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DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

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Housewives may render a patriotic service and at the same time assure themselves of a more even supply of certain foods this winter by serving fish oftener than usual during the next few weeks, according to the Fish and Wildlife Service of the United States Department of the Interior.

With landings of many species, especially in the New England area, sharply up over last year, unusual quantities have been processed by freezing establishments and are occupying storage space badly needed for later catches, officials of the Service said.

Haddock, rosefish, and cod, the three leading New England species, are among the fish now in most plentiful supply. Most of this frozen stock is in the convenient filleted form, ready for easy preparation.

Filleted fish from New England have long been popular in the middle west, which is the chief market for rosefish, and abundant supplies are now available in all sections east of the Mississippi.

Although the rosefish, practically unknown only ten years ago, is now caught in larger quantity than any other New England fish, the markets for this product have already become so well established that the quantity of rosefish in storage is somewhat less than that of cod and haddock.

Cod, haddock, and rosefish are caught on the ocean floor off the New England coast by a fleet of trawlers which drag cone-shaped nets on the bottom. A number of trawlers were requisitioned for military service at the beginning of the war. Some of these, however, have now been returned and some new boats have been built, so that the fleet is able to make larger catches than in 1942 and 1943.

Although the rosefish is not related to the cod and haddock, the meat of all three is somewhat similar, being white, flaky, and tender. All may be prepared by a variety of methods, of which the following are suggested by home economists of the Fish and Wildlife Service:

Broiled Fillets

2 pounds fillets of cod, haddock, or rosefish
3 tablespoons butter or fortified margarine
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
paprika

Wipe fillets with damp cloth and place on an oiled rack of broiled pan. If skin is left on fish, fish should be placed on rack skin side down. Brush top of fish with butter, season with salt and pepper and sprinkle with paprika. Place fish in a preheated broiler and broil two inches from the heat for about fifteen minutes or until brown. Then turn and brush with butter, season with salt and pepper and sprinkle with paprika. Continue broiling until done. (Serves 6)

Baked Cod in Tomato Sauce

2 pounds cod fillets
1 small clove garlic, minced
1 small onion, minced
2 tablespoons celery, minced
2 tablespoons green pepper, minced (Optional)
3 tablespoons flour
2 cups tomato (strained)
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper

Wipe fish with a damp cloth then arrange in oiled baking pan. Cook garlic, onion, celery and green pepper in oil until tender but not brown. Add flour and, when smoothly blended, tomato, and bring to the boiling point, stirring constantly. Add seasonings. Pour over the fish and bake in a moderately hot oven 375°F., thirty minutes. (Serves 6)

Baked Haddock Fillets

2 pounds haddock fillets
 $\frac{1}{4}$ cup melted fat
2 tablespoons lemon juice
1 teaspoon minced onion
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ cup finely chopped parsley

Wipe the fish, remove any bones, and cut it into pieces for serving. To the melted fat, add the lemon juice, minced onion, and salt. Dip each piece of fish in this mixture and place in a greased, shallow baking dish, and pour the rest of the fat over the fish. Bake in a moderately hot oven (350°F) about 25 minutes. If not sufficiently browned, put under the flame of the broiling oven. Sprinkle the parsley over the fish and serve. (Serves 6)

Fried Rosefish

2 pounds rosefish fillets
1 egg
3/4 cup bread crumbs
1/2 teaspoon salt
1/8 teaspoon pepper

Roll fillets of fish in finely sifted bread crumbs then dip into a beaten egg to which salt and pepper has been added, then again into bread crumbs. Place one layer of fish in frying basket. Immerse in deep fat preheated to 375°F. and fry until golden brown. Cooking time from 3 to 5 minutes. Drain on brown paper. Serve with lemon garnish. (Serves 6)

Savory Fillets of Haddock

2 pounds haddock fillets
1 clove garlic
2 tablespoons salad oil
3 cups tomato pulp
2/3 teaspoon salt
1/8 teaspoon pepper
1 bay leaf
6 whole cloves
Pinch of thyme, marjoram or basil

Mince garlic very fine and cook two minutes in oil. Add tomato, seasonings and flavorings and simmer until thick, about half an hour. Arrange fillets in a pan, pour sauce over them and bake in a moderate oven, 350°F., about 25 minutes. (Serves 6)