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**DEPARTMENT OF THE INTERIOR**  
**INFORMATION SERVICE**

**FISH AND WILDLIFE SERVICE**

For Release FRIDAY, FEBRUARY 13, 1953

**SALMON IS NO. 1 FAVORITE AMONG CANNED FISH**

In a recent Nationwide survey of fish and shellfish preferences of household consumers, the Fish and Wildlife Service found salmon to be America's favorite canned fish. During National Canned Salmon Week, February 18-25, all the leading food markets across the country will feature displays of canned salmon.

Canned salmon is a product of the Pacific Northwest and is packed from five distinct species of salmon. When canned the different species are still readily recognized through color, texture, and flavor. The higher priced varieties are deeper red in color and have a higher oil content. The different species or grades of salmon are: (1) Chinook or King, (2) Red or Sockeye, (3) Medium Red or Coho, (4) Pink, and (5) Chum or Keta.

Chinook and Red Salmon are excellent for salads and fancy dishes while Pink and Chum Salmon are very popular for cooked dishes and sandwiches.

The home economists of the Fish and Wildlife Service offer the following recipe for "Salmon Souffle" as an ideal method of preparing this appetizing, nutritious and economical food.

**SALMON SOUFFLE**

- 1-pound can salmon
- 3 tablespoons butter or other fat
- 3 tablespoons flour
- 1 teaspoon salt
- 1 cup liquid (liquid from canned salmon plus milk to make volume)
- 3 eggs, separated
- Dash pepper
- Dash nutmeg

Drain and flake salmon, saving liquid. Melt butter; blend in flour and seasonings. Add liquid gradually, and cook until thick and smooth, stirring constantly. Stir a little of the hot sauce into beaten yolks, and add to sauce, stirring constantly. Add salmon. Beat egg whites until stiff but not dry. Fold gently into salmon mixture. Pour into well-greased casserole, and bake in a moderate oven, 350° F., for 45 minutes. Serve immediately, plain or with a sauce, Serves 6.

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