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DEPARTMENT OF THE INTERIOR
INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

SANDWICHES MAKE A TEMPTING AUGUST LUNCHEON

August will be highlighted in the food trade as National Sandwich Month.

What could be more appropriate to serve than ocean perch club sandwiches garnished with bright red homegrown tomato wedges? Sandwiches such as these, served with crisp celery hearts, potato chips, and a frosty glass of iced tea, would be a tempting enough lunch to appeal to anyone during the hot August weather.

Sandwiches are easy to prepare, nutritious, and their cost is low. Fish and shellfish sandwich fillings are always delicious to eat, easily digested, and a storehouse for many nutrients essential for proper functioning of the body.

Ocean perch fillets are very appropriate to use as they are moderately priced and plentiful. These fillets can be readily identified as they are small, about eight to a pound, and have a mottled reddish or pink skin.

The home economists of the Fish and Wildlife Service recommend adding a touch of glamour to your August menus by serving this tempting luncheon featuring "Ocean Perch Club Sandwiches".

OCEAN PERCH CLUB SANDWICHES

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|-----------------------------|----------------------------|
| 1 pound ocean perch fillets | 18 slices buttered toast |
| 1 quart water | 4 hard-cooked eggs, sliced |
| 1 tablespoon salt | 6 lettuce leaves |
| 1/2 cup sandwich spread | 1/2 cup sandwich spread |
| Dash salt | 3 tomatoes |
| Dash pepper | |

Skin fillets and place in boiling salted water. Cover and return to boiling point; simmer 10 minutes or until fish flakes easily when tested with a fork. Drain and flake.

Combine flaked fish, sandwich spread, salt, and pepper. Spread six slices of toast with fish mixture; arrange egg, lettuce and sandwich spread between other slices. Fasten together with toothpicks. Cut into quarters. Garnish with tomato wedges. Serves 6.

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