



## DEPARTMENT OF THE INTERIOR

### INFORMATION SERVICE

#### FISH AND WILDLIFE SERVICE

For Release WEDNESDAY, FEBRUARY 15, 1950

#### HALIBUT AND SALMON STEAKS MAKE APPETIZING MEALS

Adequate supplies of tasty salmon and halibut are on the markets to meet the demands for Lenten meals, reports the U. S. Fish and Wildlife Service.

Both of these species have long been considered prized table delicacies. The halibut, a giant flounder from cold northern waters, is a lean fish with white, flaky meat. Salmon steaks, because of their natural juiciness, flavor, and color, are especially tempting during Lent. Halibut and salmon are usually sold at retail in the form of steaks and are marketed widely throughout the country.

The following recipes have been developed in the test kitchens of the Fish and Wildlife Service and approved by expert taste panels.

#### Baked Stuffed Halibut Steaks

2 halibut steaks,	Bread stuffing
about 1 pound each	4 tablespoons butter or other
1 teaspoon salt	fat, melted
1/8 teaspoon pepper	3 slices bacon (optional)

Sprinkle both sides of steak with salt and pepper. Place one steak in a well greased baking pan. Place stuffing on the fish and cover with the remaining steak. Fasten together with toothpicks or skewers. Brush top with melted fat and lay slices of bacon on top. Bake in a moderate oven 350° F. for 30 to 40 minutes or until fish flakes easily when tested with a fork. Remove carefully to a hot platter and take out fasteners, garnish and serve hot with a sauce. Serves 6.

#### Bread Stuffing

2 tablespoons onions, chopped	Dash pepper
1/2 cup celery, chopped	1/2 teaspoon thyme, sage,
3 tablespoons butter or other	or savory seasoning
fat, melted	2 cups day old bread
1/2 teaspoon salt	crumbs

Cook the celery and onions in the melted fat for about 10 minutes or until tender. Add the cooked vegetables and seasonings to the bread crumbs, and mix thoroughly. If dressing seems very dry, add 2 tablespoons water, milk or fish stock to moisten.

## Baked Salmon Steaks with Mushrooms

2 pounds salmon steaks	1 4-oz. can mushrooms
1 teaspoon salt	2 tablespoons lemon juice
1/8 teaspoon pepper	1 teaspoon grated onion
1/4 cup butter or other fat, melted	

Sprinkle steaks on both sides with salt and pepper. Place in a greased baking pan. Combine the drained mushrooms, butter, lemon juice and grated onion. Pour over the steaks. Bake in a moderate oven over 350° F. 30 to 35 minutes or until fish flakes easily when tested with a fork. Serve immediately on a hot platter. Serves 6.

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