



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

For Release JUNE 17, 1954

SALMON STEAKS—A TABLE DELICACY

Salmon steaks, one of America's favorite foods, should be in good supply and moderately priced this summer, reports the Fish and Wildlife Service.

Salmon well deserves its popularity and has long been a prized table delicacy. Its natural juiciness, flavor and color are especially tempting. In addition, salmon is high in the important nutrients that we need every day—principally proteins, minerals and vitamins.

The summer run of salmon is now on along the Pacific Coast and Alaska. Available either fresh or frozen, salmon steaks are ready for your oven or broiler with no waste or preparation. They cook easily and quickly either baked, broiled, fried or poached, although baking and broiling are generally the most popular methods. Here are two favorite recipes of the Service's home economists.

Broiled Salmon Epicurean

- 2 pounds salmon steaks
- 1 teaspoon salt
- Dash pepper
- 1 teaspoon rosemary leaves
- 2 tablespoons white vinegar
- 3 tablespoons salad oil

Sprinkle both sides of steaks with salt and pepper. Add rosemary and vinegar to the salad oil; shake well, and let stand at room temperature for an hour or longer; strain. Dip fish in oil mixture, and place on a preheated, greased broiler pan about two inches from the heat. Broil 5 to 8 minutes or until slightly brown. Baste with oil, and turn carefully. Brush other side with oil, and cook 5 to 8 minutes more or until fish flakes easily when tested with a fork. Serve immediately. Serves 6.

Baked Salmon with Mushrooms

- 2 pounds salmon steaks or fillets
- 1 teaspoon salt
- Dash pepper
- 1 4-ounce can mushrooms, drained and sliced
- $\frac{1}{4}$ cup butter or other fat, melted
- 2 tablespoons lemon juice
- 1 teaspoon onion, grated

Sprinkle salmon on both sides with salt and pepper. Place in a well-greased baking dish. Combine mushrooms, butter, lemon juice, and onion. Pour over the salmon. Bake in a moderate oven, 350° F., for 30 to 35 minutes or until fish flakes easily when tested with a fork. Serve immediately on a hot platter. Serves 6.

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