

BOTTOMS

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UP

COOKERY

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FATHOM ENTERPRISES

SALTWATER TURTLES



The saltwater turtle species are most generally found in the more temperate ocean waters; however, in the summer months they have been found as far north as Cape Cod. The area in which they are most abundant is in the Gulf of Mexico. There are three primary species of saltwater turtles which are commonly hunted for food. These are:

- 1) Green Turtle (primary food source)
- 2) Hawksbill Turtle
- 3) Loggerhead Turtle

These turtles grow to lengths of 3 to 4 feet and weigh between 300 and 400 pounds.

HOW TO FIND:

They are found at sea and along coastlines where they can reach their food, a sea vegetation called Turtle Grass. At times, you may find them feeding on the bottom.

HOW TO CATCH:

Approach from the rear; grab shell behind the head with one hand and with the other hand at the tail, try to guide the turtle gently toward the boat. If you are lucky to get him near the boat, place a line (preferably two) around each flipper and secure him. Then, heave-ho and boat him. Should you not manage to do this, the turtle will sound (dive) on you and you will find it best to let go.

HOW TO REMOVE TURTLE MEAT:

Cut off the head. If a fresh water snapping turtle, let it bite a sturdy stick and then pull the head forward. For other types, expose the head by forcing down on the upper shell. With a sharp knife, separate the skin from the edges of the shell. Peel the skin back over the legs and cut off the feet with the skin. Cut through the bridges attaching the upper to the lower shell. Use a knife or small saw as required and remove the lower shell with the knife. Remove entrails. Cut meat from four quarters of the top shell. Use a saw or hatchet to split the crown or ceiling of the shell to get at the tenderloin.

TURTLE HABITATS

NAME	SIZE	LOCALE
Snapping Turtle (<i>Chelydra serpentina</i> S.)	4 to 40 pounds	Eastern U.S. streams and lakes
Alligator Snapper (<i>Macrochelys temminckii</i>)	Up to 140 pounds	Southeast rivers emptying into the Gulf of Mexico
Mississippi Turtle (<i>Kinosternon subrubrum hippocrepis</i>)	5 Inches	Alabama to Texas, North to Missouri
Pacific Pond Turtle (<i>Clemmys marmorata</i>)	8 Inches	Ponds and rivers West of Cascades and Sierra Nevada
Red-bellied Turtle (<i>Pseudemys rubriventris</i>)	12 Inches	East, New York to Florida
Yellow-bellied Turtle (<i>Pseudemys scripta</i>)	11 Inches	Coast, North Carolina to Florida
Chicken Turtle (<i>Deirochelys reticularia</i>)	8 Inches or 3 pounds	Southeastern U.S. to Texas
Diamond-back Terrapin (<i>Malaclemmys centrata</i>)	6 to 8 Inches	Gulf and Atlantic Coasts - salt marshes
Green Turtle (<i>Chelonia mydas</i>)	Up to 500 pounds	Florida reefs, North to New England in summer
Hawk's Bill Turtle (<i>Eretmochelys imblionta</i>)	24 Inches	Gulf of Mexico North to Massachusetts in summer
Troost's Terrapin (<i>Pseudemys troostii</i>)		Mississippi and Ohio valleys - Market Name: "Slater"
Mobile Turtle (<i>Pseudemys mobilensis</i>)		Gulf States

FRESH WATER TURTLE

These are commonly called terrapin, which term identifies all of the species of edible North American turtles found in fresh or brackish water. The diamond-back terrapin is found in the salt marshes along the Atlantic and Gulf Coasts. Turtle has a taste similar to chicken or rabbit.

HOW TO FIND:

Turtles can be found along logs and fingers projecting into the water. They are air-breathing amphibians and frequently float on the water's surface.

HOW TO CATCH:

It's an easy task for the scuba diver to pick up the turtle by the shell and place it in the game bag. While hunting, the best approach is from the rear and slightly above the game.

HOW TO PREPARE:

It is best in our present polluted stream and lake situation to pen your game for 7 to 10 days before eating. This procedure allows the creature to pass his waste. While being penned, the turtle should be fed raw bits of meat and provided with fresh water. After the quarantine period (if, of course, it is felt necessary), remove the turtle from the pen and scrub it in running water.

HOW TO COOK:

Place live turtle in a pan of water and bring to a boil. Cook in boiling water for 10 to 15 minutes and then drain. Plunge the turtle into cold water. Re-scrub to clean and place once again in a pan of boiling water. Simmer for 40 minutes longer. Then, remove the turtle and place on its back while it cools. When cool, pry the bottom (flat plastron) off. Be careful! It is a difficult task. Remove and discard innards. Liver, small intestine, eggs and heart can be chopped and saved for soup stock. Skin the legs and remove meat from the shell. The meat can be sauteed, chopped for soup, or marinated.

SEA URCHINS

The sea urchin is sometimes called the sea pincushion. It is a rounded ball of colored needles about 3 inches in diameter. The sea urchin eats underwater vegetation and is little known as edible to Americans. However, the gonads are a delicacy in which the seafaring Frenchman delights, and which are sold as "fruttà di la mare" in Italian markets. The male gonads are yellow and sour while the female are red and sweet, such as the distinction between white and red wines.

Although the spines of the northern urchins are not toxic, some species in tropical seas have poisonous barbed spines and venomous pedicellariae. Also, eating the gonads of the latter can be distressing during the reproductive period of the urchin. Nausea and diarrhea can be experienced at such times.

WHERE TO FIND:

It digs holes, clings to the rocky bottom, and is found from deep depths to shorelines.

HOW TO CATCH:

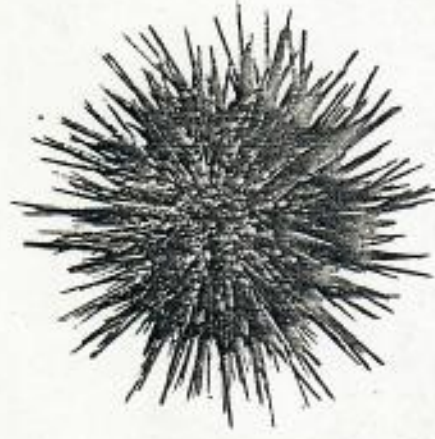
Use a heavily gloved hand and pry from rock with a knife.

HOW TO PREPARE:

Handle with care! Rinse thoroughly and place bottom side up (hole side). Cut large hole in the shell or "test" with a knife, empty and discard loose contents. The remaining orange meat is eaten raw with lemon juice.

HOW TO EAT:

Eat raw as above or boil about 3 minutes in a large pan. The orange roe sacks can also be added to other seafood dishes, or cooked whole in a roe casserole. The puree may be blended with butter and garlic powder. Mix small portions at a time to obtain the strength of flavor desired. Use as a seafood dip or spread on crackers.



SPANISH STUFFED SQUID/OCTOPUS

A Spanish stuffing of tomatoes and goodies that add a flavorful taste to a different specialty dish. Yields from 4 to 6 servings.

Ingredients

- 1-1/2 lb squid or small octopus
- 4 tbsp olive oil
- 1 medium chopped onion
- 6-oz can cooked peas
- 2 tbsp sliced cooked beans
- 2 tbsp cooked carrots
- 1 sliced pimento
- 4-oz can peeled tomatoes
- Salt and pepper
- 2 oz pine kernels

Clean Squid and keep hood whole. Finely chop the tentacles Saute the onions in 2 tablespoons of olive oil; add the peas, beans, carrots, pimento and tomatoes; and cook for 2 to 3 minutes, stirring occasionally. Season to taste.

Stuff the mixture in the hood and sew or skewer closed. Fry lightly and moisten in the remaining 2 tablespoons of oil. Add the pine kernels and simmer in a covered pan from 1/4 to 1/2 hour.

Serve over rice.

SQUID/OCTOPUS

This recipe utilizes the natural ink of the squid/octopus to enhance the wine-flavored fish. This dish should be served over rice. Yields from 4 to 6 servings.

Ingredients

- 1-1/2 lb small octopus or squid
- 1-1/3 cups dry red wine
- 3 tbsp olive oil
- 1 chopped garlic clove
- 3 chopped medium onions
- 3 oz of blanched almonds
- 1/2 cup water
- Dash salt and pepper

Clean the squid/octopus and be sure to save the ink, mixed with a small amount of wine. Chop the tentacles into small pieces and slice the body into 1/2-inch rings. Marinate the squid/octopus in a pan in red wine from 2 to 3 hours. Add the garlic to olive oil in a fry pan and let stand for a short time. Remove the garlic and saute the onion in the oil. Set the onions aside. Now, dry the squid/octopus and fry from 2 to 3 minutes, adding the onion, ink, wine and almonds. Add 1/2 cup of water and salt and pepper to taste. Cover and simmer for approximately 1/2 hour. Do not bring to a boil at any time.

TURTLE RECIPES

WINE TERRAPIN

The exotic flavor of terrapin is the perfect companion for Madeira and cream sauce. Serve over croutons placed in a preheated plate. Yields 6 servings.

Ingredients

- 1 qt terrapin meat, cubed
- 1/4 lb butter
- 8 egg yolks, hard boiled
- Cayenne pepper
- 3/4 cup Madeira wine
- 2 cups cream
- Dash salt
- Croutons

Grate the egg yolks into the softened butter and force the ingredients through a fine sieve.

Simmer the terrapin for 20 minutes in enough fish stock to cover. Drain the meat and simmer it in a large saucepan with cream for another 5 minutes, stirring constantly. Slowly add the egg mixture and again simmer for 10 minutes, stirring enough to prevent sticking. Add cayenne and salt to taste. Then add the Madeira and continue cooking only long enough to heat through.

GREEN TURTLE BROTH

A clear broth made with fish stock (see preparation instruction in the Fish Section) and served hot in bouillon cups. Yields 6 servings.

Ingredients

- 1 lb turtle meat, diced
- 1 qt fish stock
- 1/2 cup dry sherry
- 2 drops tabasco sauce
- 1 bay leaf
- Dash salt and pepper

Bring the fish stock to a boil and add the turtle meat and seasoning. Cook for 20 minutes. Add the sherry at the last minute and salt and pepper to taste.

TURTLE PIE

A crusted casserole delicacy, definitely not for preparation over a campfire.
Yields from 6 to 8 servings.

Ingredients

- 2 cups flour, sifted
- 1-1/2 tsp salt
- 1/2 cup shortening
- 2 eggs
- 2 tsp water, cold
- 1-1/2 lb turtle meat, ground
- 1-1/2 lb turtle meat, cubed
- 3/4 tsp thyme
- 1/2 tsp marjoram
- 2 cups water, hot
- 5 tbsp butter, melted
- 3 onions, chopped
- 1 tbsp cornstarch
- 1/2 cup tomato sauce
- 2 egg yolks
- 1/4 tsp pepper
- 1/2 cup breadcrumbs
- 4 tbsp fat
- 1 cup sherry

Mix the flour and 1/2 teaspoon of salt in a bowl and cut in the shortening until grainy. Beat the egg with the cold water and toss lightly with the dry ingredients to form a dough ball. Wrap in wax paper and refrigerate.

Cover the cubed meat with water in a saucepan. Bring to a boil, drain, and rinse with cold water. Cook the spices in 2 cups of water over low heat for 45 minutes and strain the liquid into a bowl. Saute 2 onions 10 minutes in 4 tablespoons of butter, and then add the cornstarch to thicken, stirring constantly.

Mix tomato sauce and broth well and cook for 30 minutes over low heat. Strain and add to the cubed meat, seasoning to taste. Mix the ground meat with 1 onion, adding 1 tablespoon of butter, the egg yolks, pepper and salt, and shape into 2-inch balls. Beat an egg and first dip the meatballs into this and then into the crumbs. Fry in oil until brown. Place the cubed meat in a casserole with the meatballs on top, and cover with sherry. Place a rolled crust over this, sealing the edges well, and brush the top with some of the beaten egg. Bake in a preheated oven at 350°F for 35 minutes.

BOAT OR BEACH CHARCOAL RECIPES

Many times the fisherman-hunter desires to cook his catch as soon as it is caught. Since we all know the fresh-caught fish cooked immediately provides an unparalleled appeal to our taste pleasures, the following section is devoted to a short series of recipes that can be prepared on boat or beach using simple methods.

In almost all cases, the material necessities excluding the food ingredients are foil, charcoal, a cooking container, and a man-sized appetite!

NEW ENGLAND CLAMBAKE

A clambake can originate in the East (New England), South, or West since the ingredients are generally available. Southern or Western lobster along with mussels or oysters are easy substitutions or additions.

Ingredients

- 6 dozen steamer clams or mussels
- 12 small onions
- 6 medium baking potatoes
- 6 ears of corn in the husks
- 6 live lobsters
- Lemon wedges
- Melted butter or margarine

Wash clam shells thoroughly. Peel onions and wash potatoes. Parboil onions and potatoes for 15 minutes; drain. Remove corn silk from corn and replace husks. Cut 12 pieces of heavy-duty aluminum foil, 18x36 inches each. On 2 pieces of foil place 2 onions, a potato, ear of corn, lobster, and 1 dozen clams. Fold opposite corners of foil together. Pour 1 cup of water over the package. Bring foil up over the food and close all edges with tight double folds. Make 6 packages. Place packages on a grill about 4 inches from hot coals. Cover with hood or aluminum foil. Cook for 45 - 60 minutes or until onions and potatoes are cooked. Open packages and crack lobster claws. Serve with lemon wedges and melted butter.

TURTLE SOUP I

An exquisite Cajun recipe for fresh turtle soup. Yields 6 to 8 servings.

Ingredients

- 1-1/2 lb turtle meat, cooked and cut into small pieces
- Turtle stock (water used in final cooking of turtle - about 1 quart)
- 1 tbsp flour
- 1 tbsp butter
- 1 onion, finely chopped
- 1 can tomato sauce
- 2 eggs, hard boiled
- 3 tbsp olive oil
- 1 tsp ground cloves
- 1 tsp ground cinnamon
- 1/2 tsp nutmeg
- 1 cup dry red wine
- 1/2 sliced lemon
- 3 garlic cloves, finely chopped

Brown flour and butter and saute onion in deep container. Add tomato sauce. In a separate dish, mix the finely ground hard-boiled egg yolks with olive oil, ground cloves, cinnamon and nutmeg and add this to the tomato gravy. Now add the turtle meat and stock and boil for 40 minutes.

Remove from heat; add the wine, lemon, and garlic; and boil for another 20 minutes. Again remove from heat.

Add thinly sliced egg white, season to taste and serve.



TURTLE SOUP II

A variation of Cajun soup making, tailored to the palate preferring fewer spices. Yields 6 to 8 servings.

Ingredients

- 1 cooked turtle, chopped
- 6 tbsp shortening
- 1 large onion, finely chopped
- 3 stalks celery, chopped
- 1 bay leaf
- 1 sprig thyme
- 1 chopped green pepper
- 5 tsp tomato sauce
- 3 tsp flour
- 1 qt of hot salty water
- 1 cup wine
- 2 hard boiled eggs, sliced
- 1 lemon, sliced

Fry chopped turtle in shortening until lightly brown. Add onion, celery, bay leaf, thyme, green pepper, tomato, salt, pepper, and flour, and mix well. Add hot salty water and allow to simmer on low heat for 1-1/2 hours.

Just before serving, add wine, egg and lemon slices.

MANHATTAN CLAM CHOWDER

This is a New England treat that's world renowned for its flavor and aroma. The clams may be of any species; they are all good. If you are using fresh clams, be sure to catch and use all the juices. Yields 6 servings.

Ingredients

- 2 cups clams
- 1 medium onion, chopped
- 2 slices bacon
- 1/2 cup chopped green pepper
- 1 cup diced potatoes
- 1/2 tsp salt and dash pepper (preferably cayenne)
- 1/4 tsp thyme
- 2 cups tomato juice

Chop or grind clams and save the juice. Chop bacon and fry until lightly brown, adding the onion, green pepper and celery. Cook until tender. Add 1 cup of water to the clam juice and with this the potatoes, thyme, salt, cayenne and clams. Cook for 15 minutes, add the tomato juice and reheat.

NOTES

Dear Reader:

The authors will continue in the future to expand *Bottoms Up Cookery* and would appreciate your comments and suggestions.

Recipes that are truly gourmet, unusual or exotic can be incorporated into future book printing when sent to:

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P. O. Box 2284
Palos Verdes Peninsula
California 90274

Should the donated recipe be incorporated in subsequent book printings, the sum of one dollar will be paid to the donor. When sending us your suggestions or recipes, please tell us how you received the recipe and how you use it, along with your name and address. All recipes become the property of FATHOM ENTERPRISES, Inc., and none will be returned.

If you have a recipe or cooking technique to share, don't hesitate to send it.

Best of luck in your outdoor endeavors.

Sincerely,

THE AUTHORS