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REINDEER DISHES TESTED BY
BUREAU OF HOME ECONOMICS

Raising reindeer is now looked upon by the U. S. Department of Agriculture as one of the most practical agricultural industries in Alaska. Studies for its improvement have been made by the Biological Survey of the Department in order to supply both food and income for the natives. Herds of reindeer have now increased to such a point that there is considerable meat available for export, and some of this is finding its way to the United States.

Reindeer meat was first marketed in the Northwest, then on transcontinental trains and in metropolitan hotels. Under improved refrigeration facilities and methods of handling, reindeer meat is being more generally distributed, and many housewives have asked for information as to its use. In response, studies on the best methods of its preparation for the table were undertaken by the Department's Bureau of Home Economics, and the results have been issued in the form of a new leaflet, No. 48, "Reindeer Recipes," by Dr. Louise Stanley, chief of the bureau, and Fanny Walker Yeatman.

Reindeer meat differs but little in composition from beef or veal of the same grade. In general it contains less fat and slightly more protein. Feeding conditions vary so much from those prevailing elsewhere that differences in vitamin and mineral content are to be expected. The flavor is characteristic and different from beef or veal; it is gamy but not strong. The texture is fine, and most of the meat is tender. As the reindeer is different in size and shape from either beef cattle or sheep, the cuts vary accordingly. Reindeer meat is shipped frozen and must be handled with the same care as any other frozen meat. It should be allowed to thaw slowly at a low temperature before preparing for the table.

The leaflet contains about a dozen cooking recipes, with illustrations. It is free. Write to the U. S. Department of Agriculture, Washington, D. C., for copies.

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