



DEPARTMENT OF THE INTERIOR
INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Release TUESDAY, FEBRUARY 28, 1950

LUNCHEON TREATS GIVE VARIETY TO LENTEN MENUS

Your favorite fresh or canned fish can be prepared in a variety of ways to make easy the preparation of menus during Lent. The family lunch, buffet supper, or bridge luncheon can be made bright and appetizing with a wide choice of fish used in loaves, slaws and salads. Whether you choose such products as canned tuna, salmon, crabmeat, shrimp, and lobster or fresh-cooked fish as haddock, halibut, rosefish (ocean perch) or cod, you can use any one of them with the following recipes developed and tested in the U. S. Fish and Wildlife Service home economics kitchens.

Seafood Surprise Loaf

2 cups flaked, cooked or canned fish or shellfish	2 tablespoons sweet pickle, chopped
1 tablespoon gelatine	2 tablespoons olives, chopped
$\frac{1}{4}$ cup cold water	2 tablespoons lemon juice
$\frac{1}{2}$ cup boiling water	$\frac{1}{2}$ cup mayonnaise
$\frac{1}{2}$ cup celery, chopped	$\frac{1}{4}$ cup Ketchup
	$\frac{1}{4}$ teaspoon salt

Soften gelatine in cold water for 5 minutes. Add boiling water and stir until dissolved. Combine all ingredients, mix well and season to taste. Turn into a greased loaf mold, chill until firm. Unmold on a bed of lettuce and garnish with sliced olives. Serves 6.

Fish Salad

2 cups flaked cooked or canned fish or shellfish	2 tablespoons minced onion
1 cup diced celery	3 hard cooked eggs, diced
2 tablespoons chopped sweet pickle	Salt to taste
	$\frac{1}{2}$ cup mayonnaise or salad dressing

Combine all ingredients, being careful not to break the fish into too small pieces. Chill. Serve on lettuce cups and garnish with tomato wedges. Serves 6.

Tuna Slaw

2 7-oz. cans tuna, flaked	$\frac{1}{2}$ teaspoon salt
2 cups cabbage, shredded	Dash pepper
$\frac{1}{4}$ cup green pepper, finely chopped	$\frac{1}{2}$ cup mayonnaise or salad dressing
2 tablespoons onion, minced	

Combine all ingredients, and chill. Serve with a bright colored garnish. Serves 6.

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