

**FOR THE  
FARM  
WIFE  
AND  
FAMILY**

**THE MENU CALLS FOR  
SEAFOOD**

by Mrs. Richard C. Spence  
When your menu calls for fish but you're tired of serving the same old way don't be afraid to experiment. Instead of thinking "But my family won't like it that way" when you look at a new recipe try the recipe — let them make the decision. For instance frozen fish filets are available the year round so they can be served any number of interesting ways without becoming monotonous — bake broil fry serve with a sauce — you name it. How about 'Tomato Fried Fish'? Lightly flour fish filets dip in tomato sauce and coat with breading. Deep fry to 350 degrees. For variety to one quart of tomato sauce may be added.  
—1 teaspoon each of crumbled basil and dry mustard; or  
—2 teaspoons crumbled tarragon; or  
—1 teaspoon each celery seed and onion powder; or  
—1 teaspoon curry powder

**LEMONY FRIED FISH  
FILLETS**

- 1 pound haddock or white-fish filets
- $\frac{1}{2}$  cup lemon juice
- 1 teaspoon grated lemon peel
- $\frac{1}{2}$  teaspoon garlic salt
- $\frac{1}{2}$  cup flour
- 1 teaspoon paprika
- $\frac{1}{2}$  teaspoon salt
- 2 to 3 tablespoons butter or margarine

If fish is frozen thaw completely. Place filets in shallow marinade dish pour lemon juice over sprinkle with lemon peel and garlic salt. Cover marinate in refrigerator 2 to 3 hours. Combine paprika and salt. Remove filets from marinade and dredge in flour mixture. Sauté in butter over medium heat until golden brown on both sides, about 15 minutes. 4 servings

**SALMON A LA KING**

- 1 can salmon (1 pound)

- $\frac{2}{3}$  cups salmon liquid and milk
- $\frac{1}{4}$  cup onion chopped
- $\frac{1}{4}$  cup fat, melted
- $\frac{1}{4}$  cup flour
- $\frac{1}{2}$  teaspoon salt

**Pepper to taste**

- 1 can peas and carrots (8 $\frac{1}{2}$  ounces)

**Biscuits, corn bread, or toast**

Drain the liquid off the salmon and keep the liquid. Break the salmon into large pieces. Cook the onion in fat until tender. Stir in the flour, salt and pepper. Add the salmon liquid and milk a little at a time. Stir all the time until the mixture is thick. Add the vegetables, vegetable liquid and salmon and heat. Serve the salmon a la king over biscuits, corn bread or toast. Makes 6 servings.

**SALMON STEAKS WITH  
GRAPEFRUIT**

- 1 small onion, thinly sliced
- $\frac{1}{2}$  cup butter or margarine
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon allspice
- $\frac{1}{4}$  teaspoon pepper

- 4 salmon steaks, 1 to 1 inch thick

Sauté onion in butter until soft but not brown. Stir in salt, allspice and pepper. Arrange salmon steaks in well-buttered shallow baking pan. Peel and section grapefruit removing all white membrane and reserving any juice. Pour reserved grapefruit juice over salmon then

spoon onion mixture evenly over fish. Bake uncovered, at 450 degrees for 10 minutes. Sprinkle croutons over salmon, then top with grapefruit sections. Continue baking at 375 degrees for 15 minutes or until fish flakes easily with a fork. Serve at once to 4 to 6 people.

**TUNA SPIRALS**

**Filling:**  
1 can (7 ounces) tuna, drained and flaked  
1 cup chopped celery  
 $\frac{1}{4}$  cup mayonnaise

**Dough:**  
2 cups pancake mix  
2 tablespoons minced onion  
 $\frac{1}{2}$  cup shortening  
 $\frac{2}{3}$  cup milk

**Sauce:**  
1 can (10 $\frac{1}{2}$  ounces) condensed cream of mushroom soup  
 $\frac{1}{4}$  cup milk

For filling place tuna, celery and mayonnaise in small bowl mix thoroughly. Set aside until ready to use.

For dough place pancake mix and onion in bowl. Cut in shortening until mixture resembles coarse crumbs. Add milk stirring lightly until moistened. (If necessary add a little more milk to make a soft dough.)

Turn out on lightly floured board or canvas knead gently a few times. Roll dough to form a 12 x 10 inch rectangle cover evenly with tuna filling. Roll up as for jelly roll, cut into 12 one-inch thick slices. Bake on ungreased cookie sheet in preheated hot oven (400 degrees) about 18 to 20 minutes.

For sauce combine soup and milk in small saucepan heat thoroughly. Serve hot over tuna spirals. Makes 6 servings.

**INDIVIDUAL TUNA  
CASSEROLES**

- 1 tablespoon chopped green onion
- $\frac{1}{2}$  cup chopped celery
- 2 tablespoons butter or margarine
- 1 can (10 $\frac{1}{2}$  ounces) condensed cream of mushroom soup
- $\frac{1}{4}$  cup milk
- 1 teaspoon Worcestershire sauce

- 1 can (7 ounces) tuna, drained and flaked
- $\frac{1}{4}$  cup Life cereal, coarsely crushed
- 2 tablespoons cashews, coarsely chopped

Sauté onion and celery in butter in medium sized saucepan. Add soup, milk and Worcestershire sauce blending well. Stir in tuna heat thoroughly. Pour into 2 individual 12 ounce casseroles. Sprinkle each with half of cereal and a tablespoon cashews. Bake in preheated moderate oven (350 degrees) about 15 minutes. Makes 2 servings.

**OPEN FACE COTTAGE CRAB  
SANDWICH**

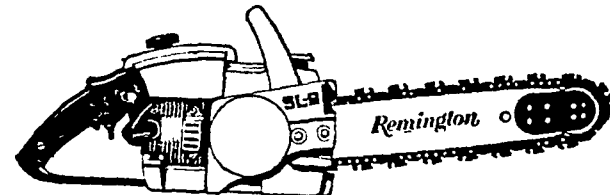
- 1 cup cottage cheese
- 1 can (7 $\frac{1}{2}$  ounces) crab meat, drained and flaked

- $\frac{1}{4}$  cup dairy sour cream
- $\frac{1}{4}$  cup chopped celery
- 2 hard-cooked eggs, chopped
- 1 tablespoon lemon juice
- $\frac{1}{2}$  teaspoon salt
- 4 large muffins, split
- Butter
- 8 large slices tomato
- Sliced pimiento-stuffed olives
- Parsley

In a bowl combine cottage cheese, crab meat, sour cream, celery, eggs, lemon juice and salt cover and chill. Butter muffins and toast under broiler until golden brown. Top each muffin with a slice of tomato, then about  $\frac{1}{2}$  cup crab meat mixture. Garnish each sandwich with olive slices and parsley. Serve immediately. 8 servings.

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