



DEPARTMENT OF THE INTERIOR
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FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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WHITING WINS FAVOR WITH BUDGET-WISE HOMEMAKERS

Thrifty homemakers are discovering that whiting is one of the most reasonably priced protein foods to be found on the food market today. The supplies of this fish are abundant and the price is especially kind to the food budget, says the Fish and Wildlife Service.

Whiting, which is available in frozen form throughout the year, is sold as pan-dressed or fillets. It cooks easily and quickly, whether fried, baked, or broiled, and has a delicious flavor.

Probably the most popular method to cook this fish is by frying, the same as any other small fish. The bones of whiting will offer no problem if the fish is turned on its side and the meat forked away from the backbone.

The following recipes are offered by the home economists of the Fish and Wildlife Service:

Pan-Fried Whiting

2 pounds pan-dressed whiting	1 egg
1 teaspoon salt	1 tablespoon milk or water
Dash pepper	1 cup bread crumbs

Cut fish into serving size portions. Sprinkle both sides with salt and pepper. Beat egg 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 ten 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.

Oven-Fried Whiting Fillets

2 pounds whiting fillets	1 cup milk
1 tablespoon salt	1 cup bread crumbs
1/4 cup 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 a 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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