



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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FLOUNDER--A UNIVERSAL FAVORITE

In discussing the merits of their favorite fish, a westerner may praise his rockfish, an easterner his shad, and a southerner his pompano, but all will agree that no matter where you live, flounder is a universal favorite.

Flounder is nationally known because it is caught in all of our coastal waters and is not only sold fresh but is also filleted, frozen, and shipped to all parts of the United States. Fillets are the sides of fish cut lengthwise away from the backbone and are practically boneless, requiring no preparation for cooking.

Flounder, a white meat fish with a sweet, rich flavor, is in plentiful supply. It may be prepared by any of the basic cooking methods of frying, baking, broiling, boiling, or in an endless variety of combination dishes.

The home economists of the Department of the Interior's Bureau of Commercial Fisheries suggest using flounder fillets in preparation of "Flounder Turbans".

FLOUNDER TURBANS

2 pounds flounder fillets, fresh	Dash pepper
or frozen	Bread stuffing
1 teaspoon salt	$\frac{1}{4}$ cup butter or other fat, melted

Thaw frozen fillets and skin if necessary. Sprinkle fillets with salt and pepper. Line 12 well-greased muffin tins with fillets, overlapping ends of fillets. Place ball of stuffing in center of each. Brush tops with butter. Bake in a moderate oven, 350°F., for 25 to 30 minutes or until fish flakes easily when tested with a fork. Serves 6.

BREAD STUFFING

$\frac{1}{4}$ cup chopped onion	1 teaspoon thyme, sage, or savory
$\frac{3}{4}$ cup chopped celery	seasonings
$\frac{1}{3}$ cup butter or other fat, melted	Dash pepper
1 teaspoon salt	1 quart soft bread cubes

Cook onion and celery in butter for 10 minutes or until tender. Combine all ingredients; mix thoroughly. If stuffing seems very dry, add 1 tablespoon water or milk to moisten.

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