



## DEPARTMENT OF THE INTERIOR

### INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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#### SHAD HERALDS SPRING

On April 20, 1787, while living at his Mount Vernon estate on the Potomac River, George Washington made this entry in his diary: "The shad began to run today".

Today, as in the time of Washington when planked shad was the fish dish for gourmets, shad is still one of the best known and most highly prized food fish on the Atlantic Coast. Its flesh is tender and whitemeated, with a distinctive flavor and the roe is considered a great delicacy.

To the homemaker, bogged-down in a menu-rut from winter, it is good news indeed that the annual spring run of shad is now on in the Potomac and other important shad-producing streams of the Atlantic and Pacific Coasts.

So---why not treat your family or guests to a Planked Shad Dinner? Planked fish not only tastes good, it looks good too! Served on a hardwood plank or oven-glass platter surrounded by mashed potatoes, vegetables, and garnishes---a planked shad will surely excite the appetite. Here is how the home economists of the Fish and Wildlife Service, Department of the Interior, plank a shad.

#### PLANKED SHAD

3 or 4 pounds dressed shad  
1½ teaspoons salt  
Dash pepper  
¼ cup butter or other fat, melted

Seasoned mashed potatoes  
Seasoned cooked vegetables (peas,  
carrots, cauliflower, tomatoes,  
or onions)

If hardwood plank is used, oil well and place in a cold oven to heat while oven preheats. Clean, wash, and dry fish. Sprinkle inside and out with salt and pepper. Brush with butter. Place fish on plank or well-greased oven-glass platter. Bake in a hot oven, 400° F., for 35 to 45 minutes or until fish flakes easily when tested with a fork. Remove from oven; quickly arrange border of hot mashed potatoes around fish. Place in a broiler until potatoes are slightly browned, about 5 minutes. Remove; arrange two or more hot vegetables around fish. Serves 6.

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