rind, bread crust, and 1 ounce sugar. After this has boiled well, cut the carp in convenient pieces, put into the pot and boil till only about half the sauce is left. Serve with browned butter and slices of lemon.

BAKED CARP.

6. Cut the carp into pieces or halves. Clean well, but leave the scales on. Cover with salt, lemon juice, sliced onions, pepper, and parsley. After it has lain thus 1 hour, dry the carp, roll it in eggs and cracker dust, and bake slowly in butter. Serve with lemon and potatoes boiled or baked.

7. Scale and clean the carp; salt and pepper strongly; wrap in paper thickly buttered on the inside; again wrap in several sheets of paper which have been moistened, so as to prevent the ashes from penetrating. Bake half an hour in very hot wood ashes, covering the fish thickly with ashes.

8. Scale and clean the carp; wrap the fish in a linen towel; have a large kettle of boiling water. Coll the fish neatly in the kettle and boil 15 minutes, then pour off the water and remove the fish to a baking pan without marring and put in the oven; bake and then baste with butter gravy.

9. Take carp of 1 to 2 pounds; scale and clean well; rub inside and out with plenty of salt; let stand an hour or two. Wipe dry with a towel, roll in well-beaten eggs and bread crumbs or meal, and bake in plenty of butter till nicely brown.

10. Clean and scale the carp; then dry and season with salt, pepper, and a little mace, which ought to be rubbed in thoroughly. Let the fish lie in melted butter for an hour or two before cooking it. Now put it into a saucepan with some chopped parsley, a whole onion, a little sweet marjoram, a teaspoonful of rich milk or cream, and a lump of butter rolled in flour. Pour on this sufficient water to cover the carp and let it stew gently for about half an hour, or until the flesh leaves the bones easily.

BOILED CARP.

11. Clean and scale your carp, lay it in salt for 1 hour, then dry it well with a cloth; chop some onions with parsley, very fine, and mix them with butter, fill the fish and sew it up; then melt some butter, and baste the fish all over. Put it on the gridiron and baste it continually until done, and serve with a sauce.

MORE ELABORATE RECIPES.

CARP WITH OYSTER FORCE MEAT.

12. When the carp has been thoroughly scaled and cleaned, rub in some salt 2 hours previous to your stuffing; for which take $1\frac{1}{2}$ dozen oysters with some flesh of another carp and mince them together; then take some crumbs of bread soaked in milk and squeezed out, 5 eggs, a sufficient quantity of butter, some chopped lemon peel, onion or eschalot and parsley, season with pepper and salt; make up this altogether for the stuffing, and add thereto $1\frac{1}{2}$ dozen whole oysters, then stuff the carp and sew it up. Put at the bottom of a baking dish some slices of bacon, seasoned with slices of 2 onions, some cloves, whole pepper and allspice, then place your fish in and bake it to a nice brown. Make a good ragout of the milt and roe, with a few oysters and some mushrooms; pour this over the fish when dished up for the table.

STEWED CARP.

13. Scale and clean the carp, wash out the blood with a little vinegar, which save; clean the fish with salt water, then split and cut it into pieces, which fry with the roe or milt until pardone; place the whole when nicely brown into the stewpan, then add the vinegar and blood, 2 or 3 large onions struck with cloves, some whole pepper, allspice, salt, lemon peel, and a slice or two of lemon; close the lid, and let it stew gradually, taking care to skim it well; when done take out some of the liquor and season with eschalot and Chili vinegar, soy, anchovies and ketchup, thickened with a little flour, add 2 or 3 glasses of port wine. Serve it garnished with toast sippets.

CARP JELLY.

14. Take a 6 or 8 pound carp; scale and skin. Discard head and skin. Cut into small pieces and place in boiling water just sufficient to cover, and add salt, coarsely ground pepper, allspice, and a bay leaf or two. Boil about 20 minutes or until perfectly soft. Remove pieces of fish from the water, but preserve the water. Break the pieces so as to be able to remove all of the bones thoroughly. Strain liquid through a colander and if necessary add a cupful of gelatin, previously dissolved, to this liquid. At the same time add such other pieces as may be desired. Add the original pieces of fish to the liquid or gelatinized liquid. Stir and place on ice until solidified.

PICKLED CARP.

15. Clean the carp inside and out; split it the whole length; cut it in pieces; wash, and cook it in water with salt, spice, onions, and a few bay leaves. After it is cooked let it get cold in the cooking vessel. When cold put into a drainer or sieve to dry. Now pick to pieces, taking out all bones; mix with sauce consisting of Worcestershire sauce, vinegar, sugar, salt, ground black pepper, olive oil, and yellow mustard, according to taste, all well beaten and mixed, olive oil and vinegar being in preponderance. Serve with capers, olives, and mixed pickles.

CARP CROQUETTES.

16. Rub through a fine sieve 1 pound cooked carp meat; mix 10 ounces butter and an equal quantity of bread crumbs, sprinkle over with salt and pepper, work in two eggs and a little thick white sauce. This is carp force meat, Make it into croquettes and fry.

CARP FORCE-MEAT CUPS.

17. One cup force meat (see preceding recipe), 2 cups bread crumbs, 2 well-beaten eggs. Season with salt and pepper and mix well. Then make into balls and form into cuplike shapes. Place cups in a greased pan and break an egg into each one. Put a little butter and salt on top of each. Bake slowly in the oven until the eggs are solid.

CARP SALAD.⁶

18. Use plain boiled carps, pick the meat from the skin and bones and leave in flat pieces. For 8 tablespoons of fish make a sauce of 2 tablespoons salad oil, or olive oil, 2 tablespoons vinegar; pepper and salt to taste. Stir into this sauce 4 tablespoons diced boiled beets, 2 tablespoons diced boiled potatoes, 2 tablespoons diced celery, one apple diced, and the fish. If the salad is wanted white, leave out the beets, and use instead mushrooms, capers, or pickled nasturtium seeds.

FRIED CARP CAKES.⁶

19. The fish is scaled, washed, and split along the back, the entrails and backbone removed, washed again and wiped with a linen cloth. The meat is then scraped out in order not to use the tougher membranes. Chop very fine, and with the help of a wooden potato masher and a wooden bowl mash and pound the fish with salt added; then for each $1\frac{1}{2}$ pounds meat add $\frac{1}{2}$ pound butter, 4 tablespoons potato flour, or 6 tablespoons cornstarch or flour and cornstarch; next stir in 3 eggs, one at a time; white pepper to taste. Stir in $\frac{3}{4}$ to $1\frac{1}{2}$ quarts milk, until the mass is of the right consistency. With a spoon drop the batter thus prepared on a hot greased frying pan and fry to a rich brown color. The cakes may be served hot or cold. They are an excellent form in which to can the fish. Merely fill the cans, seal, and sterilize. (See Bureau of Fisheries Economic Circular No. 28, "Preserving fish for domestic use.")

⁶ Recipe furnished by Frants P. Lund, States Relations Service, Department of Agriculture.



Baked Carp

A Granddaughter Remembering her Grandma's Recipe

- Gut carp, remove scales
- Fillet or leave fish whole
- Stuff with wild onions and wild garlic
- Bake for about 20 minutes at 350°F
- Top with a wild currant sauce

Basque Marinated Carp with Herbs

Adapted from regional cookbook
"Basque Cooking and Lore"

Serves 4

- ¾ cup dry red wine
- ¼ cup Spanish olive oil
- ⅔ cup finely chopped onion
- 1 ½ Tbsp finely cut fresh mint
- ½ tsp dried rosemary
- ½ tsp dried thyme
- 20 whole black peppercorns
- ½ tsp salt
- 4 small carp (8 to 12 oz each)
- 3 egg yolks, lightly beaten

- Gut carp and remove scales
- Lay fish in one layer in oven proof-dish.
- Combine red wine, oil, onion, mint, herbs, peppercorns and salt. Pour over fish and let stand for 30 minutes. Turn and marinate for 15 minutes longer.
- Bake in preheated 350°F oven for 25 minutes or until fish is firm to the touch. Transfer fish to heated platter and keep warm.
- Strain cooking liquid through several layers of cheesecloth, squeezing out as much liquid as possible. Wisk ¼ cup liquid into beaten egg yolks then whisk mixture into remaining liquid in pan. Heat slowly, whisking constantly, until the sauce thickens slightly. Do not allow to boil. Pour sauce over fish and serve at once.

葱烤鲫鱼 Braised Carp with Spring Onion

By Shanti Christensen, published on Wild China
wildchina.com

Prep: 15 mins, Cook: 20 mins

1 lb. carp, cleaned
20 stalks spring onion cut into 3-inch pieces
4 Tbsp cooking oil
2 pieces ginger
¼ teaspoon salt
2 Tbsp rice wine
1 Tbsp dark soy sauce
½ tsp salt
1 tsp white sugar
1 cup water

- Heat 1 Tbsp of cooking oil in a wok. Stir fry spring onions for 2 minutes over high heat then transfer to a plate and set aside.
- Heat 3 Tbsp of oil in the wok. Add ginger. Carefully slip the fish into the wok and fry both sides until golden.
- Add cooking wine, soy sauce, water, salt and sugar. Bring to a boil then lower flame and simmer for 5 minutes.
- Return the spring onions to the wok during the last minute of simmering.

Cajun Carp

Recipe by the Missouri Department of Conservation

2 cups cooked, flaked carp
1 ½ tsp Cajun seasoning
1 large red onion
½ tsp paprika
2 bell peppers, green, red or yellow
3 stalks celery
½ tsp salt
¼ cup butter
1 tsp Tabasco
4 tsp flour
6 Roma tomatoes, chopped
1 can (14 ½ oz.) chicken broth
½ pound peeled large shrimp
3 Tbsp chopped fresh parsley
2 cups cooked white rice

- Steam or bake the carp, then remove the meat from the bones. Reserve 2 cups.
- Slice onion in 1/4-inch-thick rings, then cut the rings in half; slice peppers lengthwise in ¼" strips; and slice celery ½" thick. Melt butter in a large saucepan or skillet. Add flour and stir until light brown. Add onion, peppers and celery. Cook and stir until vegetables are softened. Add broth, salt, Cajun seasoning, paprika and hot sauce.
- Bring mixture to a boil, then simmer until vegetables are almost done and broth is slightly thickened, about 15 minutes. Add tomatoes, shrimp and carp. Cook until shrimp is done, about 5 minutes. Serve over rice and garnish with parsley.

Carp Dumplings

Recipe by the National Park Service

1 pound carp fillet
2 onions
2 celery stalks
1 carrot
¼ cup butter
4 slices white bread
1 tsp dried parsley
Salt
White pepper
3 eggs

- In a 2-quart pot, make a bouillon: chop and brown 1 onion, 2 stalks celery, and 1 carrot in butter.
- Add 2 pints hot water, 2 tablespoons salt, ¼ teaspoon white pepper. Boil 30-40 minutes.
- Prepare the fish mixture by putting 1 pound carp fillet, 1 onion, and 2 small pieces of celery through a grinder or in a food processor.
- Mix together with 4 slices white bread, trimmed and rubbed to fine crumbs, dried parsley, 1 teaspoon salt, 1 teaspoon white pepper. Add 3 well-beaten eggs, and mix.
- Drop by spoonfuls into the boiling bouillon, and cook until done (about 5 minutes). Serve with condiments of your choice.

Carp with Onions and Peppers

Adapted from regional cookbook
"Basque Cooking and Lore"

Serves 6

2 lb carp steaks
6 medium onions, sliced, separated into rings
2 red sweet peppers, roasted, seeded, peeled, and cut into strips
3 green peppers, roasted, seeded, peeled, and cut into strips
2 cloves garlic, crushed
¼ cup Spanish olive oil
4 large vine-ripened tomatoes, peeled and chopped
2 yellow chiles, diced
Salt and freshly ground pepper

- Heat oil in heavy skillet until light haze forms. Add onions, red and green peppers. Cook until onions are soft and transparent. Add garlic and remove from heat.
- Arrange steaks in baking pan. Add sautéed vegetables, tomatoes, yellow chiles, salt, and pepper. Cover and bake at 350°F for 30 to 40 minutes or until fish flakes easily.

Citrus Carp

By Chen Hong, published on allrecipes.com

Prep: 25min; Cook: 20min

Serves 6 to 8

3 lb whole carp, cleaned and scaled

½ peel of small mandarin orange

2 tsp salt

¼ cup cornstarch

2 cups sesame oil

2 ½ Tbsp chopped garlic

3 Tbsp minced fresh ginger root

¼ cup chopped green onion

3 Tbsp dry sherry

1 Tbsp black bean sauce

2 Tbsp soy sauce

1 Tbsp white sugar

6 Tbsp chicken stock

- Soak the orange peel in warm water for 20 minutes or until soft. Drain and rinse the peel under running water. Squeeze out extra liquid, chop the peel and set aside.

- Make 3 or 4 slashes on either side of the fish and rub the fish with salt. Sprinkle the fish on both sides with cornstarch.

- Heat oil in a frying pan or wok. When the oil is hot, deep fry the fish on both sides for approximately 4 to 6 minutes per side; both sides of the fish should be browned. Remove the fish from the pan and let it drain on paper towels.

- Dispense of all but 2 tablespoons of the oil (leave that oil in the pan or wok). Bring the oil back to a high heat, mix in the orange peel, garlic, ginger, and green onions. Stir fry for 30 seconds.

- Add sherry, bean sauce, soy sauce, sugar and chicken stock. Mix well, then add the fish to the mixture.

- Cover and let cook for 8 minutes. Serve immediately.

糍粑鱼 Chinese Pan-Fried Fish

By Elaine Luo, published on her blog China Sichuan Food, chinasichuanfood.com

Prep: 10 min (+ 48 hour marinade)

Cook: 10 min, Serves 2

2 lb carp remove head and tail
4 dried chili pepper
3 cloves garlic, minced
1 stalk scallion , minced
¼ tsp white sesame seeds
1 Tbsp cooking oil
1 Tbsp soy sauce
¼ tsp sesame oil
⅛ tsp sugar

Marinade:

2 tablespoons cooking wine
¼ tsp whole Sichuan peppercorn
½ tsp salt
2 scallion stalks, minced
1 thumb ginger

- Cut the fish into large chunks around 3-4 cm thick. And then add all the marinating sauce. Mix well and then transfer to an airtight bag, refrigerate for around 2 days.
- After two days, drain the fish chunks with kitchen paper. Remove the ginger and scallion.
- Heat cooking oil in a pan, and add fish. Do not turn them over at the beginning. Flip after one side becomes slightly golden brown.

- When both sides are browned, add garlic, dried pepper, scallion and ginger. Fry for another half minute until fragrant. Add soy sauce, sesame oil, sugar and white sesame seeds.
- Mix well and enjoy, possibly with a cup of beer.

Drunken Carp

Published by Almazan Kitchen
almazankitchen.com

Prep: 20, Cook: 45 min
Serves 4-5

1 fresh carp, gutted, scaled, head and tail removed
½ – 1 lb young potatoes
2 large carrots
2 spring onions
2-3 lemons
1 parsley root with leaves
1 celery root
2 cups white wine
Handful of fresh celery
Handful of fresh dill
Olive oil
Salt
10-12 unpeeled garlic cloves

This recipe is designed to be cooked on coals in a Sač – a shallow, metal or ceramic cooking vessel traditional throughout the Balkan Peninsula. Alternatively, it can be cooked in a cast iron pot, dutch-oven, or other heat and oven safe cookware.

Garnish:

- Chop carrots, parsley root, celery root, and spring onions into medium pieces and add to the pot.
- Add potatoes (chop if large)

- Disconnect parsley stems from the leaves and add it into the pot.
- Add chopped fresh dill and parsley leaves
- Add a pinch of salt and a large drizzle of olive oil.

Fish:

- If cooking in oven, preheat to 365°F
- Make shallow, vertical cuts along the fish.
- Slice 2-3 lemons.
- Grate the fish with salt.
- Put lemon slices into the incisions.
- Put lemon, salt, and dill inside the carp.
- Add the fish, a few celery sprigs, white wine, and unpeeled garlic cloves to the pot.
- Add the lid cook at 350°F for 45 minutes.

Fish Broth

Alexa's Dad's Recipe

Remember, back where I am from we don't exactly measure anything so I am going to do the best to translate this. I would let you talk with my dad but he has a super strong accent and he would rather explain things in Spanish.

So turns out it's not really a fish dish or hard soup, it's kinda like a broth that you drink with veggies in it.

Make sure to start of by cleaning all the scales off the fish. Then cut off the head and tail and throw those away. Make sure to gut out the fish and clean the insides very well. Cut the fish up in fillets.

In the meantime, boil a large pot of water. Once it starts to really boil add salt, a chopped onion, and garlic. Let it boil in the water to get flavor.

For flavor add something called cozumel caldo con savor de pollo, (it's basically chicken broth). Add that to the boiling water.

Then add all your veggies (carrots, cabbage, celery, green zucchini, tomatoes, cilantro). The tomatoes are only for flavor. Boil the veggies for a while. Put it in medium heat and then you can add your fillets cook for about 10 minutes, until fish turns white.

Fried Carp

Recommended by a Harney Country Librarian

½ cup buttermilk
1 Tbsp lemon juice
4, 3 oz carp fillets
1 cup oil for frying
⅓ cup cornmeal
⅓ cup all-purpose flour
1 tsp paprika
½ tsp fresh ground black pepper
½ tsp salt
½ tsp garlic powder
½ tsp onion powder
½ tsp dried thyme
⅛ tsp cayenne pepper

- Combine buttermilk and lemon juice. Add carp and marinate for 5 minutes.
- Heat oil in large, heavy skillet over medium-high heat until hot (350-360°F)
- In a bowl, mix together cornmeal and flour. Season with paprika, black pepper, salt, garlic powder, onion powder, thyme, and cayenne pepper. Dredge fish in cornmeal mixture.
- Fry carp fillets in hot oil until golden brown (3 to 4 minutes per side depending on size). Drain on a rack when the fish is cooked. Don't crowd the pan when cooking.
- Serve with lemon and your choice of condiments.

Greek Honeyed Fish

By Hank Shaw, published on his site Hunter, Angler, Gardener, Cook, Honest-food.net

Prep: 15 min, Cook: 10 min
Serves 4

1-2 pounds skinless carp
Flour for dusting
3 Tbsp olive oil
3 garlic cloves, minced
2 Tbsp Worcestershire sauce
2 Tbsp honey, ideally Greek thyme honey
1-2 shots of ouzo or other anise-flavored liqueur
2 Tbsp chopped fresh oregano, or 2 tsp dried
Freshly ground black pepper

- Slice the fish into chunks of between 1 ½ and 2 inches across.
- Heat a large sauté pan over high heat for 1 minute. Add olive oil. Dust the fish pieces in flour, shake off the excess and lay down in the pan. Turn the heat down to medium-high and brown the fish on 3 sides. Move the finished fish to a paper towel to drain.
- Fry garlic for 30 seconds to a minute. Do not let it brown. Take the pan off the heat and add the ouzo. It will flare up. Shout, "Opa!" Put the pan back on the heat, turn it to high, and scrape off any browned bits with a wooden spoon.

- Add the Worcestershire sauce and honey and swirl to combine. Let this boil down until it's syrupy, then add the fish back along with oregano. Toss to combine. Turn off the heat, grind fresh black pepper over everything and serve at once.

Gefilte Fish

By Claire Saffitz, published in Bon Appétit

Prep: 40 min, Cook: 2 hours 30 min

Serves 10

Stock:

7–7½ pounds whole carp

1 medium leek

½ bunch thyme

¼ bunch parsley stems

2 bay leaves

1 tsp black peppercorns

1 large onion, unpeeled, halved

2 celery stalks, halved crosswise

1 large carrot, peeled, halved crosswise

½ cup dry white wine

Kosher salt

Gefilte Fish:

3 Tbsp olive oil

1 large onion, finely chopped

1 large parsnip, peeled, finely chopped

1 medium leek, white and pale-green parts only, finely chopped

5 large eggs

3 tsp Kosher salt (Morton)

2 tsp sugar (optional)

1½ tsp freshly ground white pepper

½ tsp freshly ground nutmeg

¼ tsp cayenne pepper

¾ cup matzo meal

Garnish:

4 medium carrots, peeled, sliced crosswise into ½-inch-thick coins

8 ounces pearl onions

Dill sprigs, matzo, lemon wedges, capers, and prepared red horseradish.

Stock:

- Separate dark-green leaves from leek; wrap thyme, parsley stems, bay leaves, and peppercorns in leaves and tie closed with kitchen twine; set aside. Slice remaining pale-green and white parts of leek in half lengthwise.

- Fillet fish to yield 3 lb. meat, reserving bones. Discard pin bones. Cut bones into large pieces; reserve fillets (a fishmonger comes in handy here!).

- Place bones in a large stockpot; pour in cold water to cover. Bring to a boil, drain immediately, and return bones to pot. Add cold water to cover and bring to a boil. Add onion, celery, carrot, wine, and pale-green and white parts of leek; reduce heat and bring to a simmer. Add reserved leek bundle to pot. Season lightly with salt and simmer until stock is pale golden and fragrant, 40–45 minutes. - Remove from heat and remove aromatics and large fish bones with a slotted spoon; discard.

Strain stock through a fine-mesh sieve into a large straight-sided skillet; bring to a gentle simmer over medium-low and keep warm while you prepare the fish.

Do Ahead: Stock can be made 1 day ahead. Let cool; cover and chill.

Gefilte Fish Continued

Gefilte Fish:

- Heat oil in a medium skillet over medium. Cook onion, parsnip, and leek, stirring often and reducing heat as needed to prevent vegetables from browning, until onion is translucent and vegetables are very soft, 10–12 minutes. Let cool.
- Meanwhile, cut reserved fish fillets into 1" pieces. Working in 3 batches, pulse fish in a food processor until finely ground (pluck out any errant pin bones you find). Transfer to a large bowl.
- Pulse eggs, salt, sugar, white pepper, nutmeg, cayenne, and cooled onion mixture in food processor until mixture is frothy and mostly smooth with only a few bits of onion still visible. Pour over fish and mix with your hands to incorporate. Scatter matzo meal over and mix in with your hands until homogeneous (be careful not to overmix; otherwise, mixture will be dry and crumbly after it cooks).

Assembly:

- If making quenelles for individual servings, hold 2 large spoons (they should be the same size) in each hand and scoop out about 1/3 cup fish mixture with 1 spoon. Holding spoons parallel to one another, place edge of empty spoon over fish mixture and, while rotating the empty spoon, scoop fish mixture out of first spoon. Repeat motion several times, passing fish mixture between spoons, to make a smooth football-shaped scoop (a quenelle) and

place on a parchment-lined rimmed baking sheet. You should have 25–30. (Alternatively, you can use a 2½-oz. ice cream scoop to make uniform balls.)

- Working in batches (about 10 per batch), gently lower quenelles into simmering stock with a slotted spoon and poach until cooked through, about 5 minutes. Using slotted spoon, transfer to another rimmed baking sheet and tent with foil to keep warm.
- Add carrots and pearl onions to stock and simmer until tender, 10–12 minutes.
- Divide carrots and pearl onions among bowls with slotted spoon and add 2–3 fish pieces to each bowl.
- Strain fish stock again through a cheese-cloth-lined sieve, if desired, and divide among bowls. Top with dill and serve with lemon wedges, capers horseradish, and matzo alongside.

Do Ahead: Gefilte fish can be poached 2 days ahead. Let fish and stock cool, then transfer to a wide, shallow baking dish, making sure fish is submerged. Cover tightly with foil and chill. Reheat fish and stock over medium-low.

Hungarian Style Baked Carp in Sour Cream with Wild Mushrooms

Courtesy of George Lang, Café des Artistes, NY

Prep: 20 min, Cook: 20 min
Serves 8 to 10

5 lbs cleaned and scaled carp
Salt and pepper
4 Tbsp unsalted butter
½ lb wild mushrooms, sliced
1 med onion, chopped fine
1 Tbsp chopped flat-leaf parsley
1 cup dry white wine
1 cup sour cream
¼ cup heavy cream
1 Tbsp flour
Buttered, steamed potatoes

- Preheat oven to 375 °F
- Cut the cleaned carp into serving pieces, and sprinkle with salt and pepper. Place the pieces in a baking pan in one layer and dot with the butter.
- Sprinkle mushrooms, onion, and parsley over carp. Pour wine over fish and cover with buttered parchment paper. Bake for 15 minutes, or more, until cooked through.
- Mix sour cream, heavy cream, and flour in small saucepan and bring to a simmer. When carp is about half done, pour sour cream mixture over it and complete cooking.
- Adjust salt to taste, and serve with potatoes.

Maacher Jhol: Bengali Fish Curry

Recipe by Hari Ghotra, harighotra.co.uk

Prep: 30 min, Cook: 30 min
Serves 4

4 large carp steaks
1 tsp turmeric powder
½ tsp salt
3 Tbsp mustard oil
If you don't have mustard seed oil you can substitute 2 tablespoon vegetable oil + 1 teaspoon dry mustard per 2 tablespoons needed
10 miniature potatoes
1 large bay leaf
5 green cardamom pods, bruised
1 tsp cumin seeds
1 tsp mustard seeds
1 large onion
5 cm ginger, crushed
3 garlic cloves, crushed
1 fresh chilli, finely chopped
2 tomatoes, finely chopped
½ tsp turmeric powder
1 tsp coriander seeds, crushed
2 Tbsp Greek yogurt
2 green chillies, sliced lengthways
Handful fresh, cilantro, finely chopped

Maacher Jhol Continued

- Wash the fish and pat dry with some kitchen paper. Place onto a dish and sprinkle with turmeric powder and salt. Rub this into the fish and set aside for 30 minutes.
- In the meantime blitz the onion in a food to get a paste.
- When the fish has marinated, heat the mustard oil in a pan and fry the pieces of fish until each one is golden on both sides. Be gentle with the fish while it cooks then set to one side.
- Use the same oil or add more if required and fry the potatoes until they are golden. Drain on kitchen towel and set to one side.
- If needed, add a little more oil and heat on medium heat. Add the bay leaf, cardamom pods and cumin seeds.
- Once fragrant add the onion paste with the crushed ginger and garlic and fry for about 10 minutes.
- Just as they turn golden in color add the tomatoes, turmeric powder, crushed coriander seeds and chopped chillies.
- Stir until fragrant then spoon in the yogurt and mix well.
- Fry this for about 10 -15 minutes until it becomes shiny the add 1 or 2 cups of hot water.
- Stir in the fried potatoes and bring the sauce to a boil. Reduce the heat and leave the potatoes simmering to cook through.

- Once they are soft and cooked through, add fried pieces of fish and stir gently.
- Cook for a few minutes then remove from the heat and sprinkle with chopped coriander leaves and sliced chillies to garnish. Serve immediately with some plain rice

Pickled Carp Fillets

Adapted from regional cookbook

“Basque Cooking and Lore”

- 1 cup Spanish olive oil
- 3 lbs whitefish fillets
- 3 large onions, sliced and separated into rings
- 2 sweet red peppers, cut into rings
- 1 sweet green pepper, cut into rings
- 4 medium carrots, grated
- 1 cup white wine vinegar
- 1 bay leaf
- 4 cloves garlic, minced
- Juice of 2 limes
- ½ cup minced Italian parsley

- Heat ½ cup olive oil in skillet. Fry fillets 3 to 5 minutes on each side. Drain on paper towels. In clean skillet heat remaining oil. Add onions and cook 3 minutes, then add pepper and cook 2 minutes. Add carrots, vinegar, bay, and garlic. Cook 5 minutes. Stir in lime juice and parsley.
- Place Fish in glass dish. Pour skillet ingredients over fish, cover and chill at least 2 days. Serve as an appetizer. Fish will keep 1 week refrigerated.

Poached Carp with Tomato and Almond Sauce

Adapted from regional cookbook

“Basque Cooking and Lore”

Serves 4

- ¼ cup Spanish olive oil
- ½ cup minced onions
- 1 ½ Tbsp minced garlic
- ¼ cup almond paste
- ¼ cup crumbled white bread
- 4 tomatoes, peeled, seeded, and chopped
- Juice of 1 lemon
- 4 carp steaks
- 1/4 cup sliced almonds, toasted
- 2 Tbsp chopped Italian parsley

- Heat oil in heavy ten inch skillet over medium heat until light haze forms. Add onions and garlic; cook until onions are soft and transparent. Add almond paste and bread. Stir to blend. Add tomatoes, increase heat and simmer until most of the liquid evaporates.
- In a twelve in skillet, bring 6 cups of water to boil. Add juice of lemon and salt. Reduce heat. Add carp steaks and simmer, uncovered, 5-8 minutes, or until fish flakes easily. Transfer fish to heated platter.
- Reheat sauce and add enough fish stick to make sauce the consistency of a light gravy. Pour sauce over fish and serve garnished with sliced toasted almonds and parsley.

Polish Christmas Carp

Courtesy of Krzysztof Drzewiecki chef and owner of Krolewskie Jadlo, Brooklyn, NY

Prep: 20 min, Cook: 1 hr 30 min

Serves 4 to 6

1, 3 -4-lb carp, gutted and scaled, head and tail removed and reserved for stock

3 Tbsp unsalted butter

3 Tbsp all-purpose flour, plus more for dredging fish

2 cups Fish Stock, recipe follows

1 cup red wine

1/4 cup sliced almonds

4 Tbsp raisins

2 Tbsp honey

Kosher salt and freshly ground black pepper, to taste

1 tsp ground ginger

Juice of 1/2 lemon, plus lemon wedges for garnish

3 Tbsp canola oil

Sprigs of fresh flat-leaf parsley, for garnish

Fish Stock:

Carp head and tail

5-6 allspice berries

5-6 dried bay leaves

2 celery stalks, roughly chopped

1 carrot, roughly chopped

1 yellow onion, roughly chopped

Fish Stock:

Place the head and tail of the carp into a large stock pot, followed by the allspice, bay leaves, celery, carrots and onions. Cover completely with water and bring to a boil over medium-high heat. Reduce the stock to a simmer and cook, skimming scum off the top occasionally, 1 hour. Strain the stock and discard the solids.

Christmas Carp:

- Melt the butter in a medium saucepan over medium heat. Whisk in the flour to incorporate and cook until smooth, 2 to 3 minutes.

- Whisk in the Fish Stock and red wine until incorporated, and then stir in the almonds, raisins and honey. Cook over low heat, stirring occasionally, until the sauce has thickened and the flavors have married, about 15 minutes. Season with salt and pepper and stir in the ginger and lemon juice. Keep warm.

- Meanwhile, slice the carp into steaks. Sprinkle with salt and pepper and dredge in flour to coat. Heat the oil in a nonstick sauté pan over medium-high heat until almost smoking. Cook the steaks until golden brown, 5 to 6 minutes (depending on the thickness of the steak). Flip the fish and continue to cook until the opposite side is golden brown, 4 to 5 minutes longer.

- Transfer the fish to plates and spoon a little of the sauce over the top. Garnish with lemon wedges and sprigs of fresh flat-leaf parsley and serve immediately.

Red Cooked "Ji Yu" Carp

By Min, published on her blog China-Memo
China-memo.com

Prep: 15 min, Cook: 20 min

1 fresh, whole carp
4 Tbsp oil
1 tsp salt
2 tsp sugar
2 tbsp light soy sauce
2 tsp Chinese chilli bean sauce
1 Tbsp sauce wine
1 Tbsp seasoned soy sauce for seafood
1 leek
2 green chili
Ginger

- Spread the salt on the surface and inside of fish. Marinade for about 10 minutes.
- Slice leek into ½" long threads. Cut ginger and green chilli into small pieces.
- Heat the wok or frying pan until very hot, add oil. Once oil is hot, add fish to fry. Move the fish in case it might stick to the wok. Fry one side till golden brown, turn the fish over to fry the other side until golden.
- Add chilli bean paste, light soy sauce, sauce wine, seasoned sauce for seafood, ginger, green chilli and big spring onions. Cook for several minutes.
- Add water (or stock), cover the lid, cook for about 5 minutes, turn the fish around and cook another side for about 5 minutes.

Sichuan Style Crispy-Fried Carp

By Hank Shaw, published on his site Hunter, Angler, Gardener, Cook, Honest-food.net

Prep: 20 min, Cook: 20 min

Serves 4

2 whole carp, scaled and gutted

Marinade:

3 chopped green onions
1-inch piece of ginger, peeled and minced
2 Tbsp Chinese cooking wine, or Japanese Mirin
2 Tbsp soy sauce
1 tsp freshly ground black pepper
1 chopped hot chili
1 teaspoon Sichuan peppercorns (optional)

Veggies:

3-inch piece of peeled ginger
½ medium onion
5 cloves garlic
½ finely chopped habanero chile, 1-2 Thai chiles or 1 serrano

Sauce:

5 Tbsp water
5 Tbsp tomato sauce or ketchup
3 Tbsp sugar
2 Tbsp Chinese cooking wine, or Japanese Mirin
2 Tbsp soy sauce
2 Tbsp cornstarch

Garnish Etc:

2 Tbsp finely chopped cilantro
2 finely chopped green onions or chives
2-4 cups peanut or vegetable oil
1 cup rice, potato or regular flour for dredging

- **Prepare the fish.** Cut off the fins of each fish with kitchen shears or scissors. Remove the gills of the fish if they are still attached by cutting them out with the kitchen shears. Make vertical slices along each side of the fish evenly spaced along its length, about 1/4 inch apart from each other -- this is very important, because carp have an extra set of bones you need to cut. Doing this shortens the bones and opens them up to the hot oil, which softens them enough to eat. Rinse the fish under cold water and pat dry.

- **Marinate the fish.** Put the 3 chopped green onions, chili, the 1-inch piece of finely chopped ginger, the Chinese cooking wine, soy sauce and the black pepper into a blender and buzz to combine. Pour mixture into a glass or plastic container, or a Ziploc bag. Add the Sichuan peppercorns, if using. Place the fish in the container and make sure the marinade surrounds the fish. Let this sit in the fridge for 30 minutes to 3 hours. When you are ready to cook the fish, take it out of the fridge to come to room temperature.

- **Prepare the vegetables.** Julienne the 3-inch piece of ginger. Keep in mind 3 inches is a guideline, so ginger can be a bit larger or smaller.

Sichuan Crispy-Fried Carp Continued

Cut the ginger into a rectangle, then slice it into thin rectangles about 1/8 inch thick. Then slice these thin rectangles into very thin strips -- as thin as you can make them. Slice the 1/2 onion into very thin half-moons. Slice the garlic cloves as thinly as you can along the long side of the clove to make long pieces.

- Pour the oil into a wok and turn the heat to medium-high. If you do not have a wok, use the largest, deepest skillet you have. A wok really matters here, though, as its shape prevents the tail fin from burning to charcoal.

- **Meanwhile, make the sauce.** Mix the tomato sauce (I use pureed tomatoes), sugar, soy sauce, Chinese cooking wine, water and cornstarch and stir vigorously to combine. Set it aside.

- Check the oil temperature. You want it to be about 325°F. If you do not have a thermometer (you should buy one!) the oil is ready when a drop of flour tossed into the oil sizzles immediately. Fry the fish. Remove the carp from the marinade and dredge in flour. Shake off excess, and when the oil is hot, slip the fish one at a time into the oil. You are probably going to have to cook one fish at a time. If so, turn the oven on to "warm."

- **Fry the fish** for at least 5 minutes per side. You want it to be golden brown. I will fry a 1-pound fish for 8 minutes on the first side, 5 minutes on the other side. Larger fish will need more time. When the first fish is done, remove it to a plate and

put the plate in the warm oven. Fry the second fish the same way as the first.

- **Finish the dish.** When the fish are done, ladle out all but about ¼ cup of oil. Toss in the slivered ginger, onion, chilies and the slivered garlic and stir-fry over high heat for 2 minutes. Add the sweet-and-sour sauce and stir well to combine. Bring this to a rapid boil and stir well. Cook for 2 minutes.

To serve, pour some sauce on a plate, place the fish on top of it and garnish with finely chopped chives and cilantro. This dish goes best with simple steamed white rice.

Smoked Carp

Joe's Recipe

Hi Erin, I wish you could of tried version 2 of the carp. It came out amazing. I needed the fat from the large carp to make it taste so much better.

For the smoked carp:

- Gut and scale the fish
- Remove the head for ease
- Marinade the carp in pineapple/lemon mix:
 - 3 parts pineapple juice/1 part lemon
 - Creole seasoning and mix together
- Smoke carp at 200°F

I marinade the carp every few hours while smoking.

The rule of thumb is 3 hours then 30 minutes for each pound of fish (not individual fish that is where I messed up on that first batch). Otherwise you lose all moisture. I used a mesquite wood but I hear fruit woods are better for smoking.

You want to make sure smoke hits the fish at all times so if your not using a pellet feeder, you will have to add wood every 30 minutes. This is considered a hot smoke and not a cold smoke where you have a smoking shed.

Sundgau Fried Carp

Adapted from *French Country Cooking: Authentic Recipes from Every Region*, by Françoise Branget

Prep: 20 min, Cook: 20 min
Serves 4

3 lb of center-cut carp fillets
1-2 cups white wine
Pepper and salt
½ cup fine semolina
canola oil for frying

Fried carp is a celebrated dish in the Sundgau, the southern Alsace region of France, where monks have been raising carp since medieval times.

- Expect to get about 1 pound center fillet per 3-pound fish, so scale the recipe accordingly.
- Cut uniform fillet sections about ½ inch thick. Put fillets in a flat-bottom dish. Pour in wine to cover and marinate for 20 minutes. Remove fish and drain. Season with salt and pepper. Dredge fillets through semolina.
- In a deep fryer or deep pan, heat at least 2 inches of oil to about 330F. Fry until golden outside, for about 4 or 5 minutes. Remove the fillets and allow them to cool for about 10 minutes, or until ready to serve the meal.
- Increase oil heat to 375F and fry carp a second time for about 3 to 4 minutes.

- Sundgau fried carp is traditionally served with steamed potatoes or frites, a green salad, lemon wedges, and mayonnaise, and an Alsatian white wine such as pinot blanc. The fish is typically eaten with hands, not utensils.

Recipe

Ingredients

Directions

Recipe

Ingredients

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Directions

Malheur is famed within the birding community. However, not all refuge inhabitants receive equal adoration. Refuge staff has been entrenched in an inherited struggle against invasive carp since the 1950s. Carp pose threats to biodiversity across the United States. Some biologists are resigned to a career of human-caused carp-damage control. Others vilify the fish while some see the issue as partially a public relations problem. The defamation of carp, while rooted in the reality of ecological change, is deeply connected to a rhetoric of otherness. Carp are enjoyed as a food source throughout the world and were introduced to the US as such. However, since their introduction in the 1800s, they have become condemned by many as “trash fish” not worthy of upwardly mobile American palates.

After my time volunteering at Malheur, I tested a few recipes with family and newly made friends at the refuge. I was grateful they were willing to suspend disbelief and normalize eating the fish with a collective goal of learning to be more responsive and adaptive.

This book was compiled and made by Erin Mallea. Erin visited the refuge often throughout her childhood and volunteered with refuge biologists in the summer of 2018 to learn more about contemporary land-use and environmental issues facing the area.

Recipes were drawn from refuge staff, acquaintances, friends, family, printed cookbooks and online sources.

Erin Mallea is a visual artist from Boise, Idaho currently living in Pennsylvania.

Thanks to: Joe Barnett, Ben Cate, Robert Esquivel, Alexa Martinez, Misty Mouser Barnett, Peter Pearsall, Joan Suther, Shelly Wells, and Teresa Wicks.

Images + Historic Content

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