



FOR THE
FARM
WIFE
AND
FAMILY

Salmon Specials

By Mrs. Richard C. Spence

Again in February canned salmon will be on the list of plentiful foods available for the thrift-minded shopper. And if you are interested in serving tasty dishes to your family and friends you are in luck, too. For you can come up with some mighty flavorful meals featuring salmon.

When you have a cozy group of five or six friends over for a casual supper, try this delicious new recipe for Salmon Shortcake. The biscuits, made with all-bran cereal are moist, tender and gently flavored with cury.

The thick sauce, rich with sour cream and chunks of salmon rounds out the unique flavor combination. Serve garnished with parsley and a lemon twist. Then all you need to prepare are a vegetable accompaniment such as buttered green peas and a colorful molded salad.

SALMON SHORTCAKE

- 1/2 cup all-bran cereal
- 2/3 cup of milk

- 1 1/2 cups sifted regular all-purpose flour
- 2 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1/4 teaspoon curry powder
- 1/3 cup soft shortening
- 2 cups (1 pound can) salmon
- 1/4 cup green pepper, finely chopped
- 3 tablespoons onion, finely chopped
- 2 tablespoons regular margarine or butter

- 2 tablespoons regular all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 1/4 cups (10 1/2 ounce can) condensed cream of celery soup
- 1 1/2 cups dairy sour cream

Combine all bran and milk, let stand until most of moisture is taken up. Sift together flour, baking powder, salt and curry powder. Cut in shortening until mixture resembles coarse meal. Add all-bran mixture, stirring only until combined. Turn dough out on lightly floured board and knead gently a few times. Roll out to 3/4-inch thickness. Cut with a floured 1-3/4 inch biscuit cutter, place on ungreased baking sheet. Bake in a very hot oven (450 degrees) about 12 minutes or until golden brown.

Drain salmon; remove bones and skin; break into chunks. Cook green pepper and onions in heated butter until tender, stirring occasionally. Stir in flour, seasoning, soup and sour cream. Cook over low heat, stirring constantly, until mixture begins to bubble. Add salmon chunks and continue cooking, stirring gently, until salmon is heated. To serve, split hot biscuits in half. For each serving, spoon about 1/2 cup salmon mixture over 2 bottom halves; cover each with biscuit tops. Spoon remaining sauce over tops of biscuits. Serve at once, from a



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chafing dish if you wish. Makes about 6 or 7 servings.

- 1/4 cup butter or margarine, melted
- 1/3 cup salmon liquid
- 3 egg yolks, beaten
- 2 tablespoons finely chopped green pepper

SALMON LOAF

- 1 can (1 pound) salmon
- 1/2 cup milk
- 3 cups soft breadcrumbs

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