



DEPARTMENT OF THE INTERIOR  
INFORMATION SERVICE

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FISH AND WILDLIFE

FOR FOOD EDITORS

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FALL BRINGS OVEN DINNERS

The first crisp, cool days of autumn signal the time for oven dinners--when you can pop your whole dinner into the oven and have a hearty, savory meal for your family.

One of the best tasting and least expensive combinations of food is baked cod fillets and baked potatoes. Tender flaky fish and hot buttered baked potatoes just naturally go together. Perhaps you would like to bake your dessert at the same time. Deep-dish Apple Pie or Peach Cobbler are two suggestions. To complete your meal, add a tossed salad and your family's favorite beverage.

Allow 45 minutes to an hour for baking your potatoes and desert. Half and hour before the potatoes and dessert are done, put your cod fillets into the oven.

As a suggestion for your oven dinner, the home economists of the Fish and Wildlife Service recommend Cod Fillets Baked in Spanish Sauce.

COD FILLETS BAKED IN SPANISH SAUCE

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

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

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