



DEPARTMENT OF THE INTERIOR INFORMATION SERVICE

UNITED STATES FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

FRIED SHAD FILLETS FOR SPRING

The shadbush in bloom, in wooded areas, in the spring, is a yearly reminder that shad are in the markets. Its feathery white flowers make their appearance at the same time, and shad start swimming up rivers from the ocean to spawn. The shad's normal habitat is in the Atlantic Ocean from Maine to Florida and in the Pacific Ocean from Washington to California.

Shad are a salt water fish ranging in size from $1\frac{1}{2}$ to 5 pounds. The flesh of this fish is tender and white meated, with a distinctive flavor. The roe, from the roe shad, is considered a delicacy and may be prepared by broiling, baking, or frying.

Shad are most commonly sold as roe or buck shad. However, this same luscious, tempting delicacy that delighted the palates of George Washington and Thomas Jefferson can be more fully enjoyed today if you have your fish dealer split and bone your shad. They are called fillets which are the sides of fish cut lengthwise away from the backbone and are practically boneless, requiring no preparation for cooking. these shad fillets may be prepared by any of the basic cooking methods such as baking, broiling, boiling, or frying.

As a suggestion, the home economists of the Bureau of Commercial Fisheries, Department of the Interior, recommend "Fried Shad Fillets".

FRIED SHAD FILLETS

2 pounds shad fillets
1 egg, beaten
1 tablespoon milk
1 teaspoon salt
 $\frac{1}{2}$ cup flour
 $\frac{1}{2}$ cup dry bread crumbs

Cut fish into serving-size portions. Combine egg, milk, and salt. Combine flour and crumbs. Dip fish in egg mixture and roll in flour-and-crumbs mixture. place fish in a heavy frying pan which contains about $\frac{1}{8}$ inch of fat, hot but not smoking. Fry at moderate heat. When fish is brown on one side, turn carefully and brown the other side. Cooking time approximately 10 minutes, depending on thickness of fish. Drain on absorbent paper. Serves 6.

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