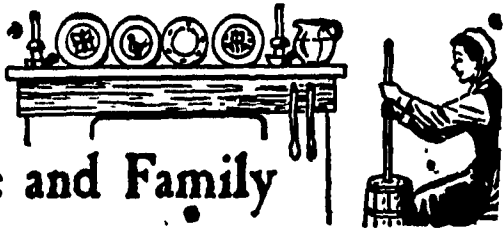


For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

Superb Seafood Salads



Seafood salads are both tasty and nutritious. If you are serving them in the summertime it is necessary that you take extra precautions to see that they are properly chilled and refrigerated until serving time. Some of these salads double as sandwich fillings. Also, some so-called "salads" are served as hot casseroles. One of the recipes we have for you today is an extra-special one — to be served at an extra-special luncheon — possibly for a June bride.

SPENCE

VEGETABLE-SHRIMP MACARONI SALAD

- 8 ounces small shell macaroni
- 1 envelope (1 tablespoon) unflavored gelatin
- ¼ cup water
- 1 package (10½ oz) frozen mixed vegetables
- 1 cup water
- 2½ teaspoons seasoned salt
- 2 teaspoons dried, crushed mint leaves
- 1½ teaspoons basil
- 1 package (7 oz) frozen deveined shrimp, thawed and coarsely chopped
- 2 cartons (8 oz each) plain yogurt

Cook macaroni in boiling salted water 5 to 7 minutes, or until tender, yet firm; drain. Soften gelatin in ¼ cup water in large mixing bowl. Combine vegetables, 1 cup water, salt, mint, and basil in saucepan. Bring to boil, stir in shrimp and cook about 3 minutes, or until shrimp and vegetables are tender. Stir shrimp mixture and macaroni into gelatin. Refrigerate until mixture is just cool. Thoroughly fold in yogurt. Turn into 6½ cup ring mold. Refrigerate until firm. When ready to serve unmold and serve immediately.

HOT SEAFOOD SALAD

- 1 cup mayonnaise (not salad dressing)
- 1 teaspoon grated lemon peel
- 2 teaspoons lemon juice
- 2 teaspoons grated or finely minced onion
- ½ teaspoon salt
- 2 cups cooked crab meat or shrimp (or 1 cup each)
- 2 cups chopped celery
- 1 cup sliced or chopped almonds
- ½ cup grated sharp Cheddar cheese
- 1 cup crushed potato chips

Blend mayonnaise with lemon peel, juice, onion and salt. Mix lightly with crab, celery and almonds. Spoon into individual serving dishes or one 1½ to 2 quart casserole. Top with a sprinkling of cheese and potato chips. Bake at 400 degrees, 15 minutes, or until piping hot. Serve with lemon quarters. 6 servings.

APPLE-TUNA SPRINGFIELD

- 1 cup canned apple slices,

- drained and chopped
 - 1 can (about 7 oz.) tuna
 - ½ cup diced celery
 - ½ cup chopped toasted almonds
 - ½ teaspoon salt
 - ¼ cup mayonnaise or salad dressing
 - 3 tablespoons French dressing
 - 8 frankfurter rolls
 - Watercress, for garnish
- Combine chopped apple slices, tuna, celery, almonds, salt and dressings. Toss lightly to mix; taste and add additional seasonings if needed. Chill about 1 hour to blend flavors. To serve, fill rolls with mixture and garnish with watercress. Makes 4 servings of 2 filled rolls per serving.

- 1 cup shredded Cheddar cheese
- 2 tablespoons grated onion
- 1 teaspoon salt
- ¼ teaspoon dill weed
- 2 tablespoons (2 envelopes) unflavored gelatin
- ½ cup water
- 2 tablespoons cider vinegar
- 1 cup whipping cream, whipped

Drain salmon; remove bones and skin; flake with a fork. Place salmon in a large mixing bowl; add lemon juice. Fold in sour cream, cheese, onion, salt and dill weed. In a small saucepan soften gelatin in water and vinegar. Heat over low heat, stirring constantly, until gelatin is dissolved. Gradually stir gelatin mixture into salmon mixture. Fold in whipped cream just until combined. Turn into 6-cup mold. Refrigerate until firm. Unmold onto serving platter and garnish. Serves 8-10.

DILLED SALMON MOLD

- 2 cans (1 lb. each) salmon
- ½ cup lemon juice
- 1 cup dairy sour cream

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