



DEPARTMENT OF THE INTERIOR INFORMATION SERVICE

UNITED STATES FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

TO CELEBRATE SPRING, TRY BAKED SHAD FILLETS

The annual cherry blossom festival in the Nation's capital and the appearance of an abundance of shad on the market heralds spring.

Regular as a clock each spring, the shad migrate from the ocean to our coastal rivers to spawn above tidewater. They are found in the Atlantic from Maine to Florida and in the Pacific from Washington to California.

The shad range in size from $1\frac{1}{2}$ to 7 pounds and are most commonly sold as roe or buck shad. The flesh from both is tender and white-meated, with a distinctive flavor. The roe, from the roe shad, is considered a great delicacy.

Shad may be purchased whole, drawn, or as fillets. The fillets require no preparation for cooking as they are the sides of fish cut lengthwise away from the backbone and are practically boneless. Shad fillets are delicious when prepared by any of the basic cooking methods such as baking, broiling, or frying. The home economists of the United States Fish and Wildlife Service suggest that you serve "Baked Shad Fillets" to your family to celebrate the arrival of spring.

BAKED SHAD FILLETS

2 pounds shad fillets
1 teaspoon salt
Dash pepper
1 teaspoon paprika
2 tablespoons lemon juice
1 teaspoon grated onion
 $\frac{1}{4}$ cup butter or other fat, melted

Cut fillets into serving-size portions. Place in a single layer, skin side down, in a well-greased baking pan. Combine remaining ingredients and pour over fish. Bake in a moderate oven, 350° F., for 20 to 25 minutes or until fish flakes easily when tested with a fork. Serves 6.

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