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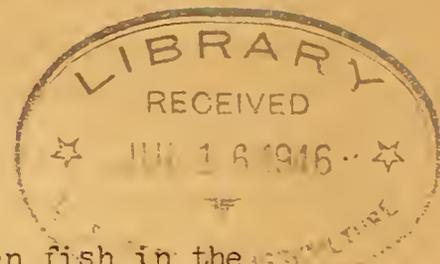
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WAR FOOD ADMINISTRATION
Office of Distribution
Washington 25, D. C.

July 1944

FACT SHEET ON FRESH AND FROZEN FISH



The Objective:

To increase consumption of North Atlantic-caught fresh and frozen fish in the northeastern and midwestern areas, beginning immediately.

The Problem:

Increase of the fish catch at the Gloucester and Boston ports, combined with inadequate facilities for the storage of these fish when they are frozen, has resulted in a marked curtailment in activities of the fishing fleets of these two ports.

The situation is also due in part to the fact that in normal times about 75 percent of the catch is moved to midwestern markets, but this year midwestern distributors have bought their usual quantities of the fish and have left part of them in storage in New England because of the tight storage situation in the Middle West.

It would seem that the best solution to the problem is an immediate increase in consumption of the frozen fish now in storage at these New England ports, and also an increase in consumption of mackerel, so these fish can be moved to market direct from fishing boats and relieve any additional strain on cold-storage facilities.

Background:

Landings in the ports of Boston and Gloucester, Mass., for the first 5 months of 1944 totaled 117,881,304 pounds, compared with 97,146,577 pounds for the same period in 1943. Cod, mackerel, and rosefish were the leading species caught.

Most in need of increased consumer consumption are frozen fillets of mackerel, rosefish, frequently sold commercially as redfish or sea or ocean perch, and whiting. Fresh mackerel (round) should be featured as in plentiful supply. Mackerel may be marketed fresh, but rosefish and whiting must be frozen before they are marketed. The great increase in the rosefish landings, for which refrigeration must be found, may account in some part for the tight storage situation. Rosefish landings in Boston and Gloucester for the first 5 months of 1943 amounted to 17,096,974 pounds, compared with 23,798,329 pounds for the same period this year.

Not only have the landings increased but records show that 1944 cold-storage holdings up to June 1, of fresh and frozen fish for the nation, were up to 69,291,802 pounds, double the holdings for 1943 and nearly half again as large as the 5-year average holdings of 49,144,000 pounds.

In New England the holdings on June 1, 1944, were 18,954,011 pounds, compared with 5,722,431 pounds for the same period in 1943.

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A review of the cold-storage situation in the Boston-Gloucester area reveals that one of the large warehouses, with a capacity of 5 million pounds, has 4,883,000 pounds of fish already in storage, and this when the fishing season is at its height. New fish can come in for freezing and storage only as frozen fish is moved out. Similar conditions exist throughout the area.

Possibilities for salting more mackerel have been discussed and deemed inadvisable since sufficient labor is not available for the job.

Observers report that the congested storage situation for fish is a result of several conditions: (1) heavy production, especially in Gloucester; (2) taking of certain meats off rationing; (3) heavy storage of perishable commodities in all areas.

CONSUMERS' AIDS

Reports from New England show that mackerel are being sold at low prices and whiting at prices below ceiling, not only in New England but in other parts of the country. These low prices, plus the fact the fish is unrationed and readily available, should make this commodity an attractive one to the housewife.

Fish are a good source of animal protein. Their availability and low cost make it possible for most housewives to obtain part of their needed animal proteins from this source. Fish are easily digested, and the flavors vary enough to please many tastes.

Rosefish (sea perch) is classed among the versatile fish and can be broiled, baked, steamed, fried, or used in chowder. Mackerel is good broiled or baked, and whiting is suitable for broiling, baking, steaming, frying, or in chowder.

METHODS OF COOKING FISH

FRYING

Frying, either in shallow or in deep fat, has long been a popular method of cooking fish. Cut the fish into serving portions, salt on both sides, and let stand for about 10 minutes to absorb salt. Then dip the pieces in liquid - such as beaten egg, milk, or water - and cover with some dry cereal - cornmeal, for example, flour, cracker or bread crumbs. A recommended method is to dip the pieces of fish in water and roll in a mixture of $\frac{1}{2}$ cup of sifted dry bread crumbs and $\frac{1}{2}$ cup of flour.

For pan-frying have ready a heavy cast-metal frying pan that contains about one-fourth inch of fat, hot but not smoking. Place the fish in the pan, cover, and cook at moderate heat, turning it when brown. Serve on a hot platter garnished with slices or wedges of lemon and parsley.

SIMMERING

Fish, like meats, should be simmered, never boiled. Lean fish are preferred for cooking in water or steam because the flesh, compared with that of fat fish, has less tendency to fall apart. The fish can be protected further from breaking by using a wire basket or a perforated pan, or by wrapping in cheesecloth. Simmered fish may be improved in flavor by cooking in any of the following liquids:

Plain salted water - To each quart of water add $1\frac{1}{2}$ tablespoons of salt.

Acid water - To each quart of water add $1\frac{1}{2}$ tablespoons of salt and 3 tablespoons of lemon juice or vinegar.

Court bouillon - Cook $\frac{1}{3}$ cup, each, of chopped carrots, onion, and celery with 2 tablespoons of fat, for 5 minutes; add 2 springs of parsley, 6 whole black peppers, 2 cloves, $\frac{1}{2}$ bay leaf, 1 tablespoon salt, 2 tablespoons vinegar, and 2 quarts of water; bring to the boiling point and cook for a few minutes, and strain.

Fish or meat stock - To each quart of liquid add $1\frac{1}{2}$ tablespoons of salt.

Milk or milk and water - To each quart of liquid add $1\frac{1}{2}$ tablespoons of salt.

"Simmering" is an easy, quick and economical method of preparing fish for serving at home at more than one meal, as cooked fish not eaten immediately may be broken into flakes and used in fish dishes.

BROILED FRESH FISH

Have the fish split down the back, wipe clean, and remove any scales and the head and tail if desired. Lay the fish skin side down on a greased shallow pan. If the fish is oily, no fat need be added; otherwise, add enough to season well. Place under the flame in a broiler at moderate heat and cook for 20 to 30 minutes. Slip the broiled fish carefully onto a hot platter, season with salt and pepper, pour on the drippings, garnish with cross or parsley and sliced lemon, and serve at once. If the fish is very large and thick, heat for 15 to 20 minutes in a moderate oven before putting under the broiler flame.

CURRIED FISH

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| 2 pounds fresh cod, halibut, or
other fish | 3 tablespoons flour |
| 4 tablespoons butter or other fat | 2 cups liquor from the simmered fish |
| 1 tablespoon chopped green pepper | $\frac{1}{2}$ to 1 teaspoon curry powder |
| 1 small onion, chopped | 3 drops tabasco sauce |
| $\frac{1}{4}$ cup chopped celery | Salt to taste |
| | 2 tablespoons chopped parsley |

Simmer the fish about 10 minutes in a small quantity of water, in a shallow pan, then drain. Meanwhile, melt the fat and cook the green pepper, onion, and celery a few minutes; add the flour and the cooled fish liquor, with water, if necessary, to bring the quantity up to 2 cups. Cook for 3 or 4 minutes, add the seasonings, and stir constantly. Remove the skin and bones from the cooked fish, arrange on a hot platter with a border of flaky rice, pour the sauce over the fish, and sprinkle the parsley on top.

FISH TIMBALES

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| 2 tablespoons butter or other fat | 1 tablespoon lemon juice |
| 2 tablespoons flour | 1 tablespoon chopped parsley |
| 1 cup milk | 1 teaspoon minced onion |
| 2 eggs | Salt to taste |
| 2 cups flaked cooked or canned fish | |

Prepare a sauce of the fat, flour, and milk, add the beaten eggs, fish and seasonings, and salt as needed. Pour the mixture into greased custard cups and

bake in a pan of hot water in a moderate oven (350° F.) for 30 minutes. Turn the timbales onto a hot platter, garnish with slices of lemon, and serve at once.

PLAIN "SIMMERED" FISH

3 pounds fillets or steaks, or 4 pounds whole fish
3 tablespoons salt in 2 quarts simmering water

Place one layer of fish cut into suitable pieces for serving in a basket or perforated pan. Lower the basket into the simmering, salted water. Cook about 20 minutes or until tender; remove and drain. Serve hot with a rich, bright-colored sauce.

(Cooking methods and recipes furnished by the Bureau of Human Nutrition and Home Economics, USDA, and the Fish and Wildlife Service's Conservation Bulletin No. 27, "Wartime Fish Cookery" (Department of the Interior))

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UNITED STATES DEPARTMENT OF AGRICULTURE
Production and Marketing Administration
Washington 25, D. C.

April 1946

FACT SHEET OF FRESH AND FROZEN FISH

With the largest April stocks of frozen fish in history and prospects of a record-breaking 1946 catch, the United States is assured an abundance of fresh and frozen fishery products during the coming months. This excellent supply of high-protein food can be used to fill in the gaps in the American diet left by the shipment of other products abroad for famine relief.

Carry-over of 42,000 Tons -

Although stocks of frozen fish are normally at a low level on April 1, we had 84 million pounds in storage in this country on that date this year. Stocks on April 1 last year were 40 million pounds. Today, the Army and Navy have little need for frozen fish, and facilities do not permit distribution of frozen products in famine areas abroad. Most of the supply on hand, therefore, will find a welcome place on civilian dinner tables in the United States.

Fishing Prospects for 1946 -

From most angles, the fishing season now opening looks like one of the best in history. Many men are entering the fishing industry. More and better boats are available today than before the war. And, in some areas, surplus equipment from the armed forces is available.

Kinds of Fish in Good Supply -

On markets in various parts of the country, housewives will find many varieties of fresh and frozen fish during April and May. The local varieties include:

In New England: Flounder, haddock, cod, mackerel, whiting, sea scallops, and rosefish.

In the Middle Atlantic States: Flounder, haddock, mackerel, shad, scup, whiting, striped bass, clams, cod, and croaker.

In the South Atlantic and Gulf States: Red snapper, groupers, Spanish and king mackerel, sea trout, king whiting, and mullet.

In the Great Lakes area: Pike, lake trout, sheepshead, and yellow perch.

On the West Coast: Rockfish, lingcod, halibut, salmon, shad, barracuda, flounder, sablefish, and smelt.

