

## *Dry-Meated Fish*

Cod  
Halibut  
Striped Bass  
Haddock  
Mullet  
Red Snapper  
Pollack  
Pike  
Smelt

## *Oily-Meated Fish*

Salmon, especially  
Royal or  
King Chinook  
and Quinnot  
Sable Fish  
Shad  
Mackerel  
Herring  
Lake Trout  
Whitefish  
Bluefish

Dry-meated fish may be broiled, steamed, pot-roasted, stewed, curried, or pickled.

For oily-meated fish quick oven frying is preferred to pan frying, broiling, or baking.