

Preparing the ocean's harvest

SALMON SHERBIT
Take 1 can good salmon (red) — Make white sauce and put in layers with salmon. Cover with cracker crumbs and butter.
Bake about ¾ hour in moderate oven. Serve with tea or bread rolls or tea biscuits.

MRS. GUY PIERCE
Brack 17

SALMON OR TUNA PUFF
1 small can fish
1 small onion
½ cup chopped celery
½ cup chopped cucumber
1 chopped ripe tomato
2 eggs
1 cup bread crumbs
Mix all together. If too dry add canned milk. Pat in a loaf pan. Bake in moderate oven till browned well. Serve with hard sauce.

MRS. A. MORRISON
Millicove WI

OSTER STEW
2½ cups milk
2 tsp. cracker crumbs
2 tsp. butter
¼ tsp. salt and pepper
1 pt. oysters
Heat milk, add butter etc. Add oysters last and cook only a few minutes. Serve with tea biscuits.

MRS. GUY PIERCE
Brack 17

OSTER ROLLS
Trim crusts from thin sliced white bread; brush both sides with butter. Put a well seasoned oyster on each slice, roll diagonally; fasten with toothpick. Broil.

MRS. RAY GALLANT
Millicove, WI

COOKING LOBSTERS
Place the live lobster in boiling salted water (sea water is best if available). Cook a n d a cook 10 to 15 minutes, depending on size of the lobsters. Remove from fire and cool.
Serve as preferred.

MRS. RAY GALLANT
Millicove, WI

PIGS IN BLANKETS
Drain oysters dry and roll each in a thin slice of bacon. Fasten with a wooden toothpick. Fry until the bacon is crisp and brown.

MRS. RAY GALLANT
Millicove, WI

LOBSTER LOAF
1 ½ cup soft bread crumbs
1 can corn

2 eggs slightly beaten
½ cup milk
1 tsp. grated onion
2 tsp. chopped pickles
salt and pepper to taste
Dice lobster and combine well with bread crumbs and corn. Beat eggs slightly, add the milk and combine with first mixture; add onions, pickles and seasoning.
Turn into a greased loaf pan, bake in moderate oven until firm. Serve hot. Serves 8. (Very good when served with peas, tomato and sliced lemon.)

MRS. ARTIMAS ACORN
Wood Islands East W.L.

CLAM SOUFFLE
2-7 oz. cans small clams
Drain juice off the clams and put them in bowl.
Add a dash of cayenne, yolks of 5 eggs and mix thoroughly. Beat whites of eggs and combine with clams.
Bake in 350 degree oven for 20 minutes.

MRS. JEANITA MACPHERSON
Wood Islands East W.L.

STUFFING FOR BAKED FISH
2 cups bread crumbs
1 tsp. finely chopped parsley
¼ tsp. salt
1 tsp. chopped pickle
¼ tsp. white pepper
3 tsp. melted butter
1 tsp. onion juice
Mix together. If a more moist stuffing is preferred add a little cream.

MRS. RAY GALLANT
Millicove W.L.

FISH CROWDER
2 lbs. fresh haddock
6 thinly sliced potatoes
1 onion
3 cups milk
1 or 2 pieces celery
¼ tsp. pepper
1 tsp. salt
small piece butter
Boil fish till bones can be removed, then add all the above ingredients. A small portion of fried bacon or pork may be added if desired. Also a piece of butter and milk.

MRS. MAJOR YOUNG
East Baltic

FISH FILLETS
2 to 3 lbs. fish fillets
1 tsp. salt
cup of milk
finely sifted bread crumbs
oil or melted fat
Cut fillets into portions, 3 to a pound. Soak the pieces in salted milk, then cover with bread crumbs. Place in a pan

and sprinkle with cooking oil or fat. Bake in oven 450 degrees to 500 degrees until fish is cooked.
Grated cheese may be sprinkled over the top just before removing it from the oven.

MRS. RAY GALLANT
Millicove W.L.

HUGGER-IN-BUFF
Shred and freshen ¾ lb. of salt codfish. Change the water several times. Add ¼ cups of diced potatoes and cook together. Cut ¼ lb. of salt, fat pork in small cubes and fry with one large onion, sliced.
Drain potatoes and fish and serve with the pork scraps and onion. Butter may be used instead of pork scraps. Serves 6.

MRS. RAY GALLANT
Millicove W.L.

QUICK FISH CASSEROLE
1 pound or 2 cups cooked fish
2 cups cooked rice
¼ cup chopped onion
¼ cup diced green pepper
1 tsp. salt
1 can condensed tomato soup (10 ounce)
½ cup milk
2 cups potato chips coarsely crushed
Flake fish and add to cooked rice. Cook onion and green pepper in fat till tender, add to the fish and rice mixture and mix lightly. Blend in soup and milk, place half of the potato chips in bottom of a greased 2 qt. size casserole. Cover with layers of fish and soup mixture. Top with remaining potato chips. Bake in oven 350 de-

grees for 30 minutes. Makes 6 servings.

MRS. MAJOR YOUNG
East Baltic

CROWDER
2 cups raw diced fish
4 cups water
2 tsp. butter
2 ½ cup minced onion
2 cups raw diced potatoes
4 cups milk
1 cup chopped celery
salt and pepper
Fry onion in melted butter, add fish, potatoes and celery. Cook a few minutes, season well. Add cold water. Cook until tender. Add cold milk and heat to boiling point. Serve hot.

MRS. RAY GALLANT
Millicove W.L.

CODDISH BAKES
Cook and mash sufficient potatoes for number of servings required. To 3 cups potatoes add 1 cup cooked, diced and shredded codfish.
¼ tsp. pepper

MRS. RAY GALLANT
Millicove W.L.

OSTER COCKTAIL
Oysters
2 tbsp. tomato catsup
1 tsp. horseradish
1 tsp. Worcestershire sauce
1 tsp. vinegar
1 tbsp. lemon juice
¼ tsp. salt
½ tsp. Tabasco Sauce
Mix ingredients. Keep in refrigerator for several hours and serve ½ tsp. for every five oysters. Serve five oysters to each cup.

MRS. RAY GALLANT
Millicove W.L.

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