

5-17



# DEPARTMENT OF THE INTERIOR

## INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Release ON RECEIPT

### SEA FOODS IN THE DIET OF INVALIDS

From the vast mixing bowl of the sea come elements and substances which, entering the bodies of marine life are, in turn, available as food to mankind.

The sea receives essential elements by erosion from the land, and according to the Fish and Wildlife Service, United States Department of the Interior, "it is part of nature's plan to return these elements to man through food from the sea. Most aquatic foods are almost a perfect balance of the important nutritional factors--vitamins, that is, minerals, and proteins.

"For the maintenance and well-being of the human body these certain components are essential, plus carbohydrates and fats. Each of them has its place in keeping the body properly nourished, and any lack or deficiency of one may cause subnormal growth."

The muscular tissue of fish consists chiefly of water proteins, and more or less fat. Studies made in Service technological laboratories on the digestibility of proteins from certain fish show them to be more readily digested than various other meat foods. Further experiments show very complete utilization of fish proteins, and offer evidence that fish is a very valuable food.

The invalid, especially, whose hope of recovery lies in building up tissue and reserve, finds fish, therefore, a most beneficial food which does not tax his

digestive system, and which his lowered assimilative powers make quickly available for bodily needs. Thus, sea foods are recommended, according to Service scientists, in the diets of both invalids and convalescents--because their proteins (prime builders of body muscle and tissues) are almost completely digestible and have a high and excellent food value.

Mainly from the former U. S. Fisheries Association (N. Y.) booklet of Fish and Sea Food Recipes, come these suggestions for menus and recipes for invalids and convalescents.

#### Clam Broth

Thoroughly clean clams and cover with water. Cook until shells open. Chop clams. Put back in broth. Cook 15 minutes. Strain and serve broth hot.

#### Clam Broth Bouillon

1/2 cup clam broth	1/4 cup cracker crumbs
1/2 cup water	Seasonings
2 tbsps. hot milk	Crackers
1/2 tsp. butter	

Add milk and butter to heated water and broth; add seasoning and crumbs. Serve hot with crisp crackers. Serves one.

#### Mussel Broth for Invalids

Wash and scrape 50 mussels of their foreign growth and be careful to put as much as you can of the main root. Put them in a pot with fried onion, 2 cloves, 24 whole white peppers, crushed, and 2 bay leaves and a few sprays of parsley. Add 1 quart of water. When they are well opened, drain the juice through a fine cloth. Take the mussels out of the shells. Press them through a sieve and serve the juice and meat of the mussel in cups with a tablespoonful of whipped cream on top.

#### Fish Creamed

1/2 cup cooked fish	1/4 cup white sauce
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Flake fish, season with salt, pepper and a little lemon juice. Blend the fish and white sauce; reheat and serve on toast. Serves one.

### Fish Custard

Nearly 1/2 cup milk  
1 egg or 2 yolks  
1 tbsp. flaked fish  
Salt and pepper

This custard must be steamed slowly or it will be watery and holey. A little chopped parsley may be added if liked.

Beat the egg and pour it on the milk; add the cooked fish, finely flaked, and salt and pepper. Pour into a well-buttered basin or teacup (to hold half a pint) tie a greased paper on top and stand in a saucepan of boiling water (the water coming half-way up to the basin) and steam for 40 minutes. Let it stand a moment before turning out to prevent it breaking. Serves one.

### Fish Souffle

1/2 cup white sauce  
1 egg yolk

2 tbsps. cooked fish  
Salt and pepper

1 white of egg (beaten)

Rub the fish through a sieve (it will be easier to do this while it is hot). Add it to 1/4 cup white sauce which has been made beforehand, then beat in yolk of egg and season with salt and pepper. Last, very lightly stir in the well-beaten white of 1/2 egg. This white must be so stiff that you can turn the plate upside down without it falling off. Turn it all into a greased souffle dish, bake in a medium oven (375 degrees F.) for 20 minutes, or steam in greased basin. Serves one.

### Oysters Broiled

4 oysters  
1/4 cup cracker crumbs

4 tbsps. butter  
Salt and pepper

Select large oysters. Wash, drain, and dry between towels. Melt butter. Season cracker crumbs with salt and pepper. With silver fork lift each oyster by muscle and dip first in butter, then in crumbs. Broil, turning often until brown and the juice begins to flow. Serve plain (garnished with parsley and lemon) or on cream toast. Serves one.

### Oysters Creamed

8 oysters  
1 tbsp. butter  
1-1/4 tbsp. flour

1/2 cup rich milk or  
thin cream  
Salt and pepper

Wash, drain, and dry oysters between towels. Melt butter and remove from fire; add the flour and gradually pour on the scalded milk. Season with salt and pepper. Cook thoroughly. Add the oysters and heat until the edges curl and the bodies grow plump. Serve at once on rounds of toast garnished with toast points and parsley. Serves two.

Codfish Balls  
(For Diabetics)

Codfish, canned .....	90 grams
Potato mashed .....	50 grams
Lard .....	30 grams
Egg.....	1

Soak fish in water 12 hours. Chop fine and mix with potato, beaten egg, salt and pepper. Make into cakes and fry in hot lard.

Food value: Carbohydrate, 9; protein, 30; fat, 36.

Scalloped Salmon  
(For Diabetics)

Salmon, canned or cooked.....	79 grams
Egg yolk .....	1
Butter.....	5 grams
Cream.....	2 tablespoons
Vinegar.....	1 tablespoon
Salt	

Flake the salmon, add beaten yolk, melted butter, cream, vinegar, and salt; put into individual mould and bake in medium oven (350 degrees F.).

Food value: Carbohydrate, 1; protein, 19; fat, 26.

Suggested daily menus for invalids and convalescents.

- MONDAY:** Breakfast--Cereal, creamed fish, toast, jelly, milk.  
Lunch--Clam bouillon bisque, tomato jelly on lettuce, toast fingers, cocoa.  
Dinner--Creamed fish, baked potato, tomato jelly on lettuce, toast, milk, junket custard.
- TUESDAY:** Breakfast--Cereal, sliced orange, creamed sea food, toast, buttermilk.  
Lunch--Fish custard, buttered beets, jello with cream, cocoa.  
Dinner--Broiled oysters, baked potato, tomato and lettuce salad, toast, cocoa, apple snow.
- WEDNESDAY:** Breakfast--Cereal, sliced orange, broiled fish, toast, cocoa.  
Lunch--Creamed sea food on toast, jello with cream, cocoa.  
Dinner--Baked fish, creamed potato, heart of lettuce salad, toast, cocoa, orange jelly.
- THURSDAY:** Breakfast--Cereal, stewed apricots, fish custard, cocoa.  
Lunch--Clam broth, lettuce with French dressing, custard, toast fingers, tea.  
Dinner--Broiled oysters, mashed potato, orange and celery salad, toast fingers, cocoa, Spanish cream.

**FRIDAY:**

Breakfast--Cereal, stewed peaches, fish souffle, toast, milk.  
Lunch--Creamed oysters, thin dry-bread sandwiches, jelly, milk.  
Dinner--Fish custard, baked potatoes, dry bread, pickled beet,  
cut fine, on lettuce, mayonnaise, ice cream, cocoa.

**SATURDAY:**

Breakfast--Cereal, stewed prunes, baked fish, toast, cocoa.  
Lunch--Creamed fish, asparagus, lettuce, thin bread, milk.  
Dinner--Creamed oysters, baked potato, lettuce with French dress-  
ing, thin slices dry bread, lemon sponge, milk.