



# RESEARCH

## IN SERVICE LABORATORIES

### Progress on Projects, May 1954

FREEZING FISH AT SEA--NEW ENGLAND: Work on the restoration of the Delaware is progressing very satisfactorily. A number of the items specified in the contract have now been completed. However, some of the major repair items are not proceeding as rapidly as at first anticipated, and it is now believed that the full 75 days estimated by the contractor for completion of the work will be needed. On this basis, the repairs should be finished around mid-June.

(Boston)

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COMPOSITION OF FISH: (a) Analysis of the first lot of ten species of fish caught incidental to shrimp trawling by vessels from Gulf Spring, Mississippi, was completed. The whole fish was analyzed in each case. The results are shown in the table.

Proximate Composition of Ten Species of Miscellaneous Fish (Whole fish) Caught By Shrimp Trawlers from Gulf Spring, Miss.

| Common Name                | Species<br>Scientific Name  | Moisture<br>Percent | Protein<br>Percent | Fat<br>Percent | Ash<br>Percent |
|----------------------------|-----------------------------|---------------------|--------------------|----------------|----------------|
| Butterfish                 | <u>Poronotus tricanthus</u> | 75.0                | 16.0               | 5.6            | 2.9            |
| Catfish, sea <sup>1/</sup> | <u>Galeiethys felis</u>     | 72.3                | 15.4               | 4.7            | 6.7            |
| Croaker                    | <u>Micropogon undulatus</u> | 77.5                | 14.2               | 1.3            | 6.1            |
| Lizardfish                 | <u>Snyodus faetens</u>      | 74.5                | 18.7               | 1.7            | 4.7            |
| Menhaden <sup>2/</sup>     | <u>Harengula pensacolae</u> | 68.9                | 18.5               | 4.6            | 7.1            |
| Mullet, ground             | <u>Menticirrhus sp.</u>     | 75.5                | 15.7               | 5.1            | 3.6            |
| Porgy                      | <u>Stenotomus caprinus</u>  | 73.4                | 17.2               | 1.9            | 7.4            |
| Sea robin                  | <u>Prionotus sp.</u>        | 73.3                | 16.8               | 2.8            | 6.7            |
| Spot                       | <u>Leiostomus xanthurus</u> | 78.0                | 14.7               | 1.7            | 5.1            |
| White trout                | <u>Cynoscion arenaruls</u>  | 77.5                | 15.8               | 2.8            | 3.5            |

<sup>1/</sup> Smaller of two local marine species, and little used as a pan fish.

<sup>2/</sup> Called menhaden locally; similar to a regular menhaden in shape but lacking characteristic markings.

(College Park)

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(b) The proximate analysis of three white bass was completed. These fish were caught in the southern part of Lake Winnebago, Wisconsin, in July 1953. The results are shown in the table:

| Proximate Composition of Edible Portion White Bass ( <u>Lepibema chrysops</u> )<br>(Results are the average of three samples of fish) |              |               |              |
|---------------------------------------------------------------------------------------------------------------------------------------|--------------|---------------|--------------|
| Length .....                                                                                                                          | 27.7 cm      | Fat .....     | 2.3 percent  |
| Weight .....                                                                                                                          | 330 gm.      | Protein ..... | 18.0 percent |
| Moisture .....                                                                                                                        | 78.8 percent | Ash .....     | 0.99 percent |

\* \* \* \* \*

(Seattle)

**FEDERAL SPECIFICATION FOR FISHERY PRODUCTS:** The proposed revision of Federal specification PP-S-316a, "Shrimp, Raw and Cooked; Chilled and Frozen," was completed and submitted to industry for review.

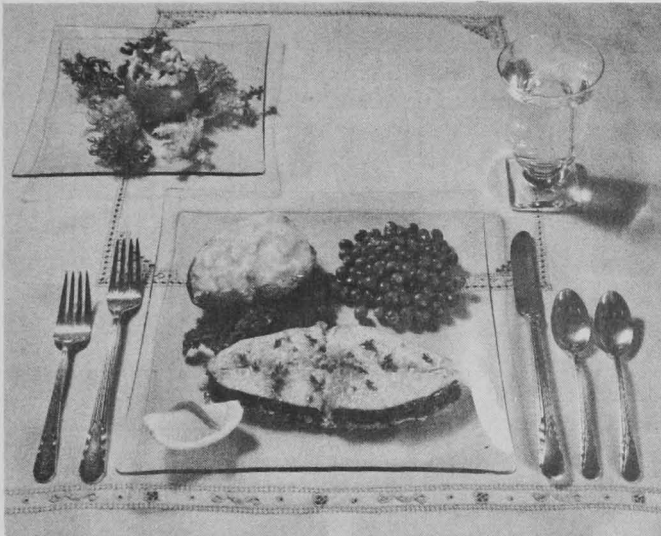
(Washington, D. C.)



### HALIBUT ADDS VARIETY TO YOUR MENU

The annual halibut harvest from the deep waters of the North Pacific is now arriving at markets throughout the country. United States and Canadian west

coast fishing fleets began fishing for halibut in mid-May. The largest of the flounder or flatfish family, halibut have been taken as large as 9 feet and weighing almost 500 pounds. Halibut is normally marketed as steaks or slices.



Homemakers can add variety to their menus during the summer months ahead by serving halibut, one of the finest food fishes. Its white flaky meat is lean and firm.

Now is the time to enjoy the many delectable dishes you can prepare with this excellent fish. The home economists of the Service recommend Chinese Fried Halibut as a savory, economical, and easily prepared main dish.

#### CHINESE FRIED HALIBUT

|                                    |                                       |                                 |
|------------------------------------|---------------------------------------|---------------------------------|
| 2 pounds halibut steaks or fillets | 1 cup sugar                           | 1 cup pineapple chunks, drained |
| 1 teaspoon salt                    | 1-1/3 cups water                      | 1-1/2 teaspoons water           |
| 1/4 cup flour                      | 3 chicken bouillon cubes              | 1-1/2 teaspoons soy sauce       |
| 1/2 cup vinegar                    | 1 large green pepper, cut into strips | 3 tablespoons cornstarch        |

Sprinkle both sides of halibut with salt; roll in flour. Place fish in a heavy frying pan which contains about  $\frac{1}{8}$  inch of fat, hot but not smoking. Fry at a moderate heat. When fish is brown on one side, turn carefully and brown other side. Cooking time about 10 minutes, depending on thickness of fish. Drain on absorbent paper. Combine vinegar, sugar, water, bouillon cubes, green pepper and pineapple; simmer for 10 minutes. Combine soy sauce, water and cornstarch. Add gradually to hot sauce and cook until thick, stirring constantly. Serve over fish. Serves 6.