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DEPARTMENT OF THE INTERIOR

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FISH AND WILDLIFE SERVICE

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LAKE HERRING--IDEAL PAN FISH--STARTS FALL RUN

With the prices of many foods "sky-high" it is good to know that one of the best-eating fresh water fishes will soon be on the market in abundance, and at a relatively low price. The lake herring--variously called "cisco," "bluefin," "greenback," or just plain "herring"--is congregating in the Great Lakes for the annual fall run.

The herring run usually starts to fill the fishermen's nets about mid-October in Lake Superior--and shortly thereafter in Lakes Michigan, Huron, Ontario, and Erie. Heavy fishing usually continues until "zero" weather sets in sometime in December. Lake herring--not related to the sea-going variety, but to the white-fish--provides the largest yield of any species in the Great Lakes...around 20 million pounds a year.

Long a favorite pan fish, the lake herring is sold fresh or frozen...in the round, pan dressed, or as fillets. It has tender, white flesh...with a fine, delicate flavor. The following kitchen-tested recipes have been prepared by Fish and Wildlife Service home economists.

Fried Lake Herring

2 pounds fillets, or pan-dressed Lake Herring	1 egg
1 teaspoon salt	1 tablespoon milk or water
1/3 teaspoon pepper	1 cup bread crumbs, cracker crumbs, corn meal, or flour

Sprinkle fish with salt and pepper. Beat eggs slightly, and blend in the milk. Dip fish in the egg and roll in crumbs. Place fish in a heavy frying pan which contains about 1/8 inch melted fat, hot but not smoking. Fry at a moderate heat. When fish is brown on one side, turn carefully and brown the other side. Cooking time, about 5 to 8 minutes depending on the thickness of the fish. Drain on absorbent paper. Serve immediately on a hot platter, plain or with a sauce. Serves 6.

Baked Stuffed Lake Herring

2 pounds pan-dressed lake herring	Bread stuffing (recipe below)
1 teaspoon salt	3 slices of bacon

Remove backbones from fish. Sprinkle inside and out with salt. Stuff fish loosely, and close with skewers or toothpicks. Place fish in a greased baking pan. Place 1/2 slice bacon on top of each fish. Bake in a moderate oven 350° F. for 35 to 40 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 skewers and serve immediately on a hot platter, plain or with a sauce. Serves 6.

Bread Stuffing

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

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