



# DEPARTMENT OF THE INTERIOR

## INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

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### LEFT-OVER FISH FLAKES MAKE QUICK LENTEN FISH MEALS

"Never buy fish for just one meal. It is more economical to buy three instead of your customary two pounds, for then you will have plenty for two meals by cooking in a different manner."

This advice to housewives comes from fish-cookery experts of the Fish and Wildlife Service, United States Department of the Interior, and is particularly applicable during the present Lenten season when extra fish meals must be planned for the "abstinence-from-meat" meals.

If extra fish is purchased, when a meal of boiled or steamed fish is planned, or when a fish-chowder is prepared, the unused portions may be flaked and stored in the refrigerator for use in a flaked-fish dish.

One of the simplest dishes of this character to prepare is plain creamed flakes, prepared in this manner. Place 6 tablespoons of melted butter into a saucepan and add 4 tablespoons of flour, stirring until smooth. Next, add 2 cups of milk and continue the stirring until the sauce thickens. At this point, add 2 pounds of flaked fish, with seasoning as desired, and stir until the flakes are thoroughly warm, but not boiling. Serve hot on toast.

The next fish-flake recipe--Fish Flakes in Cream--which may sound like a different way of saying the same thing but really isn't--requires  $2\frac{1}{2}$  cups

of fish flakes. Place 1 cup of cream, or a mixture of cream and fish stock, into a bowl and add 3 tablespoons of chopped parsley, 2 tablespoons of grated onion, or any desired seasoning, 1/2 teaspoon of salt, 1/4 teaspoon of pepper, and finally the 2 $\frac{1}{2}$  cups of fish flakes. Over a slow fire, heat 4 tablespoons of butter or cooking oil in a saucepan. When this is well heated, dump the contents of the bowl into the saucepan and permit them to become thoroughly heated and the seasonings blended. The hot creamed flakes can then be served on toast with baked potatoes.

Here's another fish-flake dish called the "Quick Meal," so-called not only because it is quickly prepared but also because it has the habit of vanishing quickly when placed before a hungry family.

First, heat 2 cups of milk to which has been added 1/2 teaspoon of salt, 1/3 teaspoon of pepper, and 2 tablespoons of butter. While this mixture is heating, stir in 2 cups of coarsely crushed crackers. If desired, 2 beaten eggs may be added to the wet cracker mixture and the mixture heated until the egg is cooked. At this point, add the fish flakes, obtained from 2 pounds of any fat fish of distinctive flavor, such as salmon, bluefish, mackerel, etc. Serve immediately.

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