



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

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FISH PLENTIFUL FOR LENTEN MENUS

A plentiful supply of fish for the traditional Lenten menus will be available throughout the six-week period of Lent which begins this week, the Fish and Wildlife Service reported today.

Fish supplies are well distributed throughout the country and include a great variety of both marine and fresh water species. Even if cold and stormy weather should interfere with landings by the fishing fleets, the available quantities of fish now on hand in freezers will assure an adequate supply to meet the increased demands of the season, according to the Fish and Wildlife Service.

Holdings of frozen fish and shellfish, exclusive of those in private freezers, totaled 127 million pounds on February 1, an increase of 12 million pounds over stocks held on the same date a year ago. In addition, private freezers are reported to be fairly well stocked.

Forzen fillets, favored by the homemaker because of the ease of preparation, are available in especially large assortment. Among these are cod, haddock, pollock and rosefish. Available as steaks or as whole fish are such species as halibut, salmon, and whiting. Fresh-water fish and shellfish such as lobsters, scallops and shrimp generally are in good supply.

The first mackerel of the year should appear in the markets during Lent. Mackerel seiners in New England ports will soon be preparing for the opening of the mackerel season--probably about the end of March--when the mackerel first move in from their offshore wintering grounds.

Although about 160 varieties of fish are sold in the United States, only about seven species are well known to the average consumer from coast to coast, the Fish and Wildlife Service pointed out. In spite of differences in flavor, texture, and appearance of the various species, experiments by Service cookery experts show that basic recipes for frying, broiling, baking, planking, boiling, and steaming are adaptable to almost any fish with excellent results if allowances are made for differing fat content.