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FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

OCEAN PERCH FILLETS, GOOD FALL FISH BUY, SAYS FWS

Housewives seeking a good fish buy during this fall season will find what they want in ocean perch fillets, says the Fish and Wildlife Service.

These fillets are in plentiful supply in the markets and, best of all, they are moderately priced. In addition, they are easy to prepare, attractive to serve, and every part of them is edible. When cooked, the white, flaky meat has a delicate flavor.

Most ocean perch fillets are small, and run about eight to a pound. They can be identified by their mottled reddish or pink skin.

Any of the basic cooking methods can be used to prepare ocean perch fillets. They lend themselves also to an endless variety of combination dishes.

Deviled Ocean Perch is a favorite of the home economists of the Fish and Wildlife Service. Here's how they make it.

DEVILED OCEAN PERCH

- 2 pounds ocean perch fillets
- 1½ teaspoons salt
- Dash pepper
- 1 tablespoon prepared mustard
- ¼ cup chili sauce
- 3 tablespoons chopped onion
- ¼ teaspoon Worcestershire sauce

Skin fillets and sprinkle with salt and pepper. Roll each fillet and fasten with toothpick. Place rolls in a well-greased baking dish. Combine remaining ingredients and spread on top of fish rolls. 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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