



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Release Upon Receipt

OCEAN PERCH MAKES ECONOMICAL MEALS— FWS SUGGESTS

With the high cost of living continuing, it is good for the housewife, or school-lunch economist, to know that ocean perch, an increasingly popular food fish, is on the market in abundance at a relatively low price, the Fish and Wildlife Service suggested today.

Landings of ocean perch in the New England area have been up sharply over last year, with the quantity of frozen fillets 50 per cent greater than in 1950. The fillets are readily available in every part of the country.

Sometimes called "red fish" by fishermen because of its color, it is an excellent food fish with flaky and tender flesh. Little known 15 years ago, ocean perch now ranks fifth on the edible fish list in volume of production.

Ocean perch, like cod and haddock, are caught on the ocean floor off the New England coast by a fleet of trawlers which drag cone-shaped nets on the bottom.

In color, the ocean perch sports a brilliant orange or red, which makes it easy to identify in the water. The average size off the Eastern coast is about 12 inches. However, the majority of ocean perch is marketed as frozen fillets running 6 to 10 to the pound.

For school lunches, or in the home, ocean perch may be prepared by a variety of methods. The following recipes are suggested by home economists of the Fish and Wildlife Service:

OCEAN PERCH TURBANS

2 pounds ocean perch fillets	$\frac{1}{4}$ cup butter or other
1 teaspoon salt	fat, melted
dash pepper	3 slices bacon
Bread stuffing	

Remove skin from the fillets and sprinkle both sides with salt and pepper. Line 12 greased muffin tins with fillets, overlapping ends of fillets. Place ball of stuffing in center of each. Brush top with melted fat and place $\frac{1}{4}$ slice of bacon on each. Bake in a moderate oven over 350° F. for 25-30 minutes or until fish flakes easily when tested with a fork. Serve on a hot platter plain or with a sauce. Serve 6.

BREAD STUFFING

2 tablespoons onion, chopped	dash pepper
$\frac{1}{4}$ cup celery, chopped	$\frac{1}{2}$ teaspoon thyme, sage, or savory seasoning
3 tablespoons butter or other fat, melted	$\frac{1}{3}$ tablespoon lemon juice
$\frac{1}{2}$ teaspoon salt	2 cups day-old bread crumbs

Cook the onion and celery in the melted fat for about 10 minutes. Add the cooked vegetables and seasonings to the bread crumbs, and mix thoroughly. If stuffing seems too dry, add a little water, milk or fish stock.

OCEAN PERCH BAKED IN SPANISH SAUCE

2 pounds ocean perch fillets	1 bay leaf
$\frac{1}{4}$ cup onion, chopped	1 teaspoon salt
$\frac{1}{3}$ green pepper, chopped	1 whole clove
3 tablespoons butter or other fat, melted	$\frac{1}{2}$ teaspoon sugar dash pepper
2 tablespoons flour	
2 cups canned tomatoes	

Cook onion and green pepper in fat until tender. Add flour and blend. Add all the remaining ingredients except fish, and cook, stirring constantly until thickened. Remove bay leaf and clove. Arrange fillets in a shallow greased baking dish and cover with sauce. Bake in a moderate oven 350° F. for 25-30 minutes, or until fish flakes easily when tested with a fork. Garnish and serve hot. Serves 6.

OCEAN PERCH LOAF

4 cups cooked flaked ocean perch	$1\frac{1}{2}$ teaspoons salt
3 cups soft bread crumbs	3 tablespoons butter or other fat, melted
$\frac{3}{4}$ cup milk	few grains cayenne
2 eggs, well beaten	2 tablespoons onion, chopped
$1\frac{1}{2}$ tablespoons parsley, chopped	$\frac{1}{2}$ teaspoon celery salt
1 tablespoon lemon juice	

Combine all ingredients, mixing well. Place in a greased loaf pan. Bake in a moderate oven 350° F. for 40-45 minutes or until loaf is firm in the center. Unmold on a hot platter and serve with a rich, bright-colored sauce. Serves 6.

x x x