



## DEPARTMENT OF THE INTERIOR

### INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

#### FISH AND EGGS - A GOOD SPRINGTIME COMBINATION

The Department of the Interior reports that spring supplies of fresh fish and shellfish are now coming on the market with the result that there is a great variety of highly nutritious and delicious seafood available to the consumer in all parts of the country and to fit every pocketbook.

The following are in especially good supply: shad, halibut, salmon, ocean perch, yellow perch, flounder and sole, and crab meat. Canned items, particularly tuna and California sardines, are also in heavy supply and priced right too.

Since the spring supply of eggs is so heavy, particularly in the medium and large sizes, and since prices are at their lowest level in 20 years, the home economists of the Department's Bureau of Commercial Fisheries have developed these special kitchen tested recipes, combining fish and eggs, to help make mealtime a pleasure during the spring and summer months as well as to enable the housewife to stretch her budget dollar by taking advantage of items that are in heavy supply.

#### BAKED FILLETS WITH PUFFY CHEESE SAUCE

2 pounds fillets, fresh or frozen	$\frac{1}{4}$ cup grated cheese
$\frac{1}{4}$ cup mayonnaise or salad dressing	2 egg yolks, beaten
1 tablespoon chopped sweet pickle or pickle relish	2 egg whites, beaten

Thaw frozen fillets. Cut into serving-size portions. Place in a single layer in a well-greased baking pan, 13 x 8 x 2 inches. Combine mayonnaise, sweet pickle, cheese, and egg yolk. Fold in egg white. 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 and the sauce is brown. Serves 6.

### SCRAMBLED CRAB AND EGGS

1 pound crab meat  
1/4 cup chopped bacon  
1/4 cup chopped onion  
4 eggs, beaten

1/4 cup milk  
3/4 teaspoon salt  
Dash pepper  
Toast points

Remove any shell or cartilage from crab meat. Fry bacon until lightly brown. Add onion and cook until tender. Combine eggs, milk, seasonings, and crab meat. Add to onion mixture and cook until eggs are firm, stirring occasionally. Serve on toast points. Serves 6.

### TUNA SOUFFLE

1 can (6 1/2 or 7 ounces) tuna  
1/4 cup butter or other fat  
1/4 cup flour  
1/2 teaspoon salt  
Dash pepper

1 cup milk  
1 teaspoon Worcestershire  
sauce  
1/2 cup grated cheese  
6 egg yolks, beaten  
6 egg whites, beaten

Drain tuna. Flake. Melt butter; blend in flour and seasonings. Add milk gradually and cook until thick and smooth, stirring constantly. Add Worcestershire sauce, cheese, and tuna; continue heating until cheese melts. Stir a little of the hot sauce into egg yolk; add to remaining sauce, stirring constantly. Fold into egg white. Pour into a well-greased, 2-quart casserole. Bake in a moderate oven, 350° F., for 45 minutes or until soufflé is firm in the center. Serves 6.

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