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FISH AND WILDLIFE SERVICE

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Pictures of Oven-frying available on loan

OVEN-FRIED FILLETS BECOME DINNER FAVORITE

"Never underestimate the power of a movie," might become a new axiom. Even a recipe for cooking fish can get a boost if an attractive, brown-crust fillet catches the homemaker's eye.

Not more than two months ago the Fish and Wildlife Service released a movie on the use of fish in the school lunch program. One scene in the "Food for Thought" movie showed school cooks preparing delicious-appearing oven-fried fillets. That scene—viewed by homemakers at club meetings or over television—has brought numerous requests for the recipe.

The film couldn't show it, of course, but oven-fried fillets have much to recommend them besides attractive appearance and the ease with which they can be prepared. For example, practically no odor results from oven-cooking, and the sealed-in flavor adds measurably to the success of the meal—which is why some of the Fish and Wildlife home economists call oven-fried fillets "the bride's special". Here is the FWS recipe:

OVEN FRIED FILLETS

2 pounds fillets
1 tablespoon salt
1 cup milk
1 cup bread crumbs
4 tablespoons butter or other fat, melted

Cut fillets into serving-size portions. Add the salt to the milk and mix. Dip the fish in the milk and roll in crumbs; place in well-greased baking pan. Pour melted fat over fish. Place pan on shelf near the top of a very hot oven 500° F. and bake 10 to 12 minutes or until fish flakes easily when tested with a fork. Serve immediately on a hot platter, plain or with a sauce. Serves 6.

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