



DEPARTMENT OF THE INTERIOR

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FISH AND WILDLIFE SERVICE

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FISH CHOWDER IS POPULAR MEAL FOR LENTEN DAYS

Coming to the rescue of the American housewife in her quest for "something different" to vary the monotony of Lenten fish meals, the Fish and Wildlife Service, United States Department of the Interior, advocates variety in methods of fish preparation as well as in the selection of species.

"There is no need to confine yourself to familiar tried-and-true varieties of fish, prepared in the same old way. Annually, more than 160 different kinds of fish and shellfish are harvested from the waters of the United States and Alaska. In fact, there are so many different species of fish and so many ways to prepare them for the table that the housewife could serve a different fish dish every day in the year--with two on Fridays," fish-cookery experts of the Service declare.

Quite frequently, however, there is a division of family taste in respect to fish-dishes. Father may prefer his fish fried; sister may like hers broiled, while Mother and Junior will vote for baked fish as their common choice. Whether or not such family preferences to exist, a fish-dish which has appetite appeal for every member of the family is the fish-chowder.

Peoples of various nations show a common weakness for dishes where fish--or meat and vegetables--are combined in the cooking along with suitable

seasoning, and served as a single dish. In this country, fish-chowder without doubt is one of the most popular of these combination food dishes.

Almost any white-meated lean fish--no fat, skin, or bones--is suitable for use in the "complete-meal" dish. In addition to 2 pounds of fish, these other ingredients are required:

- 3 cups of sliced potatoes
- 2/3 cup of sliced onions
- 2/3 cup of salt pork (fat back) diced into small pieces
- 1 tsp. of salt
- 1/4 tsp. of pepper
- 1 cup of water

The first step is to fry the diced salt pork in a heavy kettle or Dutch oven until it is a golden brown color, then add the sliced onions and fry until they are a light yellow color. Add the potatoes, sprinkle with the salt and pepper, then add the cup of water and cook the combination until the potatoes are about half done. At this point put in the fish, flesh side down, and cook until the potatoes are soft. Any skin remaining on the fish should be removed and the flesh broken into coarse flakes.

For the popular New England fish-chowder, simply add an equal volume of milk to the basic recipe, permitting the milk to heat thoroughly but not allowing it to boil. With this New England chowder, many cooks like to serve Boston chowder crackers, some of which may be added to the chowder itself, immediately before serving.

A second variation is the Coney Island or Manhattan fish-chowder. This is obtained by adding hot water or fish stock, together with stewed tomato, chopped green pepper, celery, etc., as desired, to the general chowder recipe. Any of the three chowders mentioned is at its appetizing best only when served piping hot.