



DEPARTMENT OF THE INTERIOR  
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FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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BROILED BOSTON SCROD IS EASY TO PREPARE

Broiled Boston Scrod--as traditional with Bostonians as baked beans on Saturday night--is an easy-to-prepare fish dish which will please anyone who enjoys good food.

As featured in Boston's most famous eating places, scrod is simply small filleted haddock. Mrs. Homemaker can purchase this famous fish at her local market as frozen haddock fillets. Small haddock fillets are in particularly good supply right now and represent an economical and appetizing buy. These will average two or three fillets to a pound.

Here is a recipe for "Broiled Boston Scrod" recommended by the home economists of the Fish and Wildlife Service.

BROILED HADDOCK FILLETS

2 pounds haddock fillets  
1 teaspoon salt  
Dash pepper  
 $\frac{1}{4}$  cup butter or other fat, melted

Sprinkle fillets with salt and pepper. Place on a preheated, greased, broiler pan about two inches from the heat, skin side down. Brush fillets with butter. Broil five to eight minutes or until fish flakes easily when tested with a fork. Remove carefully to a hot platter, garnish, and serve immediately, plain or with a sauce. Serves 6.

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