



DEPARTMENT OF THE INTERIOR
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FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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SPRINGTIME IS SHAD TIME

On April 20, 1787, George Washington, while living at his Mount Vernon estate on the Potomac River, made this entry into his diary, "The shad began to run today." Today, as in the time of Washington, shad is a fish enjoyed by gourmets.

Shad are caught in our coastal rivers from Maine to Florida and from Washington to California. They range in size from one and one-half to seven pounds and are most commonly sold as roe or buck shad. The flesh from both is tender and white meated, with a distinctive flavor. The roe, from the roe shad, is considered a great delicacy.

Today, shad may also be purchased in the form of a fillet. So, why not have your fish dealer split and bone your shad? This is important as these fillets are practically boneless and require no preparation for cooking. Shad fillets may be prepared by any of the basic cooking methods such as baking, broiling, or frying.

The home economists of the Fish and Wildlife Service recommend this springtime treat "Golden Broiled Shad Fillets."

GOLDEN BROILED SHAD FILLETS

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| 2 pounds boned shad fillets | Dash pepper |
| 1 tablespoon grated onion | $\frac{1}{2}$ teaspoon crushed whole thyme |
| 2 tablespoons lemon juice | Dash paprika |
| $\frac{1}{4}$ cup butter or other fat, melted | 2 tablespoons chopped parsley |
| 1 teaspoon salt | |

Combine onion, lemon juice, butter, salt, pepper, and thyme. Place fillets on a preheated, greased broiler pan about two inches from source of heat. Brush with seasoned butter and broil 5 to 8 minutes or until slightly brown. Baste with butter and turn carefully. Brush other side with butter, and broil 5 to 8 minutes longer or until fish flakes easily when tested with a fork. Remove fish to a hot platter. Garnish with paprika and parsley. Serves 6.

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