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

FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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**FLOUNDER IS NATIONAL FAVORITE AS FOOD FISH**

In arguing the merits of their favorite food fish, a westerner may praise his rockfish, an easterner his shad, and a southerner his pompano, but just mention flounder and all will agree that no matter where you live, flounder is a universal favorite. This species is nationally known because it is caught in all of our coastal waters, according to the Fish and Wildlife Service. It is not only sold fresh and whole but also filleted and frozen and shipped everywhere.

There are many different ways in which to prepare flounder. Fried, broiled, baked with a sauce or stuffing--each is a delightful treat. The latter is easy enough for every day preparation yet fancy enough for a party. Here's how the home economists of the Fish and Wildlife Service stuff flounder fillets:

FLOUNDER BIRDS

2 pounds flounder fillets  
1 teaspoon salt  
Dash pepper  
Bread stuffing  
 $\frac{1}{4}$  cup butter or other fat, melted  
3 slices bacon (optional)

Remove skin from fillets. Sprinkle both sides with salt and pepper. Place a small ball of stuffing on each piece of fish. Roll fish around stuffing and fasten with toothpicks or skewers. Place rolls on a well-greased baking pan. Brush tops with fat and lay  $\frac{1}{2}$  slice of bacon on top of each. Bake in a moderate oven 350°F., for 25 to 35 minutes, depending on size. Remove carefully to a hot platter, take out fasteners, garnish and serve hot. Serves 6.

BREAD STUFFING

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

Cook onion and celery in fat for about 10 minutes or until tender. Add cooked vegetables and seasonings to bread crumbs; mix thoroughly. If stuffing seems very dry, add 1 tablespoon water, milk or fish stock to moisten.

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