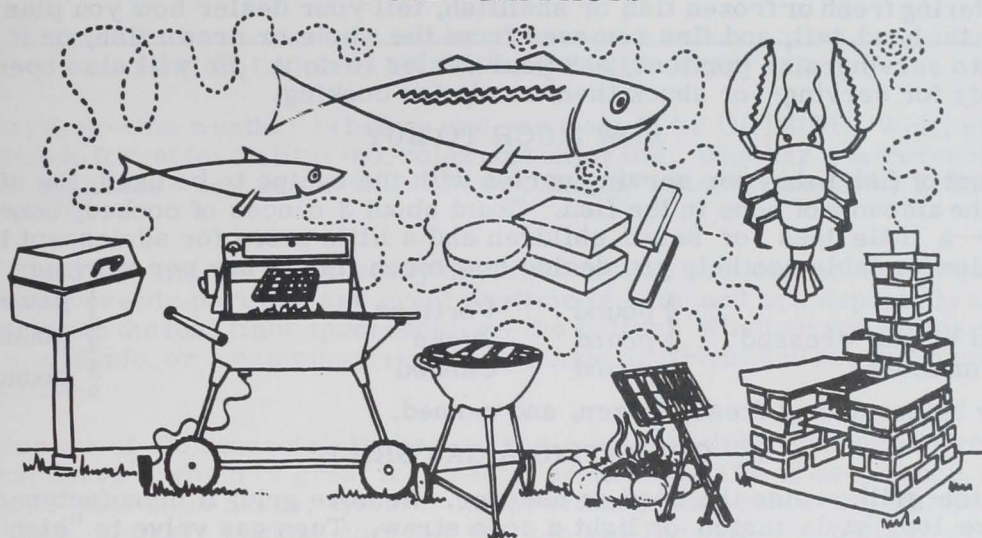


FOOD FISH FACTS



Outdoor Fish Cookery.

Thousands of people agree that food rarely tastes better than when properly cooked out-of-doors. The reason? Probably because the open air, the relaxed, congenial atmosphere, and the tantalizing aroma of outdoor cookery all combine to whet the appetite and sharpen the taste.

Fish and shellfish are no exception to this happy rule, and almost all varieties adapt readily to outdoor cooking and eating. Whether your equipment is a simple charcoal grill, an elaborate electric or gas grill, or a primitive campfire, the results can be equally successful and the eating equally good. The four important rules to remember for successful outdoor seafood cookery are:

1. Care in selecting and preparing the fish and shellfish;
2. Cooking the seafood until just flaky when tested with a fork. Overcooking of tender, succulent fish and shellfish is apt to toughen and dry them;
3. Controlling the heat; and
4. Marinating, basting, or coating the fishery products to keep the juices in and dryness out.

HOW TO BUY

Fish are marketed in various forms for different uses. Know these forms or "cuts" when you buy:

WHOLE - as the fish comes from the water. Before cooking, it must be eviscerated and scaled; usually the head, tail, and fins are also removed.

DRAWN - whole, eviscerated fish. Usually the head, tail, and fins removed.

DRESSED OR PAN-DRESSED - whole, eviscerated and scaled fish. Usually the head, tail, and fins are removed. Ready to use.

STEAKS - cross-section slices from large dressed fish. Ready to use.

FILLETS - sides of the fish, cut length-wise away from the backbone. Ready to use.

STICKS AND PORTIONS - pieces of fish cut from blocks of frozen fillets and having uniform sizes, ranging in weight from one to several ounces. Ready to use.

CANNED FISH - includes many varieties of both fish and shellfish.

(Continued following page.)

When ordering fresh or frozen fish or shellfish, tell your dealer how you plan to serve it. If you wish the head, tail, and fins removed from the whole or drawn fish, or if you wish the fish cut into serving-size portions, ask your dealer to do it. He will also open oysters or clams ready for serving--or shuck them ready for cooking.

HOW MUCH TO BUY

The amount of fish to buy per serving varies with the recipe to be used, the size of the serving, and the amounts of bone in the fish. Count about 3 ounces of cooked, boneless fish as a serving--a little less for small children and a little more for adolescent boys and men. The following table can help you decide how much fish to buy per serving:

Whole	$\frac{3}{4}$ pound	Portions	$\frac{1}{3}$ pound
Dressed or pan-dressed	$\frac{1}{2}$ pound	Sticks	$\frac{1}{4}$ pound
Fillets or steaks	$\frac{1}{3}$ pound	Canned	$\frac{1}{6}$ pound

Fish may be purchased fresh, frozen, and canned.

OPERATING A GAS GRILL

To light the grill--raise the hood or uncover. Remove grid, if manufacturer recommends. Strike long style match or light a soda straw. Turn gas valve to "high"--follow manufacturer's instructions if grill has pilot light. Hold match at ignition point.

Leave valve on "high" to preheat, but do not lower hood. If burner is below food, preheat for 10 to 15 minutes. If burner is above food, preheat for one minute.

Before placing food on grid or rotisserie, adjust valve to proper setting. Experience and personal preference will help you learn best setting. With outdoor grills, allow for climate conditions.

Follow manufacturer's directions for cooking on grid and rotisserie and for grill cleaning.

OPERATING A CHARCOAL GRILL

If your grill is of the charcoal variety, here's how to start the fire:

Line the bottom of the fire bowl with heavy-duty aluminum foil for easier cleaning later. To prevent the grill from burning out, line the bottom of the firebox with a layer of small pebbles or vermiculite. This permits the fire to breathe, giving more heat from the coals. Make charcoal layer slightly wider all around than the food to be cooked on the grill.

Start the fire sufficiently in advance so you will have a good bed of coals when you start barbecuing. One method used, which takes about 45 minutes, is to stack briquets in pyramid, and soak lightly with any recommended charcoal lighting fluid. Let stand 1 minute, then light. Many commercial forms of lighter fluid, easily ignited mats, and other lighting aids are available. **WARNING: AT ALL TIMES TAKE NECESSARY PRECAUTIONS WHEN LIGHTING THE FIRE. NEVER USE GASOLINE!** When the surface is covered with a gray ash, spread the coals evenly and the fire is ready.

FOR SMOKY FLAVOR

Wood chips from apple, oak, maple, hickory, and cherry give smoke flavor to fish. Soak chips in water at least an hour before using, so they will give maximum smoke and not burn too rapidly. On a charcoal grill, add a few chips at a time to the charcoal while cooking. If chips flame up, add more wet chips. For a gas grill, scatter wet chips directly on the ceramic briquets for added flavor, or--for a more subtle flavor--wrap them in perforated foil before placing them on the briquets.

REMEMBER

NEVER OVERCOOK FISH. Cook only until they flake easily when tested. (Source: National Marketing Services Office, BCF, U.S. Dept. of the Interior, 100 East Ohio, Rm. 526, Chicago, Ill. 60611.)

FISH SQUARES ARE "IN" FOR THE "OUT" CROWD

Summertime--the weather is balmy and you want to be OUTSIDE. Well, summertime's the right time to forget formality--so, relax and enjoy life. Whether you're feeding the family or the boss, go ahead--now is the time to cook and eat outside where the breeze is soft and the sun is warm.

What could be simpler than ready-in-minutes fish portions cooked to perfection on a grill? Freezer-ready portions are great anytime of year and are especially appropriate in the summer when the less time spent cooking--the better! Whether you're planning a dinner on the patio, a picnic, or a camping trip, fish portions are right and ready, no muss--no fuss, just good eating.

The Bureau of Commercial Fisheries has a new recipe, "Charcoal Broiled Portions with Choron Sauce", which is great for special occasions. The Choron Sauce, a variation of the world-famous Bearnaise Sauce, elevates the practical, good-every-day fish portion into the gourmet class. Quickly cooked corn on the cob and flavorful broccoli or other in-season vegetables complete the feast. Be sure to have plenty of fish portions on hand; they will be eaten almost as quickly as you can grill them.

Did you know that fish portions are generally made from groundfish which includes cod, haddock, and pollock? The tender, serving-size pieces are cut from frozen blocks of fish filets and are 100 percent edible. Portions are always sold frozen and may be purchased breaded or unbreaded and either raw or partially cooked. They come in a variety of sizes and shapes to fit all needs. Keep frozen until ready to use, and cook without thawing. Fish portions may be baked, deep-fat fried, oven-fried, pan-fried, broiled, or charcoal broiled on a grill.

CHARCOAL BROILED PORTIONS WITH CHORON SAUCE

12 frozen raw breaded fish portions
(2 $\frac{1}{2}$ to 3 ounces each)
1 cup oil
Paprika
Choron Sauce

Choron Sauce

$\frac{1}{2}$ cup butter or margarine 1 teaspoon instant minced onion
 $\frac{1}{4}$ cup water 1 teaspoon dried parsley flakes
4 egg yolks $\frac{1}{4}$ teaspoon salt
2 tablespoons tarragon Dash cayenne
vinegar 3 tablespoons tomato paste

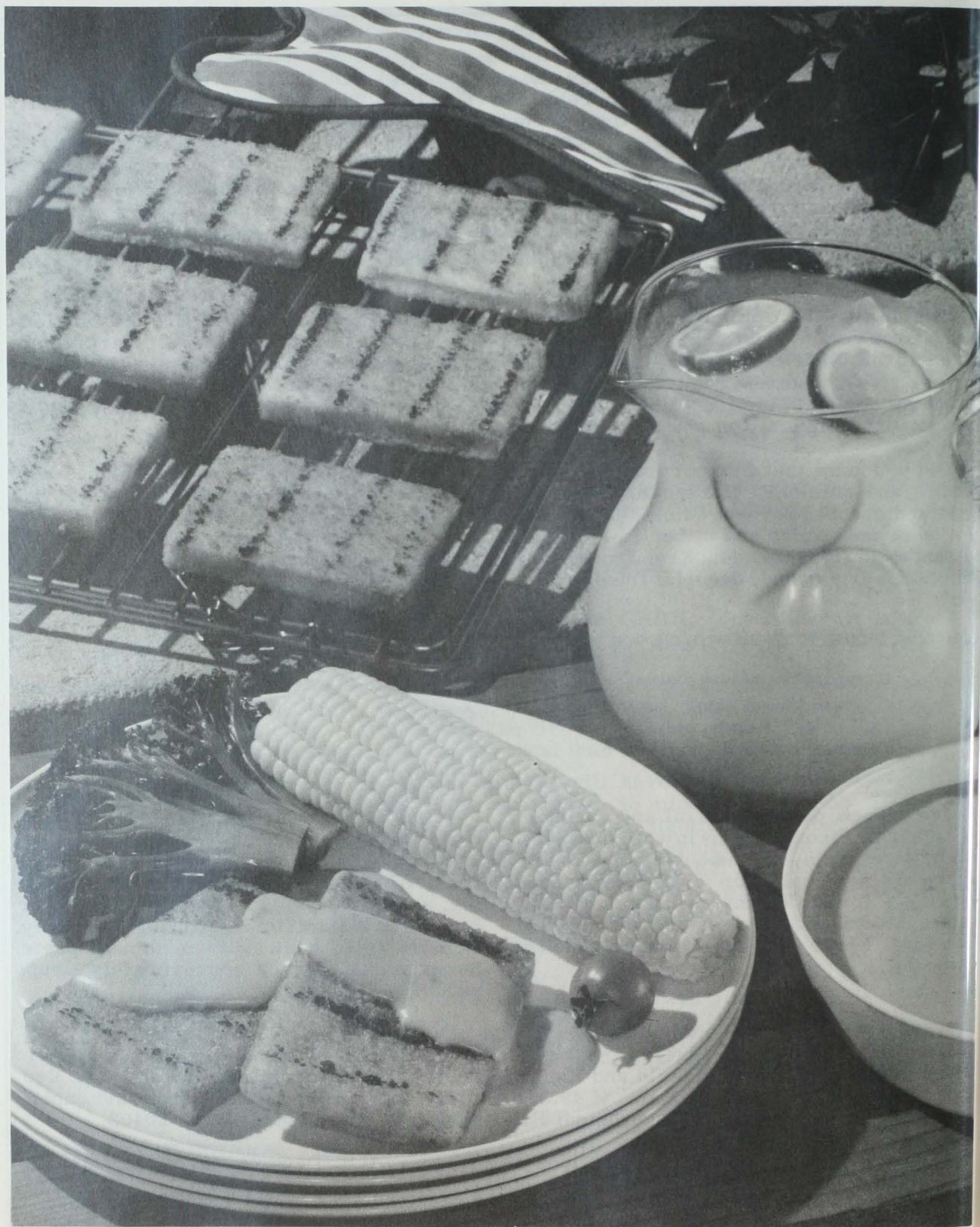
Dip frozen portions in oil and sprinkle with paprika. Place portions in well-greased, covered, wire grills, cook about 4 inches from moderately hot coals for 5 to 7 minutes. Turn. Cook for 5 to 7 minutes longer or until fish are brown and flake easily when tested with a fork. Serve with Choron Sauce. Makes 2 servings.

Melt butter in water in top of double boiler over direct heat. Remove from heat. Add egg yolks. Beat until mixture almost doubles in bulk. Stir in vinegar, onion, parsley, salt, and cayenne. Cook over hot water 5 minutes or until thick, stirring constantly. Remove from heat. Stir in tomato paste. Serve warm. Makes approximately 2 cups sauce.

Want to know more about outdoor seafood cookery? The Bureau of Commercial Fisheries has published a 24-page, full-color booklet that is filled with information on how to buy and prepare fish, how to build and light the fire, and 36 wonderful recipes for your use. "Fish and Shellfish Over the Coals" (I 49.39:14) costs 40¢ and is available from the Superintendent of Documents, U.S. Government Printing Office, Washington, D. C. 20402.

(Source: National Marketing Services Office, BCF, U.S. Department of the Interior, 10 East Ohio, Room 526, Chicago, Illinois 60611.)

FISH SQUARES ARE "IN" FOR THE "OUT" CROWD (Contd.)

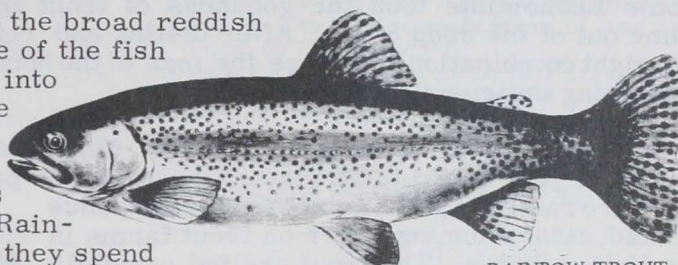


FOOD FISH FACTS

Rainbow trout are known for the furious leaps and runs they make when caught in swift, cool, white-water rivers. These aerialists of the trout family are spectacular fighters and give a strong battle to fishermen.

DESCRIPTION

Rainbow trout are easily identified by the broad reddish band or "rainbow" which runs along the side of the fish from head to tail. The reddish band blends into dark olive green on the back and pure white silvery on the belly. The back, dorsal fin, and tail are generously sprinkled with black spots. The brightness of color varies with where the fish lives and what it eats. Rainbow trout sometimes migrate to the ocean where they spend several years of their life. When they return to their stream to spawn they have acquired a grayish tinge from the salt water and are called steelhead.



RAINBOW TROUT

HABITAT

The rainbow is a native of the Pacific slope of the Sierras from California to Alaska. It has since been transplanted to nearly every state in the Union. Trout prefer clear, cool, unpolluted water and are usually not found in waters without these qualities.

LIFE HISTORY

Wild rainbows usually spawn in the spring during their second or third year of life. The male deposits the eggs in the gravel of the streambed. The size of the female determines the number of eggs produced. In 8 weeks or more, depending on water temperature, the eggs hatch. The growth rate of the newly hatched fish varies and depends on such factors as water temperature, food supply, and water chemistry. From the many eggs deposited in the gravel, only a few young fish survive to adulthood. Therefore, relatively few trout reach catchable size to be taken by fishermen.

TROUT FARMING

Wise homemakers know, however, that they don't have to rely on the whims of nature to enjoy trout at mealtime. Modern trout farms raise their tempting fish for the tables of Americans.

Using modern scientific equipment, trout farms create the best environmental and feeding conditions for fast-growing, healthy trout. Careful selective breeding has produced strains of rainbow trout that grow bigger and faster than their wild counterparts.

When grown to the correct size, these meaty delicacies are carefully selected for market. They are then cleaned and packaged for fresh or frozen distribution throughout the country. Modern technology is used in every phase from hatching to the finished package.

MARKET FORMS

Because of modern freezing and shipping techniques, frozen rainbow trout are available nationwide at almost anytime of the year. All trout are sold with head and tail attached. Frozen trout are sold fresh-frozen, boned, and boned and breaded. Boned trout have the backbone and ribs removed. Boned and breaded trout have the fins, backbone, and ribs removed. Frozen trout are usually sold in 8-ounce packages. Each package contains two 4-ounce trout.

Fresh trout, packed in ice, are also available in many areas. Those trout displayed in many seafood markets are usually 5, 6, 8, or 10-ounce fish. Trout of these weights are also vacuum-packaged by supermarkets to meet the needs of their customers. (Source: Bureau of Commercial Fisheries, U.S. Department of the Interior.)

(Recipe on p. 78.)

HOW ABOUT A TREAT WITH TROUT?

How about rainbow trout for dinner? Trout can be baked, deep fried, pan fried, broiled, poached, grilled, or barbecued. Any way you prepare them, rainbow trout are good eating.

For a special treat, try "Southern Baked Rainbow Trout," a new recipe from BCF. Bureau of Home Economists took the goodness of trout and added one of the tastiest stuffings ever to come out of the deep South. After testing and retesting, they declared this recipe to be just the right combination to please the man of the house or those guests you want to surprise with something deliciously different.

Rainbow trout, a favorite of game fishermen because of their fighting spirit, are not available year round to all those fishermen who prefer to do their fishing at seafood counters. They are raised in great numbers in large ponds of cold, clear, running water on trout farms in the United States. The trout are fed carefully balanced diets and are hand-selected for market while they are still swimming. They are cleaned and packaged, fresh or frozen, minutes after being caught.

The flesh of rainbow trout is firm and white when cooked and is delicately flavored. It is high in nutritive value containing high quality, easily digested protein. Trout is also an excellent source of vitamins while being low in fat. Market forms include whole, dressed, filleted, boned, and breaded. For best results, thaw the trout before cooking and do not overcook. Frozen trout are usually sold in packages containing two 4-ounce trout. Fresh trout, packed in ice, are usually from 5 to 10 ounces in weight.



SOUTHERN BAKED RAINBOW TROUT

6 pan-dressed rainbow trout or other
pan-dressed fish, fresh or frozen
Salt

Combread Stuffing
2 tablespoons butter or
margarine, melted

Thaw frozen fish. Clean, wash, and dry fish. Sprinkle inside of fish with salt. Place fish in a single layer on a well-greased bake and serve platter, 16 x 10 inches. Stuff fish loosely. Brush fish with butter. Bake in a moderate oven, 350° F., for 20 to 30 minutes or until fish flake easily when tested with a fork. Makes 6 servings.

CORNBREAD STUFFING

$\frac{1}{2}$ pound mild pork sausage meat	$\frac{1}{2}$ cup chicken broth
$\frac{1}{2}$ cup chopped celery	$\frac{1}{2}$ teaspoon poultry seasoning
$\frac{1}{2}$ cup chopped onion	$\frac{1}{2}$ teaspoon sage
2 cups toasted cornbread cubes	

Fry sausage meat until crumbly and brown. Add celery and onion. Cook until tender. Add remaining ingredients and mix well. Makes approximately 2 cups stuffing.

(Source: National Marketing Services Office, Bureau of Commercial Fisheries, U.S. Dept. of the Interior, 100 East Ohio, Room 526, Chicago, Illinois 60611.)

Today's modern homemaker knows the value of time. With her in mind, BCF has produced a full-color recipe booklet, "Time For Seafood." Fish and shellfish are natural timesavers and the booklet is filled with short, attractive, and flavorful recipes developed as the basis for quick complete meals. "Time For Seafood," Fishery Market Development Series No. 12, is available for 45¢ from the Superintendent of Documents, U.S. Government Printing Office, Washington, D. C. 20402.