



DEPARTMENT OF THE INTERIOR
INFORMATION SERVICE

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FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

FWS RECOMMENDS FROZEN FISH FILLETS AND FISH STEAKS FOR LENT

Ocean perch, cod, and haddock, marketed as frozen fillets, and halibut, distributed in frozen steak form, are recommended by the Fish and Wildlife Service as ideal Lenten foods.

Fillets are the sides of the fish cut lengthwise away from the backbone. They are practically boneless and have little or no waste. Steaks are cross-section slices of the larger sizes of dressed fish, usually about 3/4 of an inch thick.

Do these frozen fillets and steaks need to be thawed prior to cooking? Normally, it is suggested that they be thawed overnight in the refrigerator or left at room temperature for 3 to 4 hours. However, if you're in a hurry, the fillets or steaks may be cooked without thawing if additional cooking time is allowed.

Fillets or steaks may be prepared by any of the basic cooking methods of frying, baking, broiling, and steaming, or in an endless variety of combination dishes.

The important thing to remember in cooking fish, however, is that it must not be overcooked. Just enough cooking to enable the flesh to be flaked easily will leave the fish moist and tender and bring out the delicate flavor.

The home economists of the Fish and Wildlife Service recommend Ocean Perch Creole as a delectable but economic and easily prepared Lenten dish using fillets.

OCEAN PERCH CREOLE

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| 2 pounds ocean perch fillets | 2 tablespoons chopped onion |
| 1/4 cup butter or other fat | 3 tablespoons chopped pimiento |
| 2 tablespoons flour | 1/2 teaspoon salt |
| 2 cups tomato juice | Dash pepper |

Rice ring

Skin fillets and cut into one-inch pieces. Melt butter, blend in flour, and add all remaining ingredients except rice. Cook, stirring occasionally, about 15 minutes or until fish flakes easily when tested with fork. Serve hot in rice ring. Serves 6.

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