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FISH AND WILDLIFE SERVICE

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RUNS OF SPAWNING SHAD ON MARKET HERALD SPRING

The annual run of shad, a harbinger of spring for the fisheries, is now under way, the U. S. Fish and Wildlife Service reports.

The highly prized shad is a migratory fish that appears yearly in coastal streams to spawn. Shad has long been regarded as fine food fish, but the catch has been steadily decreasing during the past 40 years. In 1897, the Atlantic coast shad catch amounted to more than 48 million pounds. The most recent complete data show a catch of 11 million pounds in 1947.

The Service's fish cookery experts recommend the following tested recipes for preparing shad and shad roe.

Baked Stuffed Shad

3 or 4 pound shad, dressed
1½ teaspoons salt
Bread stuffing
4 tablespoons butter or other fat, melted
3 slices of bacon (optional)

Clean, wash and dry the fish. Sprinkle inside and out with salt. Stuff fish loosely, and sew the opening with needle and string or close with skewers. Place fish in a greased baking pan. Brush with melted fat. Bake in a moderate oven 350° F. for 40 to 60 minutes or until fish flakes easily from the bone when tested with a fork. If fish seems dry while baking, baste occasionally with drippings or melted fat. Remove the string or skewers and serve immediately on a hot platter, plain or with a sauce. Serves 6.

Bread Stuffing

3 tablespoons onions, chopped
3/4 cup celery, chopped
6 tablespoons butter or other fat, melted
1 teaspoon salt
1/8 teaspoon pepper
1 teaspoon thyme, sage, or savory seasoning
4 cups day old bread crumbs

Cook the celery and onions in the melted fat for about ten 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.

Planked Shad

3 or 4 pound shad, dressed
1½ teaspoons salt
1/8 teaspoon pepper
4 tablespoons butter or other fat

Seasoned mashed potatoes
Seasoned cooked vegetables (peas, carrots, cauliflower, tomatoes or onions)

If hardwood plank is used, oil well and place in a cold oven and heat thoroughly as oven preheats.

Clean, wash and dry fish. Sprinkle inside and out with salt and peper. Brush with melted fat. Place fish on the hot oiled plank or on a greased oven glass or metal platter. Bake in a moderate oven 400° F. for 35 to 45 minutes or until fish flakes easily when tested with a fork. Remove from oven and quickly arrange a border of hot mashed potatoes around fish. Place in a preheated broiler until potatoes are slightly browned, about 5 minutes. Remove and arrange two or more hot vegetables around fish. Garnish with parsley and lemon or tomato wedges. Serve immediately on the plank. Serves 6.

Baked Shad Roe

1½ pounds shad roe
3/4 teaspoon salt
1/8 teaspoon pepper
2 tablespoons lemon juice
1 teaspoon onion, grated
4 tablespoons butter, melted
Paprika

Sprinkle roe with salt and pepper. Add the lemon juice and onion to the melted butter. Dip each roe into this mixture and place in a greased baking pan. Pour the rest of the fat over the fish. Bake in a moderate oven 350° F. for 25 to 30 minutes. Sprinkle with paprika. Serve immediately on a hot platter. Serves 6.

Shad Roe Meuniere

1½ pounds shad roe
3/4 teaspoon salt
1/8 teaspoon pepper
5 tablespoons butter or other fat
2 tablespoons lemon juice

Pat the roe dry on absorbent paper. Sprinkle both sides with salt and pepper. Heat fat in frying pan, when hot but not smoking fry roe at moderate heat until browned on one side. Turn carefully and brown the other side. Cooking time is about 12 minutes depending on the thickness of the roe. Remove carefully to a hot platter. To the fat left in the pan add 3 tablespoons of butter and heat until nut brown. Add the lemon juice and pour over the roe. Garnish and serve immediately. Serves 6.

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