



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

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From "alewives to terrapin"--the long list of seafood products canned annually by 400 plants in the United States and Alaska, includes these items of commonest use: salmon, sardines, tuna, mackerel, roe, oysters, shrimp, fish cakes, and crab.

For the Lenten days, says the Fish and Wildlife Service, United States Department of the Interior, thinking particularly of those who, for one or another reason, are unable to obtain fresh fish as wanted, these glassed or tinned tidbits will probably grace oftenest the table or buffet. Among these nine, however, an almost infinite variety of tried and tested methods of preparation are possible.

For instance, there are Salmon Cross Buns, as follows:

Salmon Cross Buns

2 large sandwich buns	4 eggs
2 cups (1 lb. canned salmon)	2 tbsps. milk or cream
2 tbsps. melted butter	8 pimento strips

Salt and pepper

Split buns in half. Flake salmon and arrange around edge on outside of buns. Season with salt, pepper, and melted butter and place in hot oven (450 degrees F.) for 10 minutes. Mix eggs with milk or cream, season well and scramble in top of double boiler until creamy. On each hot bun inside circle of salmon flakes place hot scrambled eggs, and garnish with crossed strips of pimento. Serves 4. For a tempting luncheon main course, serve with creamed potatoes and spinach, followed by hearts of lettuce with Thousand Island Dressing.

Carolyn Evans' Favorite Recipes for Canned Salmon.

Tuna, delicately delicious "straight from the can," may look and taste even better as California "Chicken" Pie:

California Chicken (Tuna) Pie

1 can tuna (large)	2 tbsps. flour
2 carrots, diced	1 cupful milk
2 medium potatoes, diced	1 tsp. salt
1 medium onion, chopped	1/4 tsp. paprika
1 cupful green peas	1/8 tsp. pepper
1 tbsp. butter	Pastry

Boil carrots, potatoes, onions, and peas together in a small amount of salted water until tender. Make a white sauce as follows: Melt the butter, add the flour, and cook until bubbling; add the milk gradually and cook until smooth and thickened. Add seasonings and mix sauce with the tuna. Line a baking dish with plain pastry, fill with the vegetables and creamed fish in layers, cover with an upper crust in which vent holes have been made, and bake in a hot oven at 475 degrees F. till the crust is brown.

Five Hundred Ways to Prepare California Sea Foods

A new and different way to utilize the old familiar cod fish cakes is in Mock Scallops: Open a can of cod fish cakes, and form contents into little balls, about 12 to 18 to the can. Roll each in finely ground bread crumbs. Fry in deep fat (385 degrees F.) until golden brown. Serve with tartar sauce, if desired. Serves 4.

134 Delicious Deep Sea Dishes

Instead of eating sardines, au naturel, why not try baking them?

Baked Sardines

1 can large size sardines	1 cup tomato sauce
Bread or cracker crumbs	Steamed rice
	Cut lemon

Drain the sardines from their oil, roll in bread or cracker crumbs, and bake 10 minutes in a buttered pan. Arrange on individual mounds of rice, pouring the tomato sauce around and over the rice but not over the sardines. Serve with cut lemon.

When fresh crabs are not in season, the favorite Deviled Crab may still be served by using canned crabmeat. Like this:

Deviled Crab

1 can crab meat
1 tbsp. butter
1 tbsp. flour
1/2 cup milk or cream
1/2 tsp. salt

1 saltspoon pepper
1 tbsp. lemon juice
Season with small 1/2 tsp.
mustard

Marinate crab with lemon juice and let stand one-half hour. Melt butter in saucepan, add flour and rub together, add milk or cream and stir constantly until it boils, add salt, pepper, and mustard and then add crab meat. Butter scallop shells or baking dish and fill with crab mixture. Cover top with grated bread crumbs which have been moistened with melted butter. Brown in hot oven. This recipe doubled will make six good servings.

San Juan Deep Sea Foods Economical Recipes

It isn't necessary to go to Old Gloucester to get salt mackerel for it is now shipped to all parts of the country. A somewhat unusual recipe for its use is the following one:

Mackerel a la Creole

Salt mackerel
Black and red pepper

1 large onion
Piece of butter
Cream gravy

Thoroughly freshen the mackerel. (24 to 48 hours may be allowed for this, according to personal taste. The fish should be put in a large amount of fresh water, meat side down, and, if convenient, raised a few inches from the bottom of the vessel, that the salt may drop down away from the fish as fast as extracted.) Place freshened fish skin side down in pan--season liberally with both the black and red pepper. Slice the onion and place on top with butter. Bake in oven until brown. Remove from pan to platter and make a rich cream gravy in the pan, then pour over the fish and serve.

Old Gloucester Sea Food Recipes

Oysters, too, are now to be found on the shelves of our neighborhood stores in all inland cities, and Grilled Oysters make a quick, snappy meal.

Grilled (canned) Oysters

One pint can of select oysters. Put a large piece of butter into a hot pan, and when it smokes drop in the oysters, a few at a time. When the oysters are browned, remove to a hot dish and pour over them a sauce made of melted butter thickened with flour. Season with Worcestershire sauce, salt, and cayenne, and serve on toast. Garnish with parsley.

Many people who enjoy shad roe dinners when on visits to Coast cities, do not know that this delicacy is now available in cans. It is particularly tasty when prepared in this manner:

Escalloped Shad Roe

1 pound roe	1 tsp. parsley, minced
1 cup white sauce	1/2 tsp. salt
1 cup toasted crumbs	1/8 tsp. pepper
1 tbsp. butter	Dash of paprika
1 tsp. onion, minced	1 tbsp. lemon juice

Cover roe with boiling water, simmer 15 minutes. Drain and break up with fork. Place a layer in bottom of a well-buttered baking dish. Sprinkle lightly with the parsley, pepper, salt, onion, and a few drops of lemon juice. Add a thin layer of crumbs, cover with layer of white sauce. Repeat until roe is used, finish with layer of crumbs, dot with bits of butter and sprinkle with paprika. Bake in a moderate oven until brown (about 30 minutes).

Choice Recipes for North Atlantic Sea Foods

Undoubtedly, a shrimp cocktail is the nation's favorite seafood appetizer-- but have you ever tried a Shrimp Omelet, made from the canned product?

Shrimp Omelet

6 eggs	1 5-3/4-ounce can of shrimp
6 tbsps. milk	Salt, pepper
1 tsp. salt	Lemon juice
1/4 tsp. pepper	

Beat egg yolks until thick and lemon-colored, add milk, salt, and pepper. Fold in stiffly beaten egg whites and pour into a hot, greased omelet pan and cook as any omelet. When done, before folding, spread over one half the hot, minced, and seasoned shrimp and fold over envelope fashion. Serves six to eight.

The Book of Can Cookery

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