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FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

TRY LENTEN QUICKIES, SUGGESTS FWS

Are you in doubt about what to serve for your Lenten lunches or dinners? The home economists of the Fish and Wildlife Service think you have a wide selection of easy-to-serve specialty products or "quickies" to vary your luncheon or dinner menus.

How would you like a creamy shellfish soup for lunch or as an appetizer for dinner on one of these chilly spring days? Sounds like an expensive gourmet dish, doesn't it? But, it really isn't because you can obtain frozen clam chowder, cream of lobster or cream of shrimp soup, oyster stew, and other varieties at your food markets at reasonable prices.

Combining vegetables with a protein food produces a dish that is not only fashionable but also delicious. For example, the ever-popular canned tuna is combined with vegetables such as potatoes and peas and made into an attractive and delicious individual tuna pie all ready for the oven.

Have you ever noticed how well fish and tomatoes go together? High on the list of popularity are the famous Creole dishes which formerly were dear only to the hearts of southerners. Now the wide distribution of frozen Shrimp Creole has brought this dish north of the Mason-Dixon line and introduced it to northerners as well.

If you are a connoisseur of Chinese foods, another good vegetable and protein combination is Shrimp Chow Mein which combines shrimp, celery, and bean sprouts and is served over toasted noodles.

Perhaps you are an epicurean with a taste for variety, then the shore dinners which take only minutes to prepare and serve, are a welcome suggestion for your dining pleasure.

Breaded products, such as the phenomenally popular fish sticks, are favorites with families throughout the Nation. The fishing industry has marketed a packaged precooked fish stick dinner, containing macaroni, cheese, and peas, all ready to pop into the oven. Speaking of fish sticks, crab, oyster, and shrimp are now available in sticks either breaded or french fried.

What is more appetizing than a french fried fish fillet for dinner? Outside, it is a beautiful, crusty golden brown; inside, tender and juicy with all the delicate flavors sealed in.

Fish cakes, including cod fish cakes, have been a synonym for inexpensive, nutritious, and tasty food for generations. An old fashioned food, perhaps, but new-fashioned methods have done away with any laborious preparations as they are all prepared, ready to heat and serve.

Other shellfish quickies, ready-to-cook, include deviled crabs and imperial crabs, lobster and lobsterettes, oysters, scallops, and the favorite of many, shrimp in various forms.

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