

Office  
file  
10/8/56



DEPARTMENT OF THE INTERIOR  
INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Release To PM's, OCTOBER 11, 1956

(For Food Editors)

FWS ISSUES NEW BOOKLET ON THE COOKING OF HALIBUT

A new fish-cookery publication of interest to housewives, home economists, and food editors was released today by the Fish and Wildlife Service of the Department of the Interior.

Entitled How to Cook Halibut, the booklet contains 25 choice recipes which have been developed and kitchen-tested by the Service's staff of home economists.

The halibut, as the booklet explains, is the largest of the flatfishes and is found in the cold waters of the north Pacific, the Arctic, and the north Atlantic Oceans. Its delicious white, translucent flesh is known and appreciated by fish gourmets the country over.

The greatest proportion of the United States supply of halibut comes from the north Pacific Ocean, off the coast of Washington, British Columbia, and Alaska, where the fishery is regulated by the International Pacific Halibut Commission. This Commission sets a quota annually on the amount, in pounds, which may be taken by commercial fishing vessels. During recent years the annual quota has been in the neighborhood of 65 to 70 million pounds.

The main period during which halibut is taken on the Pacific coast begins in early May and lasts about 8 to 10 weeks. The fish taken during this short period must supply the major proportion of the country's demand for halibut throughout the year. Frozen halibut, however, can be successfully stored for extended periods.

On the north Atlantic coast, where halibut is taken in much smaller amounts, there are no regulations as to seasons, size of catch, or fishing areas, so some landings are made throughout the year.

Commercially, halibut range in size from 5 to more than 80 pounds, with a few as large as 400 pounds being landed. The 5- to 10-pound sizes are referred to as "chicken halibut"; those from 10 to 60 pounds, "mediums"; those from 60 to 80 pounds, "large"; and those over 80 pounds, as "whale" halibut.

Steaks are the most common retail form in which halibut is marketed. They are cross-section slices of dressed fish containing a short section of the backbone. Chunks and fillets of halibut are other forms in which halibut may be purchased.

Frozen steaks or fillets may be cooked without thawing if additional cooking time is allowed. When steaks or fillets are to be breaded or stuffed, they are more easily handled if they have been previously thawed. The preferred method for thawing frozen fish is to leave the fish in the refrigerator overnight. If room-temperature thawing is necessary, great care must be taken so that the fish flesh remains chilled at all times.

Halibut may be prepared by any of the basic cooking methods such as frying, baking, broiling, boiling, and steaming. Some of the easy-to-make yet out-of-the-ordinary recipes included in the new publication are: Halibut Avocado Cocktail, Halibut and Onion Soup, Curried Halibut Casserole, Broiled Halibut Steaks with Anchovy Butter, Halibut Hawaiian, Halibut Steaks with Piquant Meringue, and Halibut in Herb Sauce.

Generously illustrated, How to Cook Halibut is listed as No. 9 in the Service's Test Kitchen Series of fish cookery publications. It may be obtained for 20 cents from the Superintendent of Documents, Government Printing Office, Washington 25, D. C.

Other publications in this series still available from the Superintendent of Documents are as follows:

Fish Cookery for One Hundred, Test Kitchen Series No. 1, price 30 cents.

Basic Fish Cookery, Test Kitchen Series No. 2, price 20 cents.

How to Cook Oysters, Test Kitchen Series No. 3, price 10 cents.

How to Cook Salmon, Test Kitchen Series No. 4, price 15 cents.

How to Cook Ocean Perch, Test Kitchen Series No. 6, price 10 cents.

How to Cook Shrimp, Test Kitchen Series No. 7, price 15 cents.

How to Cook Clams, Test Kitchen Series No. 8, price 20 cents.

x x x