



DEPARTMENT OF THE INTERIOR  
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FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

HALIBUT ADDS VARIETY TO HOMEMAKERS' MENUS

Halibut--from the cold deep waters of the North Pacific--is now coming into market in good supply, reports the Fish and Wildlife Service.

The annual harvest of this prized table delicacy began on the west coast in the middle of May and will continue until midsummer.

Largest of the flounder or flatfish family, halibut have been taken as large as 500 pounds and as long as nine feet.

Homemakers can add variety to their menus during the summer months ahead by serving halibut, one of the finest food fishes. Its white flaky meat is lean and firm. The home economists of the Fish and Wildlife Service recommend Chinese Fried Halibut as a savory, economical, and easily prepared main dish.

CHINESE FRIED HALIBUT

- 2 pounds halibut steaks or fillets
- 1 teaspoon salt
- $\frac{1}{4}$  cup flour
- $\frac{1}{2}$  cup vinegar
- 1 cup sugar
- 1- $\frac{1}{3}$  cups water
- 3 chicken bouillon cubes
- 1 large green pepper, cut into strips
- 1 cup pineapple chunks, drained
- $\frac{1}{2}$  teaspoons water
- $\frac{1}{2}$  teaspoons soy sauce
- 3 tablespoons cornstarch

Sprinkle both sides of halibut with salt; roll in flour. Place fish in a heavy frying pan which contains about  $\frac{1}{8}$  inch fat, hot but not smoking. Fry at a moderate heat. When fish is brown on one side, turn carefully and brown other side. Cooking time about 10 minutes, depending on thickness of fish. Drain on absorbent paper. Combine vinegar, sugar, water, bouillon cubes, green pepper and pineapple; simmer for 10 minutes. Combine soy sauce, water and cornstarch. Add gradually to hot sauce and cook until thick, stirring constantly. Serve over fish. Serves 6.

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