



FISH AND WILDLIFE SERVICE

For Immediate Release.

A rich opportunity for mealtime adventures awaits the housewife who explores the seafood markets today in search of new varieties of fish.

For example, New England's marine bill of fare includes so many items that it would be possible to make a different selection from it every day for two and a half months. In the Middle West more than 30 kinds of food fishes are found in local waters while Pacific coast waters yield some 55 varieties.

Any new species that is available is worth trying if a tested recipe for its preparation is at hand, declares the Fish and Wildlife Service of the United States Department of the Interior. To assist housewives who are in doubt about the cooking of new species, the Service is now offering free copies of its booklet, Wartime Fish Cookery.

In this illustrated, 24-page publication, salt-water and fresh-water species of fish are classified as to the fat content of the edible portion, and proper methods of cooking are suggested. "Some fish are fat, some lean; some are adapted to the preparation of the substantial main dish of the meal, others to the creation of salads and appetizers. By varying the method of cooking in accordance with these characteristics, the natural flavors and textures are preserved."

Basic rules for fish cookery, according to Service home economists, are few and easy to follow. For that reason, certain general principles may be applied to all classes of fishery products. For example, haddock, red snapper, halibut, and many other different kinds can be prepared according to the same recipe, and become an equally appetizing dish.

Because of the continuing meat shortage, more fish will be eaten than in pre-war years. Therefore, many housewives who apparently are unaware of the wide variety of fishery products on the market will discover in Wartime Fish Cookery how relatively easy it is to prepare economical and appetizing dishes.

Wartime Fish Cookery is available without charge upon request to the Fish and Wildlife Service, Division of Information, Chicago 54, Ill.

*Office Memorandum
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