

Office Use
7/7/53



DEPARTMENT OF THE INTERIOR
INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

For Release JULY 17, 1953

FRIED FISH DELIGHT

A real treat for your summer-time indoor cooking is delicious fried haddock. Imagine having crisp, golden brown fish without having to watch it cook. By using the "oven-fried" way, developed by the home economists in the Fish and Wildlife Service test kitchens, you can have fried fish in a jiffy, with a product that is bound to make a hit with the most discriminating gourmet.

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 serving 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, with lemon or with a sauce. Serves six.

x x x