

Dolling Up the Canned Salmon Results in Many Different, Tasty Dishes



Glamor Galore for lunch or supper—when you serve canned salmon with broccoli and a smooth cheese sauce.

What you can do with a can of salmon is wonderful! No need to remind you of its uses for lunchbox sandwiches or noontime salads at home. But salmon can go epicurean, too. Ever put it in a cream sauce with mushrooms, green pepper and pimiento and serve it—a la King style—in pastry patties or tart shells? Do you know what a super chowder salmon makes when added to potatoes, onions, tomatoes and thin white sauce and seasoned with basil or Worcestershire? Want a delicious and different casserole dish? Then try our recipe for Salmon Parisienne.

Be a wise shopper when you choose salmon, and know what you're buying. Here's a description of the five varieties of Pacific salmon used in commercial canning.

Chinook or King Salmon—Largest of the salmon, this variety goes by the name of

Chinook on the Columbia river and King in Alaska. It's called Spring salmon in Puget Sound. Soft in texture, it's rich in oil and when removed from the can separates into large flakes.

Red or Sockeye Salmon—The flesh of this salmon is deep red in color. It's firm in texture, has considerable oil and breaks into small flakes.

Medium Red, Coho or Silver Salmon—This salmon is red, but lighter in color than Sockeye. Because its flakes are larger, it's excellent to use "as is" from the can.

Pink Salmon—Half of all the salmon canned is the Pink variety—and it's popular everywhere. Ranging from light to deep pink in color, it has small flakes.

Chum or Keta Salmon—Chum is the least expensive of all the canned salmon, it's lighter in color and has less oil than other varieties. Its texture is somewhat coarse and it has a large flake.

Salmon is packed mainly in the one-pound flat can, the one-pound flat and the half-pound flat (7½-ounce weight) can. The one-pound size can contains two cups and makes four servings; the half-pound can contains one cup and makes two servings. Less common is the quarter-pound flat can, containing ¾ ounce, drained weight.

Don't pick out the bones from canned salmon! Serve them right with the fish. They're so softened by the canning process that they're entirely edible and contain that valuable nutrient, calcium. Salmon is also valuable in the diet for the phosphorus it offers. In addition it's a rich source of vitamin D, niacin and riboflavin, and of course it's a protein food.

Salmon Parisienne
 Ingredients: One 10-ounce package frozen broccoli, one 1-pound can salmon, Cheese Sauce.
 Method: Cook broccoli according to package directions; drain; cut into fork-size pieces; arrange in bottom of 4 individual ramekins (1½-cup size). Drain salmon, keeping pieces as large as possible; arrange salmon over broccoli. Pour Cheese Sauce over salmon; broil with surface of food 3 inches below heat, until sauce bubbles and browns. Makes 4 servings.

Cheese Sauce
 Ingredients: 4 tablespoons butter or margarine, 2 teaspoons grated onion, ¼ cup flour, 2 cups milk, 1 cup grated sharp cheddar cheese, ½ to 1 teaspoon salt, several drops Tabasco sauce, 1 teaspoon Worcestershire sauce.
 Method: Melt butter over low heat; add grated onion; cook a minute or two. Blend in flour. Add milk all at once; stir over low heat until thickened. Add cheese; stir until cheese melts. Add salt (amount will depend on saltiness of cheese), Tabasco and Worcestershire. Makes about 2½ cups sauce.

This Casserole Is Family Favorite

The family will think highly of this casserole but that is too long for a 3-line head. Anyway, they'll like it because it has everything. If you do think of anything else, just add it and the dish will still come out "good."

Family Casserole
 1 pound ground beef
 1 cup sliced onions
 1 teaspoon salt
 ½ teaspoon pepper
 2 cups cooked, sliced potatoes
 1 can whole kernel corn (2 cups)
 1 can tomato soup
 ½ cup milk
 Brown meat in a little hot fat; push to one side and lightly brown onions. Add salt and pepper. In a greased 2-quart casserole, arrange layers of meat and onions, potatoes and corn. Pour over all tomato soup diluted with milk; lift up layers to thoroughly moisten the ingredients. Bake in a moderate oven, 375 degrees for 20 minutes. Six servings.

Barbecued Cubed Beef Steak Idea

Here's a new taste thrill in an old standby. Cubed beef steaks, or as you may call them "minute" steaks because of their quick preparation time, are cooked with a zesty barbecue sauce for a winning combination.

Barbecued Cubed Beef Steaks
 4 cubed beef steaks
 ¼ cup flour
 Salt
 Pepper
 3 tablespoons lard or drippings
 1 medium onion, chopped
 1 tablespoon vinegar
 1 tablespoon brown sugar
 2 tablespoons lemon juice
 ½ cup catchup
 2 tablespoons Worcestershire sauce
 ½ cup water
 ½ teaspoon salt
 ½ teaspoon pepper
 Dredge the steaks with flour. Season. Brown the steaks on both sides in lard or drippings. Add chopped onion and brown lightly. Mix remaining ingredients and pour over steaks. Cover and cook slowly until meat is tender, about 35 minutes. 4 servings.

Cucumbers in Casserole Good

The big difference between the epicurean and the ordinary diner is that the former regards a basic food as only the starting point for a whole variety of dishes. A good example is the cucumber.

You expect to find cucumbers in salads or sauteed. But there are recipes for serving them in soups, sour cream, in sandwich spreads—or in a delightfully different casserole. You should try this one soon:

CUCUMBER CASSEROLE
 Bake at 375 deg. for about 35 minutes. Makes 6 servings.
 3 medium-size cucumbers
 ¼ small green pepper, finely diced
 ½ cup finely diced celery
 1 medium-size onion, chopped
 1 cup (about ¼ pound) grated process American cheese
 5 saltines, crumbled
 2 tablesp. melted butter or margarine
 2 eggs, slightly beaten
 1½ cups milk
 ½ teasp. salt
 Dash of pepper
 1. Lightly butter 1½-quart baking dish.
 2. Pare cucumbers; quarter lengthwise; scoop out seeds; dice cucumber fine.
 3. Cook cucumbers and green pepper in 1 inch boiling salted water in medium-size saucepan 10 minutes, or just until tender; drain well; re-return to saucepan.
 4. Stir in remaining ingredients; pour into prepared baking dish.
 5. Bake in moderate oven (375 deg.) about 35 minutes, or until set in center. If desired, garnish with green pepper rings; serve at once.

Lean, Economy Beef Used in Many Ways
 Lean, economy beef is from cattle which come directly to market from the grassy plains and mountains of the west and has had no "corn finishing." Because it usually costs less to produce, it can be sold at lower prices than relatively higher grade, corn-fed beef.

There are many cuts of lean beef at economy prices on the market today to brighten your menus in a money saving way. In addition to round steak, there are chuck pot roasts, flank steaks, short ribs, brisket and stew meat.

Lean beef makes excellent hamburgers, also delicious pot roasts, Swiss steaks and stews. Usually cuts of lean beef need slightly longer cooking time than beef which contains a higher proportion of fat.

Lean beef is every bit as nutritious as the fancier, higher-grade beef.

Macaroni Casserole Hearty Main Dish

A bubbling, piping hot macaroni casserole is a welcome addition to any dinner table. Luncheon-meat strips make this Chevron Macaroni Casserole substantial enough to satisfy the most robust appetites.

These days macaroni casseroles are no longer Friday fare or an easy out when time and budget are limited. Served with imagination and flair, baked macaroni dishes take on party manners and will please your entire family.

Chevron Macaroni Casserole
 Make (s 4-6 servings)
 1 tablespoon salt
 3 quarts boiling water
 8 ounce elbow macaroni (2 cups)
 1 10½-ounce can condensed cream of mushroom soup
 1 cup milk
 1 cup grated processed cheddar cheese (about ¼ lb.)
 1 teaspoon Worcestershire sauce
 Freshly ground pepper
 1 12-oz. can luncheon meat, cut in ¼-inch strips
 Add 1 tablespoon salt to rapidly boiling water. Gradually add macaroni so that water continues to boil. Cook uncov-

Try Mixed Pickles for Taste Appeal

Since we've some pickling spice at hand for other good things, let's make this quickly made, wonderfully good combination of plentiful garden vegetables into a pickle relish that will tickle palates, especially when served with roasts of any kind.

Mixed Garden Pickle
 3 5-8 inch cucumbers
 2 medium green peppers
 red, stirring occasionally, until tender. Drain in colander.
 In a saucepan, combine soup, milk, cheese, Worcestershire sauce and pepper; place over low heat and cook, stirring occasionally, until cheese is melted. Add cooked macaroni and luncheon meat, reserving 6 strips meat for garnish. Turn into a greased 1½-quart casserole and place meat strips on top of casserole to form chevrons. Place under broiler about 3 inches from heat for 10 minutes, or until lightly browned and sauce is bubbly.

1 cup cauliflower flowerettes
 ¼ pound fresh green beans
 8 small white onions
 2 cups salt
 1 quart cider vinegar
 2 tablespoons mixed pickling spice
 Score cucumber rind with a fork, but do not peel. Cut into fourths length wise and then into ¼-inch chunks. Seed and cut peppers into ¼-inch pieces. Cut cauliflower into inch pieces. Cut beans into inch lengths. Peel onions. Combine all vegetables and cover with salt. Let stand 24 hours. Drain. Heat vinegar and mixed pickling spice. Add vegetables and simmer until just tender; about 15 minutes. Pack in sterilized jars. Seal. Makes 4 pints. We remind you that you now buy mixed pickling spice packaged with 10 to 16 beautifully blended spices.

Stretch Sauce

You can stretch the amount of ground beef needed for your favorite spaghetti sauce, tomato casserole or other meat dishes by adding hearty wedges of ripe olives. With their rich flavor and texture you'll never miss the meat.

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