



DEPARTMENT OF THE INTERIOR
INFORMATION SERVICE

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FISH AND WILDLIFE SERVICE

For Release NOVEMBER 14, 1952

OVEN-FRIED HADDOCK FILLETS PROVIDE TASTY DINNER

Looking for something new, delicious, and especially tempting to serve for dinner tonight? Then try Over-Fried Haddock Fillets, suggest the home economists of the Fish and Wildlife Service.

The "oven-fried" method is one of the easiest and quickest ways to prepare haddock fillets. Outside they are crispy brown and tempting-looking—inside they are tender and juicy with all the delicate flavor sealed in.

If you serve haddocks cooked in this manner, along with tartar sauce, baked potatoes, string beans, a tossed salad, and then wind up with lemon pie, your family will rate you as the best cook in town.

OVEN-FRIED HADDOCK FILLETS

- 2 pounds haddock fillets
- 1 tablespoon salt
- 1 cup milk
- 1 cup bread crumbs
- $\frac{1}{4}$ cup butter or other fat, melted

Cut fillets into service-size portions. Add salt to milk. Dip fillets in milk and roll in crumbs; place on a shallow, well-greased baking pan. Sprinkle each piece of fish with fat. Bake in a very hot oven 500°F., for 10 to 12 minutes or until fish flakes easily when tested with a fork. Serve at once on a hot platter, plain or with a sauce. Serves six.

TARTAR SAUCE

- $\frac{1}{2}$ cup mayonnaise or salad dressing
- 1 tablespoon chopped onion
- 1 tablespoon chopped pickle
- 1 tablespoon chopped parsley
- 1 tablespoon chopped olives

Mix thoroughly and chill.

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