



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

*Office
Nov 11/41*

FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

For Release NOVEMBER 3, 1952

FWS SUGGESTS NEW RECIPE FOR NATIONAL TUNA WEEK

The week of November 6 to 15 has been designated as National Tuna Week. The Fish and Wildlife Service suggests you get "into the swim" with a new tuna recipe.

Canned tuna is on the United States Department of Agriculture's Plentiful Foods List for November. It is abundant and relatively low in cost. Ready to use in a variety of ways, the wise homemaker will keep several cans on hand to use during the holiday season when she is looking for ways to stretch her food dollar.

There are several different types and styles of canned tuna. Rated as "choice" is white meat, packed only from the albacore tuna. Next comes solid packed light meat, followed by chunks or bits, and flakes. These are packed from the meat of four other species of tuna. Tuna is canned with oil or without oil (in brine).

The home economists of the Service recommend Tuna and Cheese Biscuit Roll as a delectable but economical and easily prepared dish. You will like this idea of combining tuna, cheese and biscuit—three good foods all rolled up into a delicious "Main Dish".

TUNA AND CHEESE BISCUIT ROLL

- 2 7-ounce cans tuna fish
- 2 tablespoons onion, chopped
- 2 tablespoons butter or other fat, melted
- 2 tablespoons flour
- $\frac{1}{2}$ cup milk
- $\frac{3}{4}$ cup cheese, grated
- 2 cups biscuit mix

Drain and flake tuna. Cook onion in fat until tender. Blend in flour, add milk and cook until thick and smooth, stirring constantly. Add cheese and heat until cheese melts. Stir in tuna. Prepare biscuit mix according to directions. Roll dough into a rectangular piece about 12 inches long and 1/8-inch thick. Spread with tuna mixture. Roll like a jelly roll and seal ends and edge. Vent top of roll. Place on well-greased baking sheet. Bake in a hot oven 400°F., for 15-20 minutes or until brown. Serve hot. Serves six.

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