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DEPARTMENT OF THE INTERIOR
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FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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EVER TRY A SEAFOOD BARBECUE?

With summer here, it's cook-out time again. So dust off the outdoor barbecue grill and join the swing to outdoor eating--America's No. 1 summer pastime. Here's a chance for Dad to show off his culinary talents and for Mom to "live it up".

If you are planning a backyard barbecue, a picnic, or a beach party, here's a tip--an outdoor fish cookery tip--from the home economists of the Bureau of Commercial Fisheries, U. S. Fish and Wildlife Service. They suggest you try "Grilled Trout", "Barbecued Shrimp Kabobs", "Barbecued Salmon Steaks", or "Flounder Dinner".

To round out your outdoor seafood barbecue, wrap potatoes and your favorite vegetables separately in heavy-duty foil and cook them on the barbecue grill, right along with the fish or shellfish. The final touch--a cool, refreshing beverage.

For summer outdoor eating pleasure, try fish and shellfish often during the months ahead.

GRILLED TROUT

6 pan-dressed trout or other small fish, fresh or frozen	1 tablespoon lemon juice 1 teaspoon salt
$\frac{1}{4}$ cup French dressing	$\frac{1}{4}$ teaspoon pepper

Thaw frozen trout. Clean, wash, and dry each fish. Combine remaining ingredients. Brush each fish inside and out with the sauce. Place fish in well-greased hinged grills. Grill over moderately hot coals for 15 to 20 minutes. Turn and brush with sauce. Grill for 15 minutes longer or until the fish flakes easily when tested with a fork. Serves 6.

FLOUNDER DINNER

2 pounds flounder fillets or other fish fillets, fresh or frozen	1 teaspoon salt
2 green peppers, sliced	Dash pepper
2 onions, sliced	1 teaspoon paprika
	2 tablespoons lemon juice
	$\frac{1}{4}$ cup butter or other fat, melted

Thaw frozen fillets. Cut into serving-size portions. Place each portion of fish in the center of a 12-inch square of heavy-duty foil. Top with green pepper and onion. Combine salt, pepper, paprika, lemon juice, and butter. Pour over fish. Bring edges of foil together and seal tightly. Place packets of fish on preheated barbecue grill about 4 inches from moderately hot coals. Grill for 1 hour or until the fish flakes easily when tested with a fork. Serves 6.

BARBECUED SHRIMP KABOBS

$\frac{3}{4}$ pound cooked shrimp, fresh or frozen	$\frac{1}{4}$ cup soy sauce
12 slices bacon	$\frac{1}{4}$ cup salad oil
1 can ($1\frac{1}{2}$ ounces) pineapple chunks, drained	$\frac{1}{4}$ cup lemon juice
1 can (4 ounces) button mushrooms, drained	$\frac{1}{4}$ cup chopped parsley
	$\frac{1}{2}$ teaspoon salt
	Dash pepper

Thaw frozen cooked shrimp. Fry bacon slowly until cooked but not crisp. Cut each slice in half. Using long skewers, alternate shrimp, pineapple, mushrooms, and bacon until skewers are filled. Combine soy sauce, salad oil, lemon juice, parsley, salt, and pepper. Brush kabobs generously with sauce and place on preheated barbecue grill about 4 inches from moderately hot coals. Broil 3 minutes, turn and brush with sauce. Broil 3 minutes longer or until lightly browned. Serves 6.

BARBECUED SALMON STEAKS

2 pounds salmon steaks or other fish steaks, fresh or frozen	1 can (8 ounces) tomato sauce
$\frac{1}{4}$ cup chopped onion	1 tablespoon lemon juice
2 tablespoons chopped green pepper	1 tablespoon lime juice
1 clove garlic, finely chopped	1 tablespoon sugar
2 tablespoons butter or other fat, melted	1 tablespoon Worcestershire sauce
	2 teaspoons salt
	$\frac{1}{4}$ teaspoon pepper

Thaw frozen steaks. Cut into serving-size portions. Place fish in a single layer in a shallow baking pan. Cook onion, green pepper, and garlic in butter until tender. Add remaining ingredients and simmer for 5 minutes, stirring occasionally. Chill. Pour sauce over fish and marinate for 30 minutes, turning once. Place fish in well-greased hinged grills. Grill over moderately hot coals for 7 to 10 minutes. Turn and brush with sauce. Grill for 5 minutes longer or til the fish flakes easily when tested with a fork. Serves 6.

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