



DEPARTMENT OF THE INTERIOR  
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FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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FROZEN HALIBUT STEAKS ARE PLENTIFUL

Frozen halibut steaks are in good supply and moderately priced at your grocer's now, according to reports from the Fish and Wildlife Service.

When you buy halibut steaks--all cleaned, wrapped, and frozen--do you ever wonder what went on behind the scenes to give you this wonderful product?

While many fish are caught in nets, these huge flat fish, weighing up to 500 pounds, are caught on long lines in cold northern waters. The fish are cleaned and packed in ice on the boats. At the wharves, the fish are taken immediately to the processing plant where they are cut into steaks, packaged, and frozen to seal in the freshness and flavor that makes halibut so popular. The frozen halibut steaks are then shipped to markets all over the country in refrigerated cars and trucks.

There are many delicious ways to prepare halibut steaks. Here is a favorite of the home economists of the Fish and Wildlife Service.

BROILED HALIBUT STEAKS WITH SOUFFLE SAUCE

2 pounds halibut steaks  
1 teaspoon salt  
Dash pepper  
 $\frac{1}{4}$  cup butter or other fat, melted  
 $\frac{1}{2}$  cup mayonnaise or salad dressing  
1 teaspoon Worcestershire sauce  
 $\frac{1}{2}$  cup grated cheese  
 $\frac{1}{2}$  teaspoon prepared mustard  
1 egg white

Sprinkle both sides of halibut steaks with salt and pepper. Place on a greased broiler pan about 2 inches from the source of heat. Brush with butter and broil from 5 to 8 minutes. Baste with butter and turn carefully. Brush the other side with butter and broil an additional 5 to 8 minutes or until fish flakes easily when tested with a fork. Combine the mayonnaise, Worcestershire sauce, cheese and mustard. Fold mayonnaise mixture into beaten egg white and pile lightly on fish. Return to broiler about 1 minute or until brown. Serves 6.

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