

food in our country is fish. The lack of protein accounts for the general physical weakness of our people. The government,

therefore, and our fishermen should do everything they could to popularize and put into use the otoshi-ami.

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## *All About Fish*

**A**LL KINDS OF FISH, whether deep-sea or fresh water, are excellent sources of protein—the substance young bodies need for growth and everybody needs to repair tissues constantly being used up in daily activities. Fish also provides iodine, phosphorus and some of the B-complex vitamins. Small varieties of fish like soft-shelled crabs, shrimps or anchovies, either dried or fresh, when fried and eaten whole, are excellent sources of calcium for healthy bones and teeth.

With the wide variety of fish available in this area, menus can easily feature it and still be varied from day to day. Fish readily lends itself to frying, broiling, roasting, stewing, steaming, for soups, salads and croquettes. It is generally cheaper than meat or poultry and is just as nutritious.

When buying fish, see that it is absolutely fresh, as even the slightest decomposition will cause unpleasant taste, and in many cases, stomach upset. Red gills, firm flesh, bright and full eyes, and a characteristic fresh odor are good indications of the freshness of the fish.

Fish when prepared to be served hot is best when cooked just before it is eaten. When frying—in fillets, steaks or as a whole—coating it with seasoned flour or thin batter before dropping it into hot oil will seal in its flavor. Cook it to a delicate light golden color; overcooking will make the flesh tough and strong the same effect.

When broiling fish over coals or under electric units, dab on a little butter, margarine or unflavored oil after seasoning with salt and pepper to prevent its natural juices from dripping.

As in frying, avoid overcooking, and serve as soon as done. Many people enjoy seasoning their fish with lemon or lime juice. Seasonings and sauces for fish dishes naturally vary with the traditions of different peoples. But in all cases the important thing is to serve the fish to give the most nutrition and enjoyment.

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