



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

OYSTERS ARE IDEAL FOR LENT

April is known to be one of the best oyster months of the year--the coldness of the waters during the winter seems to give an added zest and taste appeal to this ever pleasing delicacy from the sea. Oysters grow or are cultivated in the waters of nearly every seaboard State. All domestic oysters are harvested from waters approved by officials of the United States Public Health Service or their counterparts in the States.

Oysters have a special appeal to the busy homemaker during this Lenten season as they are easy to prepare--no waste from trimmings, entirely edible, and easy to serve. They can be served raw on the half shell or as a cocktail or cooked in a variety of ways such as stews, chowders, baked, broiled, fried, or in combination dishes.

To retain the delicate, distinctive flavor of oysters, never cook them too long, just enough to heat them through and leave them plump and tender.

And nutritionally speaking, they are tops! An average serving of six oysters will supply more than the daily allowance of iron and copper, about one-half the iodine, and about one-tenth of the needed protein, calcium, magnesium, phosphorus, Vitamin A, thiamine, riboflavin, and niacin.

The home economists of the Bureau of Commercial Fisheries, United States Department of the Interior, recommend "Oysters Remick" for a tempting cool weather Lenten dish.

OYSTERS REMICK

36 shell oysters*	$\frac{1}{4}$ teaspoon paprika
2 cups mayonnaise	6 drops tabasco
2 teaspoons lemon juice	Dash pepper
$\frac{1}{4}$ cup chili sauce	2 tablespoons butter or other fat, melted
1 tablespoon prepared mustard	$\frac{1}{2}$ cup dry bread crumbs
$\frac{1}{2}$ teaspoon salt	

Scrub shells well; rinse in cold water. Shuck and drain oysters; place on deep half of shell. Place shells in a shallow baking pan. Combine mayonnaise, lemon juice, and seasonings. Spread mixture over oysters. Combine butter and crumbs; sprinkle over top. Broil about 3 inches from source of heat for 5 minutes or until edges begin to curl. Serves 6.

*If shell oysters are not available, $1\frac{1}{2}$ pints select oysters may be used. Drain oysters and arrange on a shallow, well-greased baking dish. Spread with seasonings, and cook as above.

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