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DEPARTMENT OF THE INTERIOR  
INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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HADDOCK FILLETS ARE NUTRITIOUS, SAYS FWS

Easy to handle and quick to cook, haddock fillets are a good choice for the protein part of any meal, according to the Fish and Wildlife Service. They are versatile enough for company dinners or the simplest family fare.

Cooked without the addition of fat, haddock fillets are an excellent choice for weight-conscious persons as they are a low calorie, high protein food. When prepared with fat or served with a rich sauce, haddock fillets are equally as good in a weight-increasing diet. Haddock fillets are also a reliable source of the important B-complex vitamins--thiamine, niacin, and riboflavin as well as the important minerals--calcium, iron and iodine.

To retain the nutrients as well as insure maximum juiciness, tenderness, and general eating qualities, avoid overcooking haddock fillets. A good rule to follow is to cook only until the fish flakes easily when tested with a fork.

For a nutritious family dinner, the home economists of the Fish and Wildlife Service recommend "Haddock Fillets with Bread Stuffing."

HADDOCK FILLETS WITH BREAD STUFFING

2 pounds haddock fillets	1½ quarts soft bread cubes
1½ cups chopped celery	2 tablespoons milk
1/3 cup chopped onion	1 egg, beaten
1/4 cup butter or other fat, melted	2 tablespoons butter or other fat, melted
1/2 teaspoon salt	1/2 teaspoon paprika
1/2 teaspoon poultry seasoning	1/2 teaspoon salt

Thaw frozen fillets. Cut into serving-size portions. Cook celery and onion in butter until tender. Sprinkle salt and poultry seasoning throughout the bread cubes. Add to celery-onion mixture. Combine milk and eggs. Pour over bread cubes and mix well. Spread stuffing in a shallow, well-greased baking pan. Place fish in a single layer on stuffing. Mix butter, paprika, and salt. Cover fish with the sauce. Bake in a moderate oven, 350° F., for 30 minutes or until fish flakes easily when tested with a fork. Serves 6.

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