

# THE SEA ENRICHES WITH ITS BOUNTY

## Treasures of the Island's deep waters

**TUNA CASSEROLE.**  
1 can cream of mushroom soup  
1/2 cup milk  
1 (7 oz.) can drained flaked tuna  
1 cup drained, cooked, frozen peas  
1 cup crushed potato chips  
Combine above in a quart casserole. Garnish with additional potato chips. Bake in moderate oven, 375 degrees about 25 minutes.  
Makes 4 servings. Serve with hot biscuits if desired.

**SALMON WIGGLE**  
1 lb. can red salmon  
3 tsp. butter  
3 tsp. salt  
1/2 tsp. pepper  
1 1/2 cups milk  
1 cup cooked peas, drained  
Melt butter, add flour and seasonings. Add milk and cook until thick over low heat. Add salmon and peas. Heat thoroughly. Serve on buttered toast.

**TUNABURGERS**  
Mix 1/2 lb. (6 oz.) tuna, 1/4 cup chopped green pepper, 1/4 cup celery, and 1/2 cup mayonnaise.  
Spread on 4 split hamburger rolls. Broil until bubbly. Serve at once.

**LOBSTER AND SHRIMP PATTY FILLING**  
1 can lobsters  
1 can shrimp  
1 can cream of celery soup  
1 small can of peas, drained  
Combine ingredients together in top of double boiler. Use cream or milk to this to consistency desired. Serve in heated shells or with potato puifs and favorite vegetable.

**FISH CHOWDER**  
1 1/2 lb. haddock fillets, cut in 1 inch pieces  
1/2 cups diced potatoes  
1 cup cream  
2 cups canned tomatoes, served to remove seeds  
1/2 cup chopped onion  
4 whole cloves  
1 bay leaf (from pickling spices)  
4 tsp. salt  
4/8 tsp. pepper  
Cook potatoes in 6 cups of water. Meanwhile lightly brown the onions in butter. Add 1-3 cup of flour. When potatoes have cooked fifteen minutes, add onion spices, seasonings, tomatoes and fillets. Cover and simmer for half an hour. This chowder improves in flavor if cooled and reheated, but not boiled. Just at serving time add 1 cup of cream. Reheat just to boiling point. Serve at once.

**LOBSTER CHOWDER**  
2 cans lobster  
2 tsp. onion flakes  
1/2 tsp. salt  
1/2 tsp. pepper  
1 cup heavy cream or canned milk  
2 tsp. flour  
2 tsp. butter  
2 cups milk  
2 tsp. chopped parsley  
Heat lobster, seasonings and milk. Melt butter, add flour, then onion spices, seasonings, then add this mixture to the chowder. Heat to boiling point. Add cream, reheat just to boiling point, but do not allow to boil. Serve at once with crackers.

MRS. FRANK ROSS

**SHRIMP LUNCHEON DISH**  
1 can shrimp  
2 cans sardines, heated in One-half cup fine bread crumbs  
1/2 cup peas (cooked)  
1/4 cup narrota (cooked)  
2 eggs, beaten  
1 1/2 cup milk  
Onion seasoning  
Dash of pepper and celery salt  
Mix all together, place in oiled baking dish. Bake 1 hour in moderate oven. Place behind a grid in a little hot water.

MRS. TED CRANE

**HALIBUT CASSEROLE**  
2 pounds cooked halibut (or cod)  
1 tsp. chopped onion  
1 tsp. Worcestershire sauce  
2 tsp. butter (or other fat)  
2 tsp. flour  
few grains of pepper  
1 tsp. salt  
1/2 cup milk  
3 cups hot seasoned mashed potato  
1/2 cup grated cheese  
Drain fish and flake into gressed 2 qt. casserole. Sprinkle with onion and Worcestershire sauce. Melt butter, blend in flour and seasoning. Gradually add milk; cook and stir until smooth and thickened. Pour sauce over fish. Top with potatoes and cheese. Bake in oven 375 deg. F. for 25 minutes. Makes 4 servings.

HILDA RAMSAY

**SALT FISH DINNER**  
12 lb. salt fish, freshened  
2 cups cooked peas  
2 lb. salt beef  
2 small potatoes  
2 cups salmon in cold water and bring to a boil.  
Cut pork in thin slices and fry (save grease); cook vegetables separately. Place fish on platter and garnish attractively with pork, vegetables, use part grease sauce.  
When using salt fish allow fish to stand for several minutes in pan of fresh water to remove some of the brine.

MRS. E. WEATHERBIE

**TUNA MUSHROOM SURPRISE**  
1 can flaked tuna  
1 can mushrooms  
1 cup white sauce  
cracker crumbs  
Line a baking dish with crumbs. Put in alternate layers of mushrooms and tuna. Pour over this, the white sauce, top with more crumbs. Bake in 375 degree oven until brown.

MRS. STERLING BIRT

**QUICK SCALLOP VICHYSSOISE**  
1 lb. scallops fresh or frozen  
1 qt. boiling water  
2 tsp. salt  
2 cans (10 1/2 ounces each) frozen, condensed cream of potato soup  
1 pt. milk  
1 pt. coffee cream  
2 tsp. chopped chives  
Thaw frozen scallops, remove any shell particles and wash. Place in boiling water, cover and return to boiling point, simmer for 3 to 4 minutes depending on size drain cut large scallops in half. Combine soup, milk, and cream, heat until soup is thawed. Mash or put through a sieve. Add scallops, a salt, sprinkle chives over top. Serve six.

MRS. EVERETT WEATHERBIE

**MOCK SCALLOPS**  
1 cup cooked salt cod (freshened)  
1 cup mashed potatoes  
1 egg (beaten)  
Bread crumbs  
Shred fish until fine, add potatoes and beaten egg. Season with pepper, dip in bread crumbs, fry in deep fat (350 deg. F.) one minute.

HATTIE BEARSTO

**SALMON SHEPHERDS PIE**  
1 can (15 1/2) ounces canned salmon  
3 tsp. butter or other fat  
1 cup chopped celery  
1/2 cup flour  
2 cups salmon liquid plus milk  
1/2 tsp. salt  
Dash of pepper  
2 hard cooked eggs, chopped  
to 2 cups mashed potatoes  
Drain salmon and break into bite size chunks. Crush the heat-softened bone with a fork and add to fish, save salmon liquid and add milk to make 2 cups liquid.  
Melt butter, add celery and flour, thicken stirring, cook constantly, stir in seasonings, egg, and salmon. Pour into a gressed 1 1/2 quart casserole, top with seasoned mashed potatoes, moistened and whipped to easy spreading consistency.  
Bake in hot oven 425 deg. F. for 25 minutes or until lightly browned. Serves six.

MRS. EVERETT WEATHERBIE

FOUNAL

**BAKED SCALLOPS**  
Place 1 lb. uncooked scallops in gressed casserole and pour over the following sauce:  
3 tsp. melted butter  
3 tsp. flour, blended in with butter, add:  
1/4 tsp. salt  
2 cups warm milk  
Cook till smooth and thick, stirring constantly.  
Sprinkle dry, sifted bread crumbs over the top of the mixture and dot with butter. Bake in hot oven 450 deg. F. for 10 minutes, or until scallops are a milky white. Serves 6 people.

HATTIE BEARSTO

**PICKLED MACKEREL**  
2 lb. fresh mackerel  
1 tsp. salt  
1 tsp. pickling spice  
1 cup vinegar  
1/2 cup water  
Clean fish, wipe with damp cloth. Cut in 6 pieces and place in a baking dish. Sprinkle with salt and pickling spice. Pour vinegar and water over fish.  
Cover and simmer 3/4 hr. Serve hot or cold. Yields 4 servings.

MABEL MACLELLAN

Indian River W. I.

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**SEASHORE CHOWDER**  
1 1/2 lb. flaked raw fish  
1 cup diced raw potatoes  
2 tsp. salt  
4 tsp. pepper  
1/2 cup diced salt pork  
1/2 cup minced onion  
2 tsp. butter  
2 cups milk  
Simmer potatoes in water until almost tender. Add fish, salt and pepper and simmer until fish is cooked.

MABEL MACLELLAN

**CLAM PATTIES**  
2 cups fresh clams  
1 cup bread crumbs  
2 eggs  
2 tsp. cream  
2 tsp. flour  
Mince clams, add crumbs and seasoning. Break in eggs a d stir thoroughly, add cream and flour.  
Heat bacon drippings in frying pan and drop in mixture by spoonfuls. Cook until golden brown on both sides.

MABEL MACLELLAN

Indian River W. I.

**BAKED MACKEREL**  
Split fish, clean, and remove head and tail. Put in buttered dripping pan, sprinkle with salt and pepper and dot with butter.  
Pour over it 2-3 cup milk. Bake 25 minutes in hot oven.

SHEILA DUNPHY

Indian River W. I.

TUNA FISH DISH

6 oz. noodles

Salt, egg and drain

1 can tuna fish

1/2 cup mayonnaise

1 cup celery

1-3 cup cut onions

4/8 cup green pepper

1/2 cup pimento

1 ts. salt

SAUCE:

1 can celery soup

3/4 cup milk

1 cup grated cheese

Mix noodles with vegetables then add sauce. Top with bread crumbs. Cook in 425 deg. oven for 25 minutes.

Indian River W. I.

PATRICIA MACLELLAN

Indian River W. I.

CREAMED SARDINES

Melt 4 tsp. butter. Add 1/4 cup of soft bread crumbs and 1 cup cream or milk. Cook until hot. Add 2 hard cooked eggs, chopped fine, and 1 box sardines from which bones have been removed and sardines mashed.

Season with salt and pepper and a dash of red pepper. Put on slices of hot buttered toast.

PATRICIA MACLELLAN

Indian River W. I.

CODFISH BALLS

2 cups raw potatoes, cut in small pieces  
1 cup salt codfish, shredded  
3/4 tsp. butter  
1/2 tsp. pepper  
1 egg, beaten  
Put potatoes in deep saucepan; cover with cold water; add fish and boil until potatoes are tender. Remove from fire and drain well. Add butter and pepper.

Beat well with fork. Add egg, cold. Chop by tablespoon into hot shallow spray (385 deg. F.) 1 inch deep in heavy frying pan and fry until golden brown. Drain on absorbent paper and serve immediately; garnish with parsley. Serves 6.

PATRICIA MACLELLAN

Indian River W. I.

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