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DEPARTMENT OF THE INTERIOR
INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

EVERYBODY ENJOYS FLOUNDER

In discussing the merits of their favorite fish food, a westerner may praise his rockfish, an easterner his shad, and a southerner his pompano, but all will agree that flounder is a nationwide favorite. Flounder is nationally known because it is caught in nearly all of our coastal waters and is not only sold fresh but is also filleted, frozen, and shipped to all parts of the country.

It ranges in size from 1 to 15 pounds, is white meated, and has a sweet, rich flavor. Fishermen recognize the qualities of flounder and know that it does not need to masquerade under a fancy trade name. Although "fillet of sole" appears often on menus, it is not related to the renowned English sole but is usually one of the species of flounder taken in our American waters.

Flounder fillets may be prepared by any of the basic cooking methods of frying, baking, broiling, boiling, or in an endless variety of combination dishes. The home economists of the Fish and Wildlife Service recommend "Baked Fillets of Flounder" as part of an easy oven dinner.

BAKED FILLETS OF FLOUNDER

2 pounds flounder fillets
1 teaspoon salt
Dash pepper
1/4 cup butter or other fat, melted

2 tablespoons lemon juice
1 teaspoon grated onion
Dash paprika

Thaw frozen fillets. Sprinkle fillets with salt and pepper. Place in a single layer in a well-greased baking pan. Combine butter, lemon juice, onion, and paprika. Pour sauce over fish. Bake in a moderate oven, 350° F., for 20 to 25 minutes or until fish flakes easily when tested with a fork.

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