

THE

State

A DOWN-HOME IN NORTH CAROLINA

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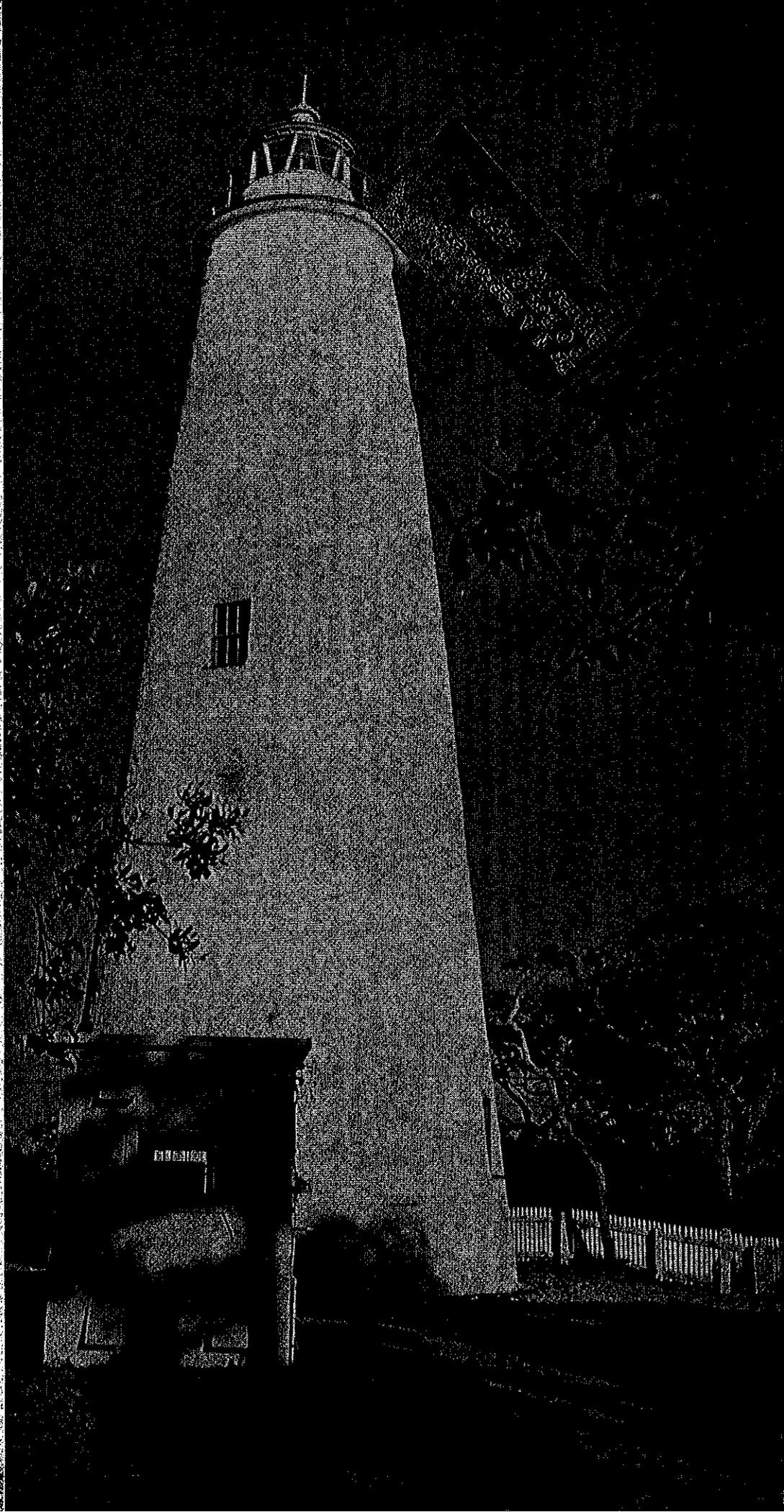
Ocracoke Light

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42,000 Teachers

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Hanging Holiday



Knife & Fork

By AYCOCK BROWN

There was a time, back in the days of sail, that mariners were superstitious about eating dolphin. They claimed that the flesh of this fish was poisonous to humans, so a silver dollar or silver spoon was placed in the pot where dolphin was cooking. If the silver turned black, then the fish should not be eaten. But all of that was back in the days of sailing ships and today it is a different story. When dolphin were first caught by sportsmen off the Dare Coast-Outer Banks in the late 20's and early 30's, they were seldom used for food. In recent years however, angler who catch the fish prize the food value of dolphin fillets very highly. Today most anglers take their dolphin home with them for food. When any are left aboard the boat from which they were caught, skippers and their mates offer the fish for sale. If the fish are skinned out and the fillets are offered for sale the going price is \$1.00 per pound, or that is what Capt. Buddy Canady and his mate Johnny Booth (in photo) were offering (and getting) for the fish they were dressing on the Oregon Inlet Fishing Center docks one day.

Here is a recipe for cooking dolphin, obtained from the Bureau of Fisheries: Two pounds dolphin fillets; 1 teaspoon salt; dash pepper; ¼ cup butter, melted; 2 tablespoons lemon juice; macadamia nut sauce.

Skin fillets and cut into serving-size portions. Sprinkle with salt and pepper. Combine butter and lemon juice. Place fish on a well-greased broiler pan and brush with sauce. Broil about 3 inches from source of heat for 4 to 5 minutes. Turn carefully and brush with sauce. Broil 4 to 5 minutes longer or until fish flakes easily when tested with a fork. Place fish on a warm serving platter. Pour Macadamia Nut Sauce over fish. Serves 6.

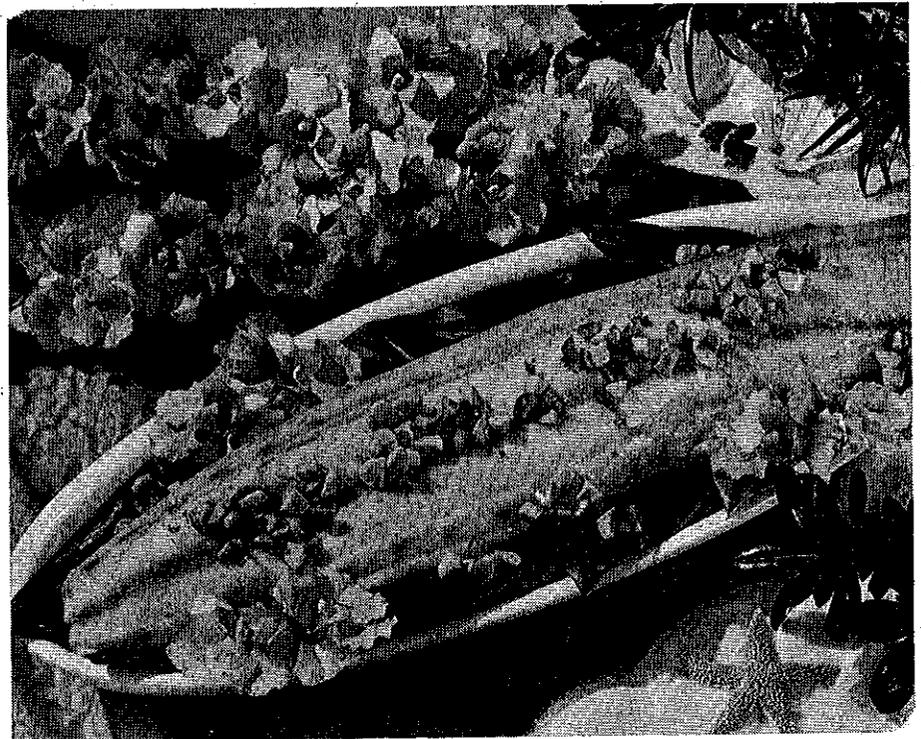
MACADAMIA NUT SAUCE

- 1 cup Macadamia nuts, coarsely chopped
- ½ cup butter or margarine, melted
- 1 tablespoon chopped parsley

Brown nuts in butter. Add parsley. Makes 1 cup sauce.



Cutting fillets from dolphin at the Oregon Inlet fishing center, in Dare County.—(Photo by Aycock Brown.)



Dolphin fillets make a fine dish.

Just A Moment

While the Operator Changes Reels

"Can you do double entry?" asked the employer of the prospective employee.

"I can do triple entry!" was the reply.

"Triple entry. How's that?"

"Well, it's one entry for the working partner showing the true profits, another for the silent partner showing small profits, and a third for the income tax collector showing a loss."