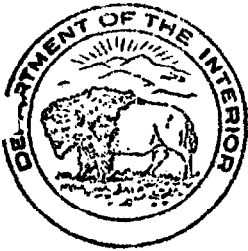*office Dee 1/19/54*

DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE   FOR FOOD EDITORS

For Release JANUARY 22, 1954

FISH CHOWDERS ARE SAVORY DISHES

What could be more pleasant when coming in from a cold winter day than to know that a savory fish chowder is a-cooking in the kitchen? Few cold weather dishes better satisfy those ravenous appetites than large bowls of steaming fish chowder.

Fish chowders have a lot to offer the homemaker, particularly the economy-minded and busy ones. These chowders are one means of providing a hearty dish that is not only full of good nourishment, but is extremely flavorful. Chowders are honest, hearty soups which, when served with bread, salad, and dessert, make a sub-stantial family meal or an informal party supper. Also, they are economical since the fish costs are relatively inexpensive.

Here are two fish chowder recipes recommended by the home economists of the Fish and Wildlife Service which you'll like. Either fresh-water or salt-water fish fillets may be used to prepare these wholesome and delicious chowders.

NEW ENGLAND FISH CHOWDER

1 pound fillets
$\frac{1}{4}$ cup chopped bacon or salt pork
$\frac{1}{4}$ cup chopped onion
1 cup water
1 cup diced potatoes
$\frac{1}{2}$ teaspoon salt
Dash pepper
2 cups milk
Parsley

Cut fillets into one-inch pieces. Fry bacon until lightly brown. Add onion and cook until tender. Add water, potatoes, seasonings, and fish. Cook about 15 minutes or until potatoes are tender. Add milk; heat. Garnish with copped parsley sprinkled over the top. Serves 6.

MANHATTAN FISH CHOWDER

1 pound fillets
$\frac{1}{4}$ cup chopped bacon or salt pork
$\frac{1}{2}$ cup chopped onion
$\frac{1}{2}$ cup chopped green pepper
1 cup chopped celery
1 cup water
1 cup diced potatoes
$\frac{1}{4}$ teaspoon thyme
1 teaspoon salt
Dash cayenne
2 cups tomato juice

Cut fillets into one-inch pieces. Fry bacon until lightly brown. Add onion, green pepper, and celery; cook until tender. Add water, potatoes, seasonings, and fish. Cook about 15 minutes or until potatoes are tender. Add tomato juice; heat. Serves 6.

<p align="center">x x x</p>