

Office distribution  
10-10-47



# DEPARTMENT OF THE INTERIOR

## INFORMATION SERVICE

### FISH AND WILDLIFE SERVICE

For Immediate Release

#### KRUG URGES MORE FISH FOR USE ON TWO MEATLESS DAYS

Secretary of the Interior J. A. Krug today announced that he is urging the fishing industry to see that good supplies of fish and other seafoods are available in markets throughout the country on Tuesdays and Thursdays as well as on the traditional Friday fish-day.

President Truman has asked the nation to forego meats on Tuesdays and poultry and eggs on Thursdays in order to conserve food supplies.

"The fishing industry has always made special efforts to see that good supplies of fish in many varieties have been available for Friday use," Secretary Krug said. "From now on we are expecting the industry to make an equal effort to see to it that plenty of fish and other seafoods are available on the new meatless and eggless days. The industry has always sought to persuade housewives to use fish on days other than Friday and will welcome its present opportunity."

He also said that the Fish and Wildlife Service would join the industry in encouraging more retail stores to install adequate equipment for the handling of fishery products.

"The fishing industry is one of the few important elements in the food field that is capable of rapidly expanding its production at the present time. Literally millions of pounds of nutritious fish will be made available by the industry as soon as needed."

The Secretary said that he also had instructed the Fish and Wildlife Service to begin a campaign to teach housewives how to use fish economically.

Suggestions offered by the Service are:

Where to buy: Select a reliable market or store with facilities for handling fish adequately. Fresh fish should be well iced in the displays and frozen fish should be solidly frozen.

What to buy: For economy, look for items in abundant supply or for local or lesser known varieties of fresh fish; compare fresh and frozen fish prices. Fillets and steaks are economical because they have little waste and generally involve little cleaning or other preparation to make them ready for the pan.

Modern methods of refrigeration make possible the preparation of frozen products with flavor equal to that of fresh fish. Foods frozen while in prime condition and kept properly refrigerated, retain their fine, full flavor after defrosting.

How to select: The homemaker who buys fish only occasionally may have difficulty in accurately appraising quality and therefore must depend, to some extent, on the judgment of the retailer. Little trouble should be experienced in distinguishing between the various stages of freshness if the following factors are observed:

1. Whole fish, as a rule, should be rigid and flesh should be firm.
2. Odor should be mild and pleasant.
3. Eyes should be clear and full.
4. Gills should be reddish or pink in color.
5. Skin should be shiny and the color unfaded.
6. Frozen fish should be in a solidly frozen condition. There should be no trace of browning or dried-out appearance.

How to prepare: Many retailers make a practice of providing tasty recipes for the preparation of fish. Ask for such information. Follow cooking directions closely. It is important that fish be given its proper cooking time. Do not overcook.

Cuts of fish: Clerks are sometimes helpful in advising the better cuts for particular cookery, aiding in good selection, and suggesting good buys. Most retailers will prepare the fish in the form required for cooking. Buy your fish so there will be the least work for you in the kitchen. Fish may be obtained in the following forms:

Whole or round--fish as caught  
(Allow 1 pound per person)

Drawn--entrails only are removed  
(Allow 3/4 pound per person)

Dressed--entrails, head, tail, and fins are removed  
(Allow 1/2 pound per person)

Pan-dressed--prepared as above, perhaps split, ready for the pan  
(Allow 1/2 pound per person)

Fillets--side of fish cut away from bone, practically boneless  
(Allow 1/3 pound per person)

Steaks--cross sections of large fish  
(Allow 1/3 pound per person)

Chunks--thicker portions than steaks  
(Allow 1/3 pound per person)

How to handle in the home: Fish is a perishable item. Wrap in moisture-proof paper and place it in the refrigerator until time for preparation.

Do not allow fish, either fresh or frozen, to stand in water. If fish must be washed, do so quickly by dipping in cold water. Dry or drain immediately.

Frozen fish should be placed in the freezing unit of the refrigerator. To thaw, place it in the warmer section of the refrigerator or expose to room temperature. Frozen foods may be cooked without preliminary thawing if additional cooking time is allowed.

Additional information on fish preparation and cookery may be obtained from the Fish and Wildlife Service, Washington 25, D. C.

x x x