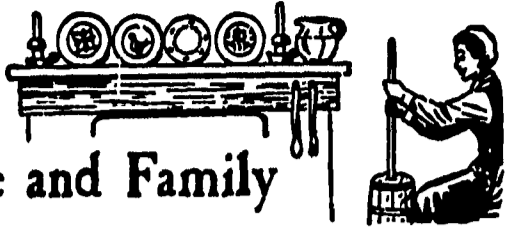


For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor
SALMON COOKING

Looking for a "quickie" that the whole family will go for? Here it is — canned salmon teamed up with some of your favorite foods for some real tasty eating.

LEMON SALMON CASSEROLE

- 1 can (1 pound) salmon
- 2 cans (6-oz. ea.) hollandaise sauce
- 1 teaspoon grated lemon peel
- 2 tablespoons lemon juice
- 1/2 cup chopped celery
- 1/2 cup chopped green pepper
- 2 tablespoons finely chopped onion
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 cups biscuit mix
- 2 cups milk

Drain salmon, remove skin and bones and flake with a fork. Blend together one can hollandaise sauce, lemon peel and juice

Add salmon, celery, green pepper, onion, salt and pepper. Place in well-buttered 1 1/2 quart casserole. Combine biscuit mix and milk with a fork to form a soft dough; drop by tablespoons over salmon mixture. Bake at 300 degrees for 25 to 30 minutes, or until biscuit topping is richly browned. Meanwhile, heat second can of hollandaise sauce following directions on can. Serve casserole topped with warm sauce and sprinkled with snipped fresh parsley, if desired. 4 servings

FLUFFY SALMON BAKE

- 1 can (1 pound) salmon
- 3 eggs, separated
- 1 cup cooked mashed potatoes, warm or cold
- 1 teaspoon grated lemon peel
- 2 tablespoons lemon juice
- 1/2 cup snipped fresh parsley
- 1 tablespoon minced onions
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Drain salmon; remove skin and bones and flake with a fork. Beat egg yolks; combine with potatoes until smooth. Blend in lemon peel and juice, parsley, onions, salt and pepper. Beat egg whites until stiff, but still moist and not dry; carefully fold into salmon mixture. Place in well-buttered 1 1/2 quart casserole; bake at 350 degrees for 40 minutes. Serve with lemon wedges and top with seasoned white sauce, if desired. 4 servings.

EASY SALMON LOAF

- 1 can (1 pound) salmon
- 1 can (10 1/2-oz.) condensed cream of celery soup
- 1 teaspoon grated lemon peel
- 2 tablespoons milk
- 3/4 cup dry bread crumbs
- 1/4 cup finely chopped onion
- 1 egg, beaten
- 3 tablespoons lemon juice
- 1 can (3 or 4 ounces) sliced mushrooms, drained

Drain salmon; remove skin and bones and flake with a fork. Combine 1/2 cup undiluted soup with lemon peel and milk; reserve. Combine remaining soup with salmon and remaining ingredients, except mushrooms; mix well. Place in well-buttered 1 1/2 quart casserole; cover with thin layer of reserved soup mixture and top with mushrooms. Bake at 350 degrees for 40 minutes. 4 servings.

BISCUIT CUPS WITH SALMON SAUCE

- 2 cups sifted flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1/4 cup shortening
- 3/4 cup milk

Sift together dry ingredients. Cut in shortening until mixture resembles coarse crumbs. Blend in enough milk to make a soft dough. Turn out onto lightly floured surface and knead gently 30 seconds. Roll out to 1/8-inch thickness. Cut 8 circles with 2 1/4 inch cookie cutter; place on ungreased cookie sheet. Cut 1 1/2 inch wide strips. Place one strip around edge of each circle, cutting to fit and sealing edges together. Bake in preheated 450 degree oven 10-15 minutes, or until lightly brown. Serve with Salmon Sauce*.

*SALMON SAUCE

- 1 tablespoon butter
- 3/4 cup minced onions
- 1 can (1 pound) salmon, drained
- 1 can (10 1/2-oz.) condensed cream of celery soup
- 1 teaspoon caraway seeds
- 1/2 cup milk
- 2 teaspoons lemon juice
- 1/2 cup diced celery
- 1 green pepper, diced

Saute onions in butter until transparent. Add salmon, soup, caraway seeds, milk, celery and green pepper, mixing well. Heat. Stir in lemon juice. Serve with

biscuit cups.

UP NORTH SALMON SUPPER

- 1 can (1 pound) salmon, skin and bones removed
- 1 pkg. (10 oz.) frozen peas
- 1 1/2 cups cottage cheese
- 1 egg, slightly beaten
- 1 cup cracker crumbs
- 1/2 cup crushed oven-toasted rice cereal
- 1 cup shredded Cheddar cheese
- 3 tablespoons chopped green pepper
- 1 tablespoon chopped onion
- 1 tablespoon lemon juice
- 1/4 teaspoon pepper
- Salt to taste

Drain salmon. Partially cook peas in the salmon liquid. Mix together cottage cheese, egg, cracker crumbs, crushed rice cereal, Cheddar cheese, green pepper, onion, lemon juice, pepper and salt. Add peas and salmon, which has been broken into chunks. Spoon into loaf pan or casserole dish and bake 45 minutes in a 350 degree oven. Garnish with lemon wedges and parsley.

SERVING SUGGESTION: To add a contrasting texture to this casserole, serve with the following sauce:

LEMON-ALMOND BUTTER SAUCE

- 1/2 cup (1 stick) butter, melted
 - 2 tablespoons lemon juice
- (Continued on Page 19)

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