

Flavor Meals

(From page 9)
from pan and cool on wire rack
Cheese adds a special flavor to this Salmon Shell Casserole.

SALMON SHELL CASSEROLE

8 ounces elbow macaroni

1/4 cup butter or margarine
1/2 cup minced onion
1/2 cup minced parsley
1/2 cup enriched flour
1/2 teaspoon salt
Dash pepper
3 cups milk
1 cup shredded sharp cheese
2 tablespoons chopped pimiento
1 cup drained flaked sal-

mon (7-ounce can)
Buttered bread crumbs

Cook macaroni in boiling salted water until tender (about 7 minutes). Drain. While macaroni is cooking, melt butter or margarine in large saucepan. Add onion and parsley and cook for five minutes, stirring occasionally. Stir in flour, salt and pepper. Add milk gradually, stirring constantly. Blend in cheese, then pimiento and salmon. Add macaroni to salmon mixture and turn into lightly greased 2-quart casserole. Top with buttered crumbs. Bake in a moderate oven (350 degrees) about 25 minutes. Makes 4 to 6 servings.

Another salmon and-cheese combination - this time it's a salad and the cheese is cottage cheese. A fish mold would be perfect for this salad, but should this not be handy, your ring mold or 9-inch square pan will do just as nicely.

DOUBLE DECKER SALAD LOAF CHEESE LAYER

1/2 tablespoon unflavored gelatin
2 tablespoons cold milk
1/4 cup hot milk
3 cups cottage cheese, sieved
1/4 teaspoon onion, minced
1/4 teaspoon salt
Soften gelatin in cold milk and dissolve in hot milk. Combine with remaining in-

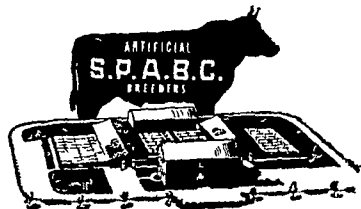
gredients. Chill until mixture begins to thicken into mold which has been rinsed in cold water. Refrigerate until firm.

SALMON LAYER

2 cups red salmon, flaked
1 cup cooked salad dressing
1/2 cup finely chopped celery
1 tablespoon lemon juice
1/2 tablespoon unflavored gelatin
2 tablespoons cold water
Combine salmon, salad dressing, celery and lemon juice. Soften gelatin in cold water for five minutes, then dissolve over hot water to salmon mixture. Pour over cheese layer.
Serve the mold on a platter garnished with a tomato stuffed with cottage cheese and with twists of lemon slices studded with whole cloves. Use sliced stuffed olives for the eyes and strips of colorful pimento for the tail to give fish personality.

(Turn to page 7)

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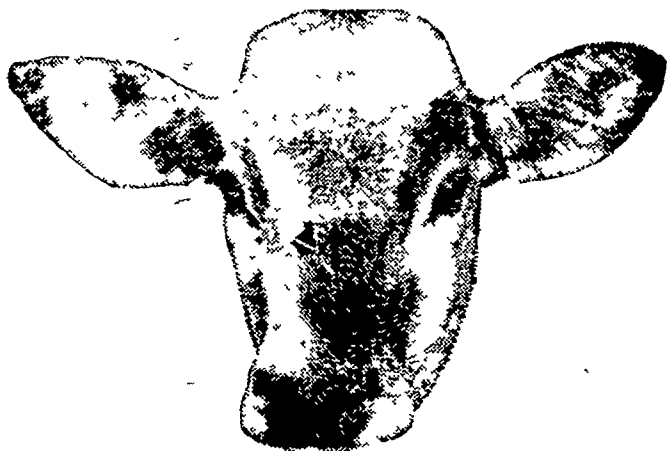


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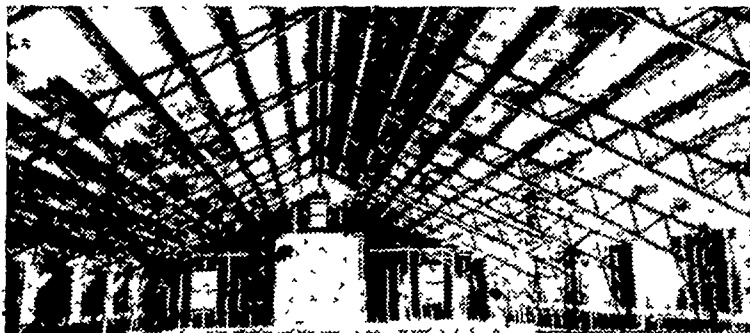


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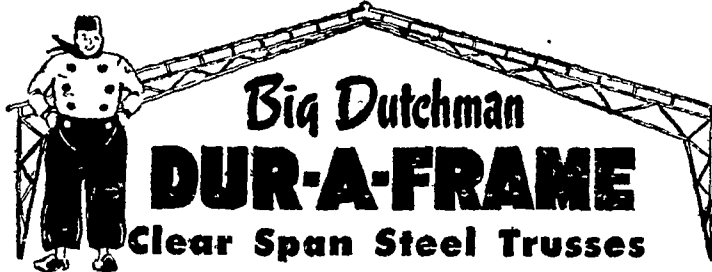
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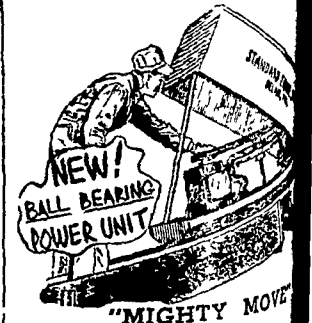
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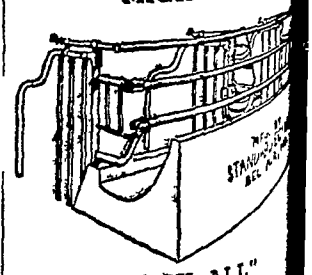
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