



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

UNITED STATES FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

HALIBUT IS PLENTIFUL

Halibut is now plentiful because this is the beginning of the halibut season in the cold waters of the North Pacific Ocean, off the coasts of Washington, British Columbia, and Alaska, reports the Fish and Wildlife Service of the Department of the Interior. The main fishing season lasts from 8 to 10 weeks.

The halibut, taken commercially, 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.

Halibut is a firm and flavorful fish having white, translucent flesh. It may be prepared very successfully by any of the basic cooking methods such as frying, baking, broiling, and steaming.

Even though most of the halibut comes from the Pacific Northwest, halibut is available in all parts of the United States, mainly as frozen steaks. Chunks and fillets of halibut are other forms in which it may be purchased. Frozen steaks or fillets may be cooked without thawing if additional cooking time is allowed.

The home economists of the United States Fish and Wildlife Service suggest that you take advantage of the abundance of halibut steaks and fillets on the market and serve "Halibut with Almonds" to your family this spring.

HALIBUT WITH ALMONDS

2 pounds halibut steaks or fillets, fresh or frozen	2 tablespoons butter or other fat
1 $\frac{1}{4}$ cups milk, scalded	3 tablespoons flour
3/4 teaspoon salt	1 tablespoon lemon juice
Dash pepper	1/4 cup slivered toasted almonds
	paprika

Thaw frozen steaks. Place in a well-greased baking pan, 11x7x1½ inches. To milk add seasonings and pour over fish. Bake in a moderate oven, 350° F., for 15 minutes. Remove from oven. Drain liquid and save. Place fish on a hot platter and keep warm. Melt butter; blend in flour. Add hot liquid gradually and cook until thick, stirring constantly. Add lemon juice. Pour over fish and top with almonds and paprika. Serves six.

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