



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Immediate Release DECEMBER 8, 1949

ATTENTION OF FOOD EDITORS

PICTURE AVAILABLE

FISH ADD COLOR AND TASTE TO THE HOLIDAY MENU

As refreshments for holiday parties, for the buffet supper, and as interesting and unusual canapes and hors d'oeuvres for cocktail parties, home economists of the U. S. Fish and Wildlife Service suggest such delicious items as smoked salmon rolls, tuna fish a la king in puff shells, and sardine and egg spread appetizers.

Arranged on an open plate, garnished with grated egg yolk, strips of pimento, parsley, or paprika, the homemaker and hostess can delight her guests with appetizing surprises which lend a great deal to the festive occasions of the holidays.

Canned fish -- like salmon, tuna and sardines -- are easily stored on the pantry shelf, easy to prepare and can be made into a variety of delicious and different tidbits. The following recipes have been tested by FWS home economists in their kitchen at College Park, Maryland, and have been unusually well accepted.

SMOKED SALMON ROLLS

1 7 oz. can smoked salmon	4 tablespoons mayonnaise
1 teaspoon horse-radish	or salad dressing
2 tablespoons lemon juice	1 cup prepared pastry mix
1 teaspoon onion, grated	Paprika

Drain salmon and flake. Add seasonings and mayonnaise and blend into a paste. Prepare pastry according to directions on package. Roll very thin. Spread pastry with salmon mixture and cut into strips 2 x 3 inches. Roll in jelly roll fashion. Score top of rolls with a fork and sprinkle with paprika. Bake in a hot oven 425° F. for about 15 minutes or until brown. Serve hot or cold. Makes approximately 36 two-inch rolls.

TUNA FISH A LA KING IN PUFF SHELLS

1 13 oz. can tuna fish	3 tablespoons flour
$\frac{1}{4}$ cup green pepper, diced	2 tablespoons pimento, diced
3 tablespoons fat	$\frac{1}{2}$ teaspoon salt

Drain tuna and flake. Cook pepper in melted fat until tender. Add flour and stir until blended; add milk gradually and cook until thick and smooth, stirring constantly. Add flaked fish, pimento and salt. Heat thoroughly.

Cut the tops off the puff shells and fill with the creamed fish mixture. Sprinkle with paprika or chopped parsley. Fills 36 puff shells.

Any creamed fish or shellfish mixture may be used in place of the Tuna A La King.

PUFF SHELLS

$\frac{1}{2}$ cup flour	$\frac{1}{2}$ cup boiling water
$\frac{1}{8}$ teaspoon salt	2 eggs
$\frac{1}{4}$ cup butter or fortified margarine	

Sift flour and measure. Add salt and sift again. Combine butter and boiling water in saucepan; melt over low heat. Add flour all at one time and stir vigorously until mixture forms a ball and leaves the sides of the pan. Remove from heat.

Add unbeaten eggs one at a time, beating thoroughly after each addition; continue beating until a thick dough is formed. Drop by teaspoonfuls onto a greased baking sheet. Bake 20 to 30 minutes. Makes approximately 36 one-inch puff shells.

SARDINE AND EGG SPREAD APPETIZER

$\frac{1}{2}$ cup mashed sardines	$\frac{1}{8}$ teaspoon worchestershire sauce
$\frac{1}{2}$ cup grated egg yolk	4 tablespoons mayonnaise or
1 tablespoon lemon juice	salad dressing

Blend ingredients together forming a paste. Spread on bread cut in desired shapes. Garnish with grated egg yolk, strips of pimento and parsley. This spread will cover 36 small canapes.

x x x