



DEPARTMENT OF THE INTERIOR  
INFORMATION SERVICE

*Office file  
12/8/53*

FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

For Release DECEMBER 7, 1953

POPULAR FLOUNDER FILLETS ARE IN GOOD SUPPLY

Those universal fish favorites--flounders and soles--are currently in good supply in the food markets, reports the Fish and Wildlife Service.

In addition to its high nutritive value, this species is noted for its delicate flavor and its white flaky meat.

Packages of frozen flounder fillets, conveniently available in the grocer's frozen food cabinets, will yield inexpensive main dishes. The lean flesh accommodates itself to many interesting ways of preparing. Most popular, however, are fried or baked flounder fillets served with a sauce, such as the following recipe recommended by the home economists of the Fish and Wildlife Service:

FLOUNDER FILLETS WITH ALMOND SAUCE

- 2 pounds flounder fillets
- $\frac{1}{4}$  cup butter or other fat, melted
- $\frac{1}{4}$  cup chopped, blanched almonds
- 1 tablespoon flour
- $\frac{1}{4}$  teaspoon salt
- Dash pepper
- 1 cup milk

Cut fillets into serving-size portions. Fry fish in butter at a moderate heat. When fish is brown on one side, turn carefully and brown other side. Cooking time about 10 minutes depending on the thickness of the fish. Remove fish to a hot platter.

Fry almonds in butter left in skillet until golden brown. Blend in flour and seasonings. Add milk gradually and cook until thick, stirring constantly. Pour sauce over fish; garnish and serve immediately. Serves 6.

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