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FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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FISH STICKS - A VERSATILE FOOD

When you want an economical, convenient and versatile food to appease hot weather appetites, golden-fried fish sticks are the answer. They may be served for breakfast with scrambled eggs; luncheon with a tossed salad; snack time with a glass of milk; dinner as the main dish of the meal; midnight supper with crisp potato chips and a tempting beverage; or as a hot appetizer for an easily prepared hors d'oeuvre tray.

These oblong sticks of skinned, boned, breaded, precooked, and flash-frozen fish of numerous varieties are one of the most popular fish items on the market. This versatile food is also rated tops among the convenience foods as they are handy to store in the freezer, easy to prepare, and yet nutritious and delicious.

The home economists of the Fish and Wildlife Service recommend making hors d'oeuvres from golden-fried fish sticks to serve at your patio parties.

Cut each fish stick in three or four pieces and place 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. Spear each piece with a colored toothpick and serve with a tangy cocktail sauce.

COCKTAIL SAUCE

- 3/4 cup catsup
- 1/4 cup lemon juice
- 1/4 teaspoon salt
- 6 drops tabasco
- 3 tablespoons finely chopped celery

Combine all ingredients and chill. Serves six.

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