

### Fish Soufflé with Peas

3 tablespoons butter  
3 tablespoons flour  
 $\frac{1}{2}$  teaspoon salt

$\frac{1}{2}$  cup milk  
1 cup cooked, flaked fish  
 $\frac{1}{2}$  cup cooked peas

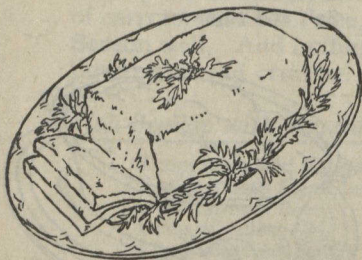
3 eggs

Melt the butter, blend in the flour, and add the milk slowly. Stir, while cooking, until smooth and thick. Add the egg yolks and beat well. Add the fish and peas and fold in the whites of eggs, well beaten. Pour into a greased casserole and place the casserole in a pan of hot water. Bake in a moderate oven until done (a knife will come out clean when the soufflé is done). The oven should be hot enough to brown the soufflé well. Serves five. Canned or left-over fish (boiled, baked, or steamed) may be used.

### Creamed Fish and Potato Chips

Combine one cup of medium thick white sauce with two cups of canned or left-over, cooked fish (boiled, steamed, or baked). Place alternate layers of the creamed fish and potato chips in a greased casserole. Season. Top the casserole with buttered, fine bread crumbs and heat well in a moderate oven until the top is brown. Whitefish, salmon, trout, haddock, halibut, etc., may be used.

### Fish Loaf



Melt 1 tablespoon butter, add 1 tablespoon of flour, mix and cook one minute, then add one cup of hot milk gradually, stirring constantly; season. Add to that sauce 2 cups of cooked or canned fish, 2 beaten eggs, 1 cup of soft bread crumbs 1 chopped hard boiled egg, 2 chopped pickles, 3 tablespoons of parsley. Pour mixture

in greased baking dish or mould. Place in a pan of boiling water, and cook for one hour in a moderate oven. Unmould. Serve hot or cold.