



# DEPARTMENT OF THE INTERIOR

## INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

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FROZEN AND UNFROZEN FISH ARE  
INTERCHANGEABLE IN PREPARATION

"Access to a relatively constant supply of good seafoods at reasonable prices is assured to the consuming public today through modern fish freezing methods," states James M. Lemon, Technologist in Charge of the College Park, Maryland, laboratory of the Fish and Wildlife Service, United States Department of the Interior.

"Refrigeration not only facilitates transport of seafoods from points of production to the interior sections of the country farthest removed from the seaboard, but also assists in minimizing the peaks and valleys of seasonal production. It is now possible for producers economically to store excessive seasonal quantities for marketing during periods when the demand is greater than the production."

To the housewife, in every-day language, this means that when her favorite fish dealer cannot supply her with freshly caught fish of the species she desires, she should not hesitate to purchase frozen stock of the same variety.

"Frozen fish can be prepared for table use in exactly the same manner as unfrozen fish, and it is equally as delicious. As a matter of fact," Technologist Lemon says, "it is impossible to distinguish between frozen and

unfrozen fish after cooking, for the latter is as firm, and tastes as sweet and full-flavored as when freshly caught."

Frozen fish fillets need not be defrosted before cooking, but can be placed directly in the cooking utensil. A little longer time for cooking should be allowed, however.

"If it is necessary to keep frozen fish for a period of time before cooking, do not permit it to thaw," warns Mr. Lemon. "Wrap the fish in parchment paper and place in the freezing, or ice-cube compartment of the home refrigerator at a temperature as comparable as possible to that of cold storage."

In addition to fish, all species of shellfish are frozen by any one of the varieties of quick freezing methods which are in use. Shrimp, however, is the most commonly frozen of the crustaceans. It is frozen both in the uncooked and the cooked state. The quantity of crab meat frozen for market is small. A few oysters are also frozen.

"Because fish, being so rich in necessary vitamins and minerals," explains Mr. Lemon, "is one of the most nourishing foods we can eat, it should be served --either frozen or unfrozen--at family meals at least several times a week--if not daily.

"The ash or inorganic matter of fish flesh contains minerals necessary in every well balanced diet. Fish is particularly valuable in the diet since it contains large proportions of inorganic salts necessary for proper growth and development and is an excellent source of the necessary element iodine."

In conclusion, Mr. Lemon offers this tip to housewives, "To remove the odor of fish from dishes, wash them in a strong hot solution of salt in water, without soap. A handful of salt to the dishpan of water is a proper solution."