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FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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WHITING—A FOOD BARGAIN FROM THE SEA

Food dollars are getting punishing treatment these days--especially that part of the dollar earmarked for the purchase of the protein for good hearty main dishes. However, you can serve delicious and varied meals by using the many plentiful varieties of fish at your local market--especially by using the lesser known, less expensive varieties, such as whiting.

Whiting is abundant in your markets and it is inexpensive. It is available either pan-dressed or as fillets. These small fish cook easily and quickly, either fried, baked or broiled, although frying is generally the most popular method.

Remember, don't overcook fish. Whiting--and this applies to all fish--has no tough tissue to be tenderized. If overcooked, it will be dry and some of the delicate flavor will be lost; when cooked "to a turn", fish is juicy and has a distinctive flavor.

The bones in pan-dressed whiting offer no problem if the fish is turned on its side and the deliciously flavored white meat is forked away from the backbone.

The following recipe for pan-fried whiting is offered by the home economists of the Fish and Wildlife Service as the easiest, quickest and most popular way to prepare this budget-priced fish.

PAN-FRIED WHITING

- 2 pounds pan-dressed whiting
- 1 teaspoon salt
- Dash pepper
- 1 egg
- 1 tablespoon milk or water
- 1 cup bread crumbs

Sprinkle both sides of fish with salt and pepper. Beat egg slightly, and blend in the milk. Dip fish in the egg and roll in crumbs. Place fish in a heavy frying pan which contains about 1/8-inch melted fat, hot but not smoking. Fry at a moderate heat. When fish is brown on one side, turn carefully and brown the other side. Cooking time about ten minutes depending on the thickness of the fish. Drain on absorbent paper. Serve immediately on a hot platter, plain or with a sauce. Serves 6.

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