

SWEET 'N' SOUR CINDERELLA SEAFOOD

Heard any good fish stories lately? Well, here's one that's true, and it concerns a Cinderella from the sea with a real fishy success story. Ocean perch, among the most plentiful of fishes, were unloved and rejected for years. One day in the mid 1930s, however, a lowly fish cutter (not a prince) came along and found quite by chance that these unappreciated fish were in reality quite special. He discovered that ocean perch yield small, white fillets very similar in taste and texture to those from the popular fresh-water perch. The fishing industry, ever alert to new and better resources, began experimenting with filleting and freezing ocean perch and soon were on their way to a new "Golden Era of Fishing." Ocean perch are now among the most used and appreciated of fish and are readily available, filleted, packaged, and frozen, at seafood counters across the United States. There are usually about 8 fillets in a one-pound package. Ocean perch are excellent food fish and the fillets are entirely edible, have a delicate flavor and high nutritional value, are easy and attractive to serve, and are moderate in price.



Ocean perch fillets are great eating whether prepared in a batter for fish and chips or served with tartar sauce in a toasted bun. They are outstanding, however, in Sweet 'n' Sour Ocean Perch, a favorite recipe of a talented home economist of the National Marine Fisheries Service. This easy-do recipe is a culinary journey into excellence--but so easy on the budget! The tender fillets are lightly browned before being enhanced with the sauce and cooked until flaky. The sauce, a zippy sweet-sour mixture, is flavor highlighted with celery, onion, garlic, parsley, and dill weed and has texture interest with the addition of crisp bacon bits. Treat your family to Sweet 'n' Sour Ocean Perch soon--but be sure to prepare plenty; this entree will have them calling for seconds.

SWEET 'N' SOUR OCEAN PERCH

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| 2 pounds ocean perch fillets or other small fish fillets, fresh or frozen | $\frac{1}{2}$ tablespoons flour |
| 2 tablespoons butter or margarine | $\frac{1}{2}$ tablespoons sugar |
| 1 teaspoon salt | $\frac{1}{8}$ teaspoon pepper |
| 4 slices bacon, cut into $\frac{1}{2}$ inch squares | $\frac{3}{4}$ cup water |
| $\frac{1}{2}$ cup chopped onion | $\frac{1}{4}$ cup tarragon or cider vinegar |
| $\frac{1}{2}$ cup thinly sliced celery | 2 tablespoons chopped parsley |
| $\frac{1}{4}$ teaspoon minced garlic (optional) | $\frac{1}{2}$ teaspoon dry dill weed |

Thaw frozen fish. Melt butter or margarine in large (12-inch) frypan. Arrange fillets, skin side down, in frypan overlapping fillets slightly, if necessary. Sprinkle $\frac{1}{2}$ teaspoon salt over fillets. Cook over moderate heat until lightly browned on underside, 8 to 10 minutes. While fish is cooking, fry bacon until crisp. Remove bacon bits and set aside. Add onion, celery, and garlic to bacon drippings and cook slowly until onion is tender, not brown. Combine and mix flour, sugar, remaining $\frac{1}{2}$ teaspoon salt, and pepper. Stir in water and vinegar and mix until smooth. Pour over onion-celery mixture; cook, stirring constantly, until thickened. Stir in parsley. Spoon hot sauce over fillets and sprinkle with bacon pieces. Cook over low heat about 5 minutes or until fish flakes easily when tested with a fork. Makes 6 servings.

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