



## DEPARTMENT OF THE INTERIOR INFORMATION SERVICE

UNITED STATES FISH AND WILDLIFE SERVICE

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### INTERIOR RELEASES NEW BOOKLET ON COOKING <sup>Tuna</sup>~~DATA~~

Canned tuna--a familiar item in almost every American home and in every food market--is the subject of a new fish-cookery publication released today by the Department of the Interior's Bureau of Commercial Fisheries.

How to Cook Tuna contains 41 choice recipes developed and kitchen-tested by the Bureau's staff of home economists.

Several varieties of tuna--all equally desirable--are available to the home-maker. On the Pacific Coast the catch includes albacore, bluefin, skipjack, and yellowfin, while bluefin and little tuna are taken on the Atlantic Coast. Albacore has lighter meat than the other species and is the only tuna permitted to be labeled as "white meat". The other varieties are labeled as "light-meat" tuna.

Domestically canned tuna is generally available in three different styles of pack. Pack, however, does not indicate a quality difference but refers to the size of the pieces in the can. In each style, vegetable oil is added to enhance the tuna flavor.

Fancy or solid pack tuna, which is the most expensive, is available in can sizes of  $3\frac{1}{2}$ , 7, and 13 ounces. This style is ideal for cold plates or for use in recipes where appearance is important.

Chunk style comes in  $3\frac{1}{4}$ -, 6-,  $6\frac{1}{2}$ -, and 12-ounce cans and is especially good for salads and other dishes where chunks are desirable. It is more moderately priced than the solid pack.

The flake or grated pack is marketed in 6- or 11-ounce cans. This style is excellent for canapes or sandwiches where the tuna is blended into a paste. It has the added advantage of being priced lower than the other two packs.

A number of specialty packs are also available. Some of these are "tonno", consisting of solid-meat tuna packed in olive oil and about double the amount of salt; a "dietetic", packed in distilled water for people who must avoid salt and fat in their diets; a baby food; and a tuna paste.

The inexpensiveness and versatility of canned tuna account for this fish being the most frequently served canned fish in the United States. In addition to the nutritional and economical properties of canned tuna, its ease of preparation appeals to the homemaker. It is flavorful when served alone, and it augments and improves the flavor of other foods such as macaroni products, rice, potatoes, and most vegetables.

Generously illustrated, How to Cook Tuna, is listed as No. 12 in the Test Kitchen Series of fish-cookery publications. It may be purchased for 20 cents from the Superintendent of Documents, Government Printing Office, Washington 25, D. C.

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