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FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

For Release Upon Receipt

SALMON IS IN GOOD SUPPLY

Salmon, one of America's favorite foods, is plentiful and moderately priced this spring season, says the Fish and Wildlife Service.

Salmon well deserves its popularity. Its color makes an attractive plate, its flaky meat has its own delicious flavor, and it is high in the important nutrients that we need every day--principally protein, minerals, and vitamins.

Although most of the salmon are caught during the summer and fall, some are taken during the spring. They are available to consumers throughout the year by various methods of preservation. The traditional preserving methods are canning, smoking, and salting. However, in the last few years increasingly large quantities of salmon are frozen and marketed as steaks, fillets, and as whole-dressed. Home-makers should look for frozen salmon in their local markets.

Baking or broiling probably are the favorite ways to cook salmon steaks, whether fresh or frozen, although they can be boiled or poached as well. Here are two favorite recipes tested by the Service's home economists:

Baked Salmon with Mushrooms

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|--|-------------------------------------|
| 2 pounds salmon steaks or fillets          | 1/4 cup butter or other fat, melted |
| 1 teaspoon salt                            | 2 tablespoons lemon juice           |
| Dash of pepper                             | 1 teaspoon onion, grated            |
| 1 4-ounce can mushroom, drained and sliced |                                     |

Sprinkle salmon on both sides with salt and pepper. Place in a well-greased baking dish. Combine mushrooms, butter, lemon juice and onion. Pour over the salmon. Bake in a moderate oven, 350°F., for 30 to 35 minutes or until fish flakes easily when tested with a fork. Serve immediately on a hot platter. Serves 6.

Broiled Salmon Epicurean

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|------------------------|-----------------------------|
| 2 pounds salmon steaks | 1 teaspoon rosemary leaves  |
| 1 teaspoon salt        | 2 tablespoons white vinegar |
| Dash of pepper         | 3 tablespoons salad oil     |

Sprinkle both sides of steaks with salt and pepper. Add rosemary and vinegar to the salad oil; shake well, and let stand at room temperature for an hour or longer; strain. Dip fish in oil mixture, and place on a preheated, greased broiler pan about 2 inches from the heat. Broil 5 to 8 minutes or until slightly brown. Baste with oil, and turn carefully. Brush other side with oil, and cook 5 to 8 minutes more or until fish flakes easily when tested with a fork. Serve immediately. Serves 6.

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