



# DEPARTMENT OF THE INTERIOR

## INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Release ON RECEIPT

### TUNA'S DELICATE FLAVOR MAKES IT A TABLE PRIZE

Tuna--170,000,000 pounds of it--comes almost exclusively to the American table in cans. It is rarely sold fresh.

Belonging to the mackerel family, four species of tunas are well-known in this country: the yellowfin, a warm-water fish, is found along the coasts of California, Mexico, and northern South America, the south-east coast of North America, England, India, Japan, and the Red Sea; the bluefin, a world-wide species; the albacore, which ranges along the Pacific coast and is rarely seen on the Atlantic coast; and the skipjack, of which the greatest amount is taken south of California in Mexican or Central American waters, according to the Fish and Wildlife Service, United States Department of the Interior.

All species of tuna range in the open sea. When a school of commercial proportions--of yellowfin, especially--is sighted in Pacific coast waters, the usual method of capture is to throw dippers of live sardines overboard from large tanks on the decks of the fishing boat, to attract the tuna to the side of the vessel. Only live fish will do, since tuna are not scavengers and eat nothing dead.

Fishermen use a short bamboo rod, with a short line and a bardless hook fitted with a feathered lure to catch the tuna which are apparently deceived into regarding these "flies" as live bait. Great skill is required even in commercial tuna fishing, for the battle to land the school of the big fellows may last for hours while the run is on. If the fish are at all large, two, and even three rods and lines ending in a single hook, are fished together. The fishermen must coordinate their movements perfectly or the catch will be lost.

The tunas are all listed as sport fish also, and the bluefin, especially, is generally considered by anglers as one of the world's greatest game fishes.

Tuna is one of the more recent canned products, a development of the 20th century. The first packs were made in California about 1909, but several years were required to introduce this article to the market. The essential feature of the processing method finally adopted is to precook the fish in steam before it is put in the can to eliminate the strongly flavored natural oil, and to pack the fish in a bland flavored vegetable oil.

Albacore first created the market for canned tuna, with its clear white meat, so like the breast of chicken that an early packer commercialized on the appearance naming his product "chicken of the sea". Incidentally, this species is the only tuna whose meat can be labeled as "white". It became so popular that other types of tuna were canned to fill the demand which the pack of albacore was insufficient to supply. Yellow- and blue-fin tuna, from fish under 60 pounds, are labeled as "light" meat. The solid pack only--without flakes--of whatever species, may be labeled "fancy". Bluefin and skipjack, packed in olive oil with double the usual quantity of salt, are labeled "tonno", and are especially regarded by our Italian population.

Today the pack of tuna and tuna-like fishes (bonito, for example) is second only to salmon in importance. The most recent data available from the Fish and Wildlife Service's statistical records give the pack for 1940 at 4,187,000 standard cases, with a value to the producer of \$23,714,000. The pack was put up in 26 plants, all but one located on the Pacific coast.

The delicate flavor of tuna is a favorite with most consumers. For edification of the housewife and others who are looking for an appetizing dish, these varied methods of preparation are suggested:

#### Tuna Croquettes

Make a white sauce of 2 tbsps. each of flour and butter and  $1\frac{1}{2}$  cups of milk. Add 1 pound cooked tuna fish flaked in small pieces (or the new grated tuna), season to taste, spread out in a flat dish to cool, then make into croquettes. Roll in eggs and fine bread crumbs. Put in a greased pan. Bake in hot oven 15 minutes. Serve with tomato sauce or with peas.

(San Juan Deep Sea Foods Economical Recipes)

#### Tuna Fish Fondue

5 slices bread, cubed	1 7-oz. can tuna fish
$\frac{3}{4}$ cup grated American cheese	3 eggs
2 cups milk	$\frac{1}{2}$ tsp. grated onion
$\frac{1}{2}$ tsp. salt	Dash paprika

Cover bottom of greased casserole with layer of bread crumbs. Cover with flaked tuna fish. Sprinkle with cheese. Add remaining bread cubes. Beat eggs; add milk, onion, salt and paprika. Pour over tuna fish mixture. Bake in a moderate oven at 325 degrees F. for one hour. Garnish with watercress. Serves 4-6.

(Canned Fish Recipes--American Can Company)

#### Tuna Fish Bake

1 13-oz. can tuna fish	1 cup diced cooked potatoes, cooled
1 hard-cooked egg, sliced	2 tbsps. butter
$\frac{1}{2}$ cup diced celery	1 cup milk
6 tbsps. flour	1 tsp. salt
$\frac{1}{2}$ bay leaf	1 tbsp. chopped parsley
$\frac{1}{4}$ tsp. paprika	$\frac{1}{2}$ cup finely sifted bread crumbs
2 tbsps. lemon juice	

Flake tuna fish, add potatoes, egg and celery. Melt butter in saucepan, add flour, stir until well blended, add milk and bay leaf and cook until mixture

thickens, stirring constantly. Remove bay leaf, add salt, paprika, parsley and lemon juice. Fold into tuna fish mixture. Sprinkle medium-sized greased baking dish with half of bread crumbs. Pour in mixture; sprinkle with remaining bread crumbs. Bake in hot oven at 400 degrees F. for 20 minutes until delicately browned. Serves 4-5. (Canned Fish Recipes--American Can Company)

#### Tuna Fish Cuban Style

1/4 cup diced fat salt pork or ham, or 4 tbsps. butter	1 cup water
2 cloves garlic, minced	1 small vegetable marrow, peeled and cubed
2 tbsps. vegetable oil	1 1/2 cups flaked tuna fish
1 onion, minced	Juice 1/2 lemon
2 tomatoes, sliced	Salt and pepper to taste
Cooked noodles or rice	

Fry the pork till browned, or use butter. Add the garlic and oil. Cook three minutes. Then add the onion, tomatoes, water and marrow; cook until the vegetables are tender, about 20 minutes. Add the tuna fish and lemon; season with salt and pepper and cook ten minutes more. Serve poured over the noodles or rice. (Ida Bailey Allen's Money-Saving Cook Book)

#### Tuna Salad

1 cupful tuna	1/2 tsp. salt
2 hard-boiled eggs	1/4 tsp. paprika
1 cupful diced cucumbers	1/4 tsp. celery salt
2 tbsps. chopped pimentos	1/2 cupful salad dressing
3 tbsps. chopped sweet pickles	

Combine all ingredients and chill well. Serve on crisp lettuce leaves. (500 Ways to Prepare California Sea Foods)

#### Astoria Albacore Canapes

1/2 cup flaked albacore	2 tbsps. mayonnaise
1 hard boiled egg, chopped	1 tbsp. minced green pepper
1 tbsp. chopped pimentos	1 tbsp. chopped ripe olive

Mix albacore with egg, pimento, green pepper, olive and mayonnaise, spread on rounds of buttered nut bread. (Facts--The Key to Progress)

#### Creamed Tuna-Spaghetti

3 cups milk	1 cup spaghetti, in inch lengths
1/2 pound can tuna fish	1/4 tsp. paprika
3/4 tsp. salt	1 tbsp. butter
2 tbsps. flour	

Heat the milk. Add spaghetti; and cook tender in a double boiler or where the milk will not scorch. Add the fish, flaked, the salt and paprika. Thicken

with the flour blended with the butter. If desired, season further with a shredded pimento, a teaspoonful of minced parsley, celery salt or onion juice.  
(Ida Bailey Allen's Service Cook Book)

#### California Tuna a la Newburg

1/2 lb. can "white meat" tuna	2 egg yolks
1/2 cup butter	1/2 cup flour
1/4 lb. mushrooms	3 cups rich milk
1 cup ripe olives	1/2 cup sherry

Mix 1/2 cup butter with 1/2 cup flour, stir until well blended, then add 2 1/2 cups rich milk. Cook until thick and smooth, then add tuna broken into flakes and mushrooms sliced and sauted. Season to taste with salt, white pepper, paprika and a faint touch of mace. Cook 5 minutes. Remove from fire and add 2 egg yolks beaten with 1/2 cup cold milk. Simmer over hot water 2 to 3 minutes and add 1/2 cup sherry. Do not cook longer or the sauce may curdle, but the Newburg may be placed over hot water to keep warm. Just before serving fold in ripe olives sliced thin, and place in tiny pastry shells. (Facts--The Key to Progress)

#### Tuna Supreme

3/4 cup sliced mushrooms	1 7-oz. can tuna, flaked
2 tbsps. butter	2 tbsps. chopped parsley
1 tbsp. flour	1 tsp. salt
1 cup milk	1/8 tsp. pepper
1/2 cup soft bread crumbs	2 eggs, beaten

Saute mushrooms in butter. Blend in flour, add milk and cook until thickened, stirring constantly. Add crumbs, tuna, parsley, seasonings and eggs. Pour into greased shallow baking dish. Place in shallow pan of hot water and bake in moderate oven (350 degrees F.) about 40 minutes. Serves 6.

(250 Fish and Seafood Recipes--Culinary Arts Institute)

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