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## DEPARTMENT OF THE INTERIOR

### INFORMATION SERVICE

#### FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

#### FISH N' HERBS

The commonest fish dish can be changed into a gourmet's delight by the use of herbs. You talk about them, you taste them, and you beat a path to the door of your favorite French chef for the indefinable distinction herbs lend to any fish dish!

Since the time of the early Roman Empire herbs have been used. Down through the dark ages they were fed to chariot horses for luck, and at one time were thought to bring luck if they were worn. Many credit Columbus' discovery of America to his seeking a short route to the East for herbs and spices that they might more easily be brought back to Spain. Today they are known as seasoning for food. Fish is one of the finest mediums for blending herbs. Whether you grow the herbs yourself or buy them, there is no question of their ability to enhance the taste of fish.

So climb on the bandwagon and claim special distinction for your fish cooking by using herbs. The favorite herbs to use with fish are parsley, chives, fennel, majoram, basil, savory, thyme, and bay leaves. Remember to blend the herbs judiciously and add sparingly because all herbs have a stronger flavor after cooking.

For a start in this new adventure in cooking the home economists of the Fish and Wildlife Service suggest you try halibut in herb sauce.

#### HALIBUT IN HERB SAUCE

2 pounds halibut steaks or fillets	1 tablespoon catsup
1 cup hot water	$\frac{1}{2}$ teaspoon vinegar
1 bouillon cube	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup butter or other fat, melted	Dash pepper
1 clove garlic, minced	2 tablespoons cornstarch
2 tablespoons chopped onion	2 tablespoons water
1 tablespoon chopped parsley	1 tablespoon butter or other fat, melted
$\frac{1}{2}$ teaspoon prepared mustard	$\frac{1}{4}$ cup dry bread crumbs

Place halibut in a well-greased baking dish. Combine the next 11 ingredients and heat to boiling. Combine cornstarch and water; add to sauce and cook until thick, stirring constantly. Pour the sauce over the halibut. Combine butter and crumbs; sprinkle over top of casserole. Bake in a moderate oven, 350° F., for 30 to 35 minutes or until brown. Serves 6.

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