



# DEPARTMENT OF THE INTERIOR

## INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Release TUESDAY, APRIL 1, 1941.

### SHAD IS HIGHLY PRIZED FOOD FISH

On April 20, 1787, while living at his Mt. Vernon estate on the Potomac River, George Washington made this entry in his diary: "The shad began to run today, having caught 100, 200, 300 at a draught."

Today, as in the time of Washington and John Marshall--when planked shad was the fish dish for a gourmet--this fellow is still probably the best known and most highly prized food fish on the Atlantic coast, according to the Fish and Wildlife Service, United States Department of the Interior. Its flesh is rich but not oily, and the roe in particular is considered a great delicacy.

To the housewife, bogged-down in a menu-rut during the remaining Lenten days, it is good news that the annual spring run of shad is now on in the Potomac River and in other important shad-producing streams on the Atlantic coast from Florida to Maine. Over sixty years ago the Atlantic coast shad was transplanted to the Pacific coast. It now occurs from British Columbia to San Diego, California, and is a common food fish in season for all the Pacific Coast States.

So, this much-sought-after seafood delicacy being again available in the markets, fish cookery experts of the Service offer the following sea-to-table via kitchen approach to the shad problem:

#### FILLETS OF SHAD, BAKED, WITH MINCED BACON

Place the skinned and boned strips of shad in an oiled baking pan. Sprinkle lightly with salt and pepper and squeeze over a little lemon juice. Mince some sliced bacon and strew the bits over the shad. Bake in hot oven 10 to 15 minutes, according to thickness. Place on a hot platter and garnish with parsley and pieces of lemon, or serve with lemon butter.

#### PLANKED SHAD WITH ROE STUFFING

3 lbs. fillets (equivalent of about 6 lbs. roe shad in the round).	Basting liquid--Continued.
Basting liquid:	1/4 tsp. paprika.
6 tbsp. butter.	1/4 tsp. salt.
1/8 tsp. cayenne.	1 tsp. lemon juice.

Put the fillets to soak in a salt solution made in the proportion of 1 tbsp. of salt to 1 C. of ice water. Allow to stand one-half hour or more. Pre-heat the plank and oven together, to 500° F. Drain and dry the fish. Oil the fish on all sides and the plank. If the fish has been boned, fill the strips from which the bones were removed, with a shad roe stuffing. Lay skin side down on the greased plank and bake 12 to 18 minutes or until done, basting several times during the cooking. If desired, 5 minutes before the fish is cooked, garnish the edge with mashed potatoes and any desired cooked vegetables. Serves six.

#### BROILED SHAD

2-1/4 lbs. fillets (equivalent of about 4-1/2 lbs. roe shad in the round).	Basting mixture:
Salt solution in proportion of 1 tbsp. salt dissolved in 1 C. cold water.	6 tbsp. melter butter or cooking oil.
	1/4 tsp. pepper.
	1/2 tsp. paprika.
	Other seasonings may be added if desired.
	Pre-heat broiler to desired tem- perature.

Cover the fish with the cold salt solution and allow to stand 30 minutes or more. Drain and dry the fish. Oil both sides of fish well with any good cooking oil. Oil the hot broiler pan, place the fish flesh side down on the hot broiler pan, and cook until the skin is covered with dark brown bubbles. Turn. Baste several times with the above mixture, cook until nicely browned. Remove as soon as done. Serve at once with any desired sauce. Serves four.

### SHAD ROE IN CREAM

1 pair shad roe.	1/2 tsp. salt.	2 tbsp. butter
1 C. cream.	2 tsp. parsley, minced fine.	
1/4 tsp. pepper.	1 tbsp. onion, minced fine.	

Parboil the roe for 15 minutes in salted water, to which a little vinegar has been added. Drain, cool, and skin, removing all tissue. Break into cubes.

Into an iron skillet place two tablespoons of butter, add the onion and parsley, and fry slightly. Combine cream, roe and seasonings. Add this to the butter mixture and cook slowly until it is heated and seasonings blend. Serve at once on toast. Serves four.

### BAKED SHAD

3 lbs. fish in round.	Stuffing--Continued.
Cooking oil.	3/4 tsp. salt.
Salt solution.	3/8 tsp. black pepper.
Stuffing:	3/4 C. cooked celery, finely-
1 qt. bread crumbs.	chopped.
3 tbsp. finely-chopped onion.	4 tbsp. hot celery liquid.
2 tsp. finely-crushed sage leaves.	6 tbsp. melted butter.

Mix the dry ingredients, then add salt, pepper, and butter to the liquid and pour over the bread mixture. Let stand a few minutes to steam under cover.

Split the fish down the back to remove the backbone, also the viscera and roe. Then take out the ribs. Wash and cover with a salt solution made in the proportion of 1 tbsp. salt to 1 C. ice-cold water. Let stand one-half hour or more. Drain and dry. Pre-heat the oven to 500° F. Stuff the fish and wrap with string to keep in the stuffing. Place on a greased baking pan and sprinkle top of fish with good cooking oil. Bake at the high temperature for 10 minutes. Then lower the heat to 400° F. and cook 15 to 20 minutes longer. Serve at once. Serves four.

### SHAD ROE WITH SCRAMBLED EGGS

1 pair shad roe.	1 tsp. salt.	2 tbsp. butter.
8 eggs.	1/4 tsp. pepper.	1 C. top milk or cream.

Parboil the roe for 15 minutes in boiling, salted, acidulated water. Drain, cook, skin, and mash to separate the eggs.

Into a bowl break the 8 eggs, beat slightly, add the cream or top milk, salt, pepper, and shad roe. Pour this mixture into a skillet in which two tablespoons of butter have been melted. Stir constantly until done. Pour out onto a hot platter and serve at once. Serves eight.

### SHAD ROE SCRAPPLE

1 pair shad roe.	5 C. water.	1/2 tsp. pepper.
1 C. corn meal.	2 tbsp. fat.	1 tbsp. onion minced fine.
1 tbsp. salt.		

Mix the C. of corn meal with 1 C. of cold water, add this to 4 C. of boiling water in the top of double boiler, add the salt and allow to cook 2 hours. Wash the roe and remove the casing and all fibers. Add the roe, onions, pepper, and fat to the mush, stir well, and cook one-half hour longer. Pour into a wet mold and let stand to cool. Slice and fry to a rich brown. Serve at once. Serves six.

Shad possess much the same food properties commonly attributed to other fishery products: specifically, the flesh includes 19% protein, 9% fat, such mineral nutrients as calcium, phosphorous, copper, iodine, sulphur and, in addition, vitamins A and B.

Like most of our migratory fishes, shad are rather erratic in their seasonal movements. Thus, there may be considerable variation in the dates of their first appearance in each season at any one point; in their abundance from year to year, and throughout the same season in any one body of water; and in their abundance from place to place throughout their range in any single season.

However, in general, their seasons of commercial abundance in the various producing States are as follows: Florida, December-March; Georgia and South Carolina, January-April; North Carolina, February-May; Virginia and Maryland, March-May; Delaware, New Jersey and New York, April-June; Connecticut, May-June; Rhode Island and Massachusetts, May-July; Washington and Oregon, May and June; and California, March-May.

Considerable quantities of both fresh and frozen shad are shipped East, principally to New York City, from the Pacific Coast States. Some frozen shad are imported from Canada; and shad which have been frozen during previous periods of abundance, are withdrawn from eastern warehouses for consumption at such times as they can be most advantageously sold.

In addition to supplies of fresh and frozen shad and shad roe shipped eastward from California, large quantities of shad and shad roe are canned, and much of it marketed in eastern cities. Some smoked and kippered shad, also, are produced in the Middle Atlantic States, and smaller quantities "mild-cured" in California.