

Seafood dishes delight diners

BAKED HADDOCK

Take 3 or 4 pounds haddock, skinned and back bone removed. Wipe with damp cloth, sprinkle with salt and pepper. Stuff with favourite bread dressing. Fasten with thread. Roll in foil and bake in 400 degrees F. oven 1½ hours. (Good with scalloped or baked potatoes).

MRS. A. MORRISON
Millicove WI

CLAM PIE

1 can clams
2 cups diced cooked potatoes
1 small onion, minced
3 stalk celery, chopped
Melt 2 tablespoons butter in baking dish, fry onion and celery, add potatoes, clams, ½ cup milk, canned. Cover with rich biscuit crust and bake 30 minutes.

MRS. ALFRED MORRISON
Millicove WI

FISH CHOWDER

2 cups flaked cod
6 potatoes, cut into cubes
3 pint boiling water
1 sliced onion fine
1 tablespoon salt
¾ teaspoon pepper
1 quart milk
2 soda crackers
Fry 2 or 3 slices bacon, cut fine. Strain off fat. Add potatoes boiling water and cook 10 minutes. Add fish and simmer 20 minutes more. Add onion, milk and seasoning and soda crackers, rolled fine. Heat all to the boiling point and serve hot.

MRS. MAJOR YOUNG,
East Baltic

COD WITH

CHEESE DRESSING

1 package cod fillets
1 tablespoon shortening
¾ cup bread crumbs
¼ cup grated cheese
¾ cup sliced onion
¾ teaspoon salt
dash pepper
one-third cup light cream
Cut fillets in pieces. Place in casserole. Saute onions in frying pan with shortening; add crumbs, cheese, salt and pepper; toss until well mixed, and place on top of fillets.

Four cream over all ingredients and bake in 350 degrees oven for 45 minutes.

MRS. A. PETERS
Bedford

STEAMED SALMON LOAF

1 can red salmon, remove skin and bone and mince salmon with fork
1 cup cracker crumbs
1 cup sweet milk
1 egg, beaten
salt and pepper
1 small onion, minced
Mix and steam one hour.

MRS. GUY PIERCE
Brackley

DRESSED FILLETS OF HADDOCK OR COD

1 cup milk
½ cup flour
1 tablespoon mustard
2 cups of grated old cheese
2 tablespoons butter

Fresh chopped parsley

Prepare a white sauce with the butter, flour, mustard and milk; add the grated cheese. Season well. Wipe fillets with a damp cloth, cut in individual servings, cover each piece with the cheese mixture. Sprinkle with chopped parsley, place on well buttered oven dish and cook 20 minutes in moderate oven.

MRS. RAY GALLANT
Millicove WI

STUFFED HADDOCK

Trim whole fish or fillets. Salt lightly and fill with the following:

2 cups soft bread crumbs
¾ can tomato soup
1½ tablespoons melted butter or fat
1 tablespoon onion juice
¼ teaspoon poultry dressing
Salt to taste

Mix together and place on whole fish or between fillets. Grease pan, place fish in pan. Sprinkle with fat or butter and bake in 400 degrees F. oven until cooked. Tomatoes stuffed with peas or soup may be served with fish.

MRS. RAY GALLANT
Millicove WI

TUNA CASSEROLE

2 cups cooked rice
2 cups tuna
1 cup chopped celery
2 teaspoons lemon juice
2 teaspoons chopped onion
¾ teaspoon green pepper
1 teaspoon salt
1 teaspoon pepper
1 can mushroom soup
½ cup milk, no more

Combine all above ingredients and add just enough milk to moisten. Top with grated cheese and one bag well crushed potato chips. Use pan 9 x 9 or 8 x 12. Bake 25 minutes 375 degree oven.

MRS. MAJOR YOUNG

FLAKED FISH GOLDENROD

1½ cups medium thick white sauce, well seasoned
2 hard cooked egg whites, chopped
1 cup flaked cooked fish
2 hard cooked egg yolks, sliced. Toast triangles.
To the white sauce, add the egg whites and fish. Serve on toast and sprinkle with sieved yolk.

MRS. RAY GALLANT
Millicove WI

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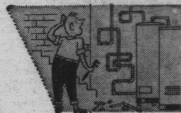
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