



Make a white sauce by melting butter, blending in flour, adding milk and vegetable water, and cooking till smooth and thick. Place the cooked, diced vegetables in a greased casserole, add the flaked fish, season, cover with the white sauce, sprinkle with bread crumbs and dot with butter. Bake in a moderate oven until brown and hot. Serves 6.

Baked Fish and Pineapple

Line a greased casserole with sliced or cubed pineapple (drained). Add 2 cups of cooked, flaked fish—whitefish, haddock, or salmon suggested—mixed with $\frac{3}{8}$ cup of cream. Season with salt and pepper. Beat together 1 cup of mashed potatoes, 1 beaten egg, 2 tablespoons of milk and a dash of paprika. Place this on top of the fish mixture. Bake in a moderate oven till hot and brown. Top with grated Canadian cheese just before removing from the oven. Fresh fillets may be used and, if so, the cooking time will be a little longer. Serves 6.

Fish Soufflé

3 tablespoons butter
4 tablespoons flour
 $1\frac{1}{2}$ cups cooked or canned fish

3 or 4 eggs
1 cup milk
Salt and pepper

Melt butter, add flour, mix well, cook a few minutes, stirring constantly. Then add hot milk a little at a time. Season. When the sauce is well cooked, cool, add beaten egg yolks and fish. When cold, add the beaten egg whites. Pour mixture in a greased baking dish, and cook 30 to 40 minutes in a moderate oven.

