



DEPARTMENT OF THE INTERIOR  
INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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THE SMELT ARE RUNNING

"The smelt are running" will soon be the cry of the people fortunate enough to live in the Great Lakes area. Professionals and amateurs--old and young--men and women--join in the sport of smelt dipping.

The smelt of the Great Lakes area leave the lakes and throng into the tributary streams to spawn as soon as the ice breaks up in the spring. Coming up the rivers in unbelievable numbers, their glittering bodies darken the water. Hundreds of people line the banks waiting to scoop them up. The dipping continues throughout the night, with bonfires and lanterns on the river banks gaily illuminating the scene.

Not the outdoor type--if so, do your dipping at your local market. You will find these tiny delectable fish, about 10 to 12 to the pound, either fresh or frozen, just waiting to be enjoyed by you and your family.

Either way you do your dipping, the home economists of the United States Department of the Interior's Bureau of Commercial Fisheries suggest the following kitchen tested recipes to aid you in cooking your catch.

BAKED SMELT

3 pounds whole smelt, fresh or frozen	2 tablespoons lemon juice
1 teaspoon salt	1 teaspoon grated onion
Dash pepper	$\frac{1}{4}$ cup butter or other fat, melted
1 teaspoon paprika	

Thaw frozen fish. Dress fish by removing entrails. Wash and drain on absorbent paper. Place in a single layer in a well-greased baking pan. Combine remaining ingredients and pour over fish. Bake in a moderate oven, 350°F., for 20 to 25 minutes or until fish flakes easily when tested with a fork. Serves 6.

### CAMPFIRE SMELT

3 pounds whole smelt, fresh or frozen	2 teaspoons salt
1/3 cup chopped onion	Dash pepper
1/3 cup chopped parsley	3 strips bacon, cut in half

Thaw frozen fish. Dress fish by removing entrails. Wash and drain on absorbent paper. Cut 6 squares of heavy-duty aluminum foil, 12 inches each. Grease lightly. Divide fish into 6 portions. Place each portion of fish on one half of each square of foil. Sprinkle each serving with onion, parsley, salt, and pepper. Place bacon on top. Fold other half of foil over fish and seal edges by making double folds in the foil. Place packages of fish in a bed of hot coals. Cook for 15 minutes, turning twice. To serve, cut a big crisscross in the top of each package and fold the foil back. Serves 6.

### FRIED SMELT

3 pounds whole smelt, fresh or frozen	1 teaspoon salt
1 egg, beaten	Dash pepper
1 tablespoon milk or water	1 cup dry bread crumbs, cracker crumbs, cornmeal or flour

Thaw frozen fish. Dress fish by removing entrails. Wash and drain on absorbent paper. Combine egg, milk, and seasonings. Dip fish in egg mixture and roll in crumbs.

### PAN FRIED

Place fish in a heavy frying pan which contains about 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.

### DEEP-FAT FRIED

Fry fish in a basket in deep fat, 375°F., for 3 to 5 minutes or until brown. Drain on absorbent paper. Serves 6.

NOTE: A commercial breading may be used. Follow the directions on the package.

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