



DEPARTMENT OF THE INTERIOR
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FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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"MAKE-YOUR-OWN" HALIBUT FISH STICKS

In Alaska a popular way to serve halibut is to cut the steaks into "sticks" and then barbecue them.

Fish sticks--the popular new breaded food item so much in demand throughout the country--are generally made from boneless fillets which have been prepared and frozen in a special way. Although the homemaker cannot expect to cut and prepare the sticks herself from most varieties of fish found today in retail markets, she can, however, make her own fish sticks from halibut steaks. These steaks are generally large in size and it is an easy job to remove the center bone.

Halibut are large flatfish--cousins of flounders and soles--taken from both the Atlantic and Pacific Ocean, in deep water. The main production season is from the middle of May to July but large quantities are frozen and widely marketed throughout the United States twelve months of the year. The flesh is lean and, when cooked, tender, white, flaky and of fine flavor.

The following recipe for halibut sticks is recommended by the Fish and Wildlife Service's home economists.

BARBECUED HALIBUT STICKS

- 2 pounds halibut steaks
- $\frac{1}{2}$ cup salad oil
- 1 teaspoon salt
- 1 clove garlic, minced
- 1 cup commercially prepared grated cheese
- 1 cup finely sifted bread crumbs

Combine oil, salt, and garlic. Cut fish into sticks, 1" x $\frac{1}{2}$ " x 2". Place in the garlic oil for a few minutes. Remove from oil, drain and roll in grated cheese. Roll in bread crumbs and place on well-greased baking sheet. Bake in a hot oven, 450° F., 12 minutes. Serve immediately on a hot platter, plain or with a sauce. Serves 6.

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