



## DEPARTMENT OF THE INTERIOR

### INFORMATION SERVICE

UNITED STATES FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

#### TRY BOILED SALMON WITH EGG SAUCE

There is a tradition in classic New England cuisine that the Fourth of July opens the season for eating fresh salmon, new potatoes, and new peas. This is a colorful, flavorful, and nutritious combination. For fishermen or gardeners, this is a meal made from the fruits of their labors.

Salmon are caught in both the North Atlantic and North Pacific Oceans, and in certain fresh water streams entering these oceans.

The flesh is fine in texture, yet firm and moist. It varies in color from almost white to bright red. The protein content is substantial. Salmon also contain the important minerals and vitamins necessary for proper nutrition of the body.

Regardless of where you reside, the home economists of the Fish and Wildlife Service of the Department of the Interior suggest that this summer you try this traditional New England menu which contains "Boiled Salmon with Egg Sauce", new potatoes and peas.

#### BOILED SALMON WITH EGG SAUCE

2 pounds salmon steaks or fillets	3 tablespoons salt
2 quarts boiling water	Egg sauce

Cut steaks into serving-size portions and place in a wire basket or on a plate. If a plate is used it should be tied in a piece of cheesecloth. (This will prevent the fish from breaking up and facilitates removal when cooked.) Lower the fish into the salted boiling water and simmer about 10 minutes or until it flakes easily when tested with a fork. Remove fish carefully to a hot platter. Cover with egg sauce. Serves 6.

#### EGG SAUCE

2 tablespoons butter or margarine	Dash pepper
2 tablespoons flour	1 cup milk
1/2 teaspoon salt	3 hard-cooked eggs, chopped

Melt butter; blend in flour and seasonings. Add milk gradually and cook until thick and smooth, stirring constantly. Add eggs; heat. Serves 6.