

TUNA RING

The tuna is one of the most powerful fish that swims... and methods of catching the highly elusive game fish haven't altered greatly through the years. Tuna clippers hunt the schools of tuna in the warm salt seas, and strong fishermen reel them in—sometimes three or four men to one fighting fish!

But the ways of serving this versatile staple have changed. New recipes for tuna dishes, hot or cold, add interest to Lenten menus. For example, a newly-developed Creamed Tuna Biscuit Ring features the fish in a cheese-flavored container of biscuit dough, baked in a ring mold.

Keep a can of tuna and a box of biscuit mix on hand all during the year. You'll find many tempting variations to try—and they're so handy when you need to come up with a meal in a hurry.

Here's the recipe for the tuna ring, as developed in the Betty Crocker kitchens:

CREAMED TUNA BISCUIT RING

To make Biscuit Ring: Heat oven to 450 degrees. Add 2-3 cup milk all at once and 1/2 cup grated sharp cheese to two cups Bisquick. Stir with fork into soft dough. Beat 15 strokes. It will be stiff, but sticky. Spread dough into eight or nine inch ring mold. Bake 10 to 15 minutes. Turn out on large platter. Fill center with Creamed Tuna.

CREAMED TUNA
2 10 1/2-ounce cans condensed cream of mushroom soup
1/2 cup milk
2 6 1/2-ounce cans tuna
1/4 cup finely chopped green pepper
1 teaspoon grated onion
Heat all ingredients.

BANANA BREAD

Most homemakers limit the serving of bananas as a garnish for desserts or sliced in cold cereals. But down at the beautiful Half Moon Hotel and Cottage Colony in Montego Bay, British West Indies, the executive chef serves them in a new and unusual way, "banana bread." So many guests at the hotel have requested the recipe that the chef has agreed to share it. Here is his recipe:

INGREDIENTS
3 1/2 cups flour, sifted
6 ounces butter
4 eggs
1 1/4 cups sugar
4 teaspoons baking powder
1 teaspoon baking soda
2 cups mashed ripe bananas
Mix the butter and sugar well. Beat in the eggs and add the flour, baking powder and baking soda. Mix in well after each addition. Mix in bananas. Form mixture into two small loaves. Arrange loaves in baking dishes which have been well sprinkled with flour. Bake in moderate oven (350 degrees) for one hour or until well browned. Yield: two loaves of banana bread.



NEWS FROM BETTY CROCKER Kitchens is a Creamed Tuna Biscuit Ring for Lenten meals. It is easily made from biscuit mix, canned tuna and condensed mushroom soup. Color is added to the dish with chopped green pepper.

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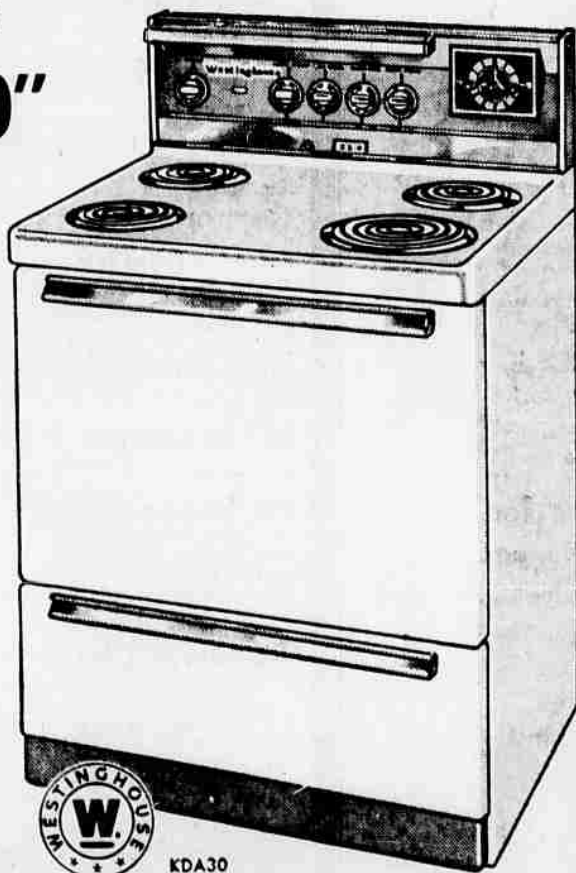
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