



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

SHRIMP A' LA KING--A GLAMOROUS LENTEN DISH

Planning and serving taste-tempting Lenten meals can be somewhat of a problem to many, but not to those who turn to the numerous species of delicious fish and shellfish available on the market today.

Shrimp, an always popular seafood item, is a special favorite of those whose choice of foods is restricted during this period. You'll find the versatile and tasty shrimp--"glamor girl" of the fishing industry--can help in your menu planning for any type of meal, cold or hot. Take your choice of any of the readily available market forms--fresh, frozen, cooked, or canned--to give your meals a lift during the Lenten season.

Shrimp and rice are both listed as plentiful foods during March by the United States Department of Agriculture, so you can take advantage of the good supply of both these items and treat your family or guests to these nutritious foods.

To glamorize a Lenten dinner, why not combine shrimp and rice in an easy-to-prepare dish--Shrimp A' La King, served in a steaming rice ring.

The Home Economists of the Bureau of Commercial Fisheries, United States Department of the Interior, highly recommend this kitchen-tested recipe, "Shrimp A' La King" for a tempting Lenten dish.

SHRIMP A' LA KING

3/4 pound cooked, peeled, deveined shrimp, fresh or frozen	1/2 teaspoon salt
1 can (4 ounces) sliced mushrooms, drained	Dash cayenne pepper
3 tablespoons chopped green pepper	1 1/2 cups milk
3 tablespoons butter or other fat, melted	2 tablespoons chopped pimento
3 tablespoons flour	Rice ring

Thaw frozen shrimp. Cut large shrimp in half. Cook mushrooms and green pepper in butter until tender; blend in flour and seasonings. Add milk gradually and cook until thick, stirring constantly. Stir in pimento and shrimp; heat. Serve over rice ring. Serves 6.

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