



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Immediate Release

As a part of its campaign to popularize varieties of fish which previously have been under-utilized, the Fish and Wildlife Service, United States Department of the Interior, at this time calls particular attention to the carp as a food fish that deserves more use.

"This wholesome and nutritious fresh-water fish, widely and abundantly distributed, readily caught and low priced, can do much to fill a widening gap in our food economy," Service officials state. "Just as we are learning to eat tripe, liver, brains and kidneys instead of our favorite sirloin, so must we learn to eat some of the good varieties of fish we have been largely ignoring, to replace the canned salmon and tuna needed for our fighting men and our allies."

The lower production of fish during 1942, coupled with the fact that Lend-Lease commitments have diverted a large proportion, is creating a market for species which previously were not greatly in demand, such as carp, buffalo, and suckers.

In this present conflict, as in every war, food is a raw material for victory, and to make the Nation's total food a better weapon for war it is essential that our food fish resources be used to the utmost. As a food the carp is capable of rendering indirect supporting service to the war program.

That the consumption of carp is on the increase is evidenced by the fact that Chicago, the most important consuming and distribution center for fishery products in the Great Lakes region, received 2,590,000 pounds of carp during 1942--an increase of 37 percent over 1941. Wisconsin sent 903,000 pounds to the Chicago market, Iowa was second with 687,000 pounds, followed by Minnesota with 431,000 pounds.

Sportsmen throughout the carp belt can accelerate the Service's campaign and do a double service when they fish for carp. They can provide nourishing food for their families, and probably their neighbors, and at the same time assist in reducing carp populations in their favorite fishing streams and lakes so as to avoid competition with more desirable game species.

Carp has been used for food on a large scale for centuries in many European countries where it even has been cultivated artificially for its meat. Objection to the carp as a food fish in this country has been based largely on its muddy taste.

To make the carp welcome in the average American household, however, it must be properly prepared, Service experts emphasize. A simple operation which removes the entire skin is to plunge the fish (or its fillets) into boiling water, allowing it to remain for about 25 seconds after boiling starts again. The skin may then be easily rubbed off while the fish is hot, and the flesh rinsed in cold water. If the boiling is continued too long, the flesh may break up.

Through experiments carried on in the Service's technological laboratories, it was found that a special preliminary treatment imparted to the cooked fish an excellent flavor. The treatment consists of covering the dressed fish or fillet with a mixture made in the following proportions:

1 cup salt	1 tsp. black pepper
1 cup onion, finely crushed	1/8 tsp. mace
	2 tbsps. vinegar

Chop and crush the onion by passing through the finest plate of a food chopper, saving all the juice. Mix the ingredients thoroughly. Place the fish in a deep plate and cover all surfaces with the mixture and allow it to stand for one hour. The fish is then thoroughly rinsed and the mixture discarded. The fish then should be washed in a pan of cold water for about one minute to remove any last trace of salt on its surface.

After this preliminary treatment, the carp is ready for preparation to be fried, broiled or baked—without additional seasoning. However, if it is to be boiled, allow $1\frac{1}{2}$ tbsps. of salt to each quart of water.

Baked Carp

1 green pepper, chopped	1/2 cup cooking oil.
1/4 cup diced celery	4 pounds carp
1 carrot, diced	Salt and pepper
1 onion, sliced	Flour
2 tomatoes, chopped	Paprika

Combine vegetables and place in baking dish with oil. Use carp, whole or sliced; season with salt and pepper, roll in flour, place on vegetables and sprinkle with paprika. Bake uncovered in moderately hot oven (375 to 400 degrees F.) 40 minutes or until browned, basting frequently with liquid in pan. Serves 6 to 8. (250 Fish and Sea Food Recipes--Culinary Arts Institute

+