



DEPARTMENT OF THE INTERIOR
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FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

SHAD HERALDS SPRING

To the homemaker it is good news that the annual spring run of shad is now on in the Potomac and other important shad-producing rivers of the Atlantic and Pacific Coasts.

This reliable harbinger of spring for the fisheries has been famous through the years. George Washington, in his diary, made the following entry on April 20, 1787, "The shad began to run today".

As in the days of Washington, planked shad is still the spring fish dish for gourmets. Sports fishermen too, are beginning to realize its game qualities. Its flesh is tender and white-meated, with a distinctive flavor and the roe is considered a great delicacy.

Although shad are quite plentiful in our Pacific Coast waters, its popularity in that region has never reached that on the Atlantic Coast, except for the delicious roe. The Pacific Coast shad population was created with transplantings that began as early as 1871.

Why not treat your family or guests to a planked shad dinner? Planked fish not only tastes good, it looks good too! Served on a hardwood plank surrounded by mashed potatoes, vegetables and garnishes—a planked shad will surely excite the appetites. Here's how the home economists of the Fish and Wildlife Service plank a shad.

Planked Shad

- 3 or 4 pound shad, dressed
- 1½ teaspoons salt
- Dash pepper
- ¼ cup butter or other fat, melted
- Seasoned mashed potatoes
- Seasoned cooked vegetables (peas, carrots, cauliflower, tomatoes, or onions)

If hardwood plank is used, oil well and place in a cold oven and heat thoroughly as oven preheats.

Clean, wash and dry fish. Sprinkle inside and out with salt and pepper. Brush with melted fat. Place fish on the hot oiled plank or on a greased oven glass or metal platter. Bake in a moderate oven 400° F., for 35 to 45 minutes or until fish flakes easily when tested with a fork. Remove from oven and quickly arrange a border of hot mashed potatoes around fish. Place in a preheated broiler until potatoes are slightly browned, about 5 minutes; Remove and arrange two or more hot vegetables around fish. Garnish with parsley and lemon or tomato wedges. Serve immediately on the plank. Serves 6.

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