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DEPARTMENT OF THE INTERIOR
INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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FISH STICKS - TIME SAVERS EVERYONE FAVORS

When you prepare seafood the modern way, as in golden-fried fish sticks, there is no cleaning, no waste, no breading, no defrosting, and no frying. Each fish stick is frozen individually so you can prepare as many or as few as you like at any time. They are low in price, readily available, flavorful, and certainly easy-to-prepare.

The fish mainly used in the preparation of the fish sticks are cod, haddock, pollock, salmon, and halibut, but other species are used in lesser amounts. The fish are filleted and the fillets are then frozen into uniform blocks. The frozen blocks are cut into rectangular shaped sticks weighing about one ounce. The sticks are dipped into batter, breaded, and fried in deep fat. The cooked sticks are then packaged, frozen, and shipped for distribution into retail outlets all over the United States.

A popular quick luncheon item, recommended by the home economists of the Fish and Wildlife Service, that will click with all members of the family, especially the small fry, are "fishburgers" served with tartar sauce. The preparations are simple, but the "fishburgers" are tasty and nutritious.

Place the fish sticks in a single layer in a baking pan. Bake in a hot oven, 400° F., for 15 to 20 minutes or until heated through and crisp. Place two fish sticks on a toasted buttered roll and serve with tartar sauce.

TARTAR SAUCE

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| ½ cup mayonnaise or salad dressing | 1 tablespoon chopped parsley |
| 1 tablespoon chopped onion | 1 tablespoon chopped olives |
| 1 tablespoon chopped pickle | |

Mix thoroughly and chill. Serves 6.

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