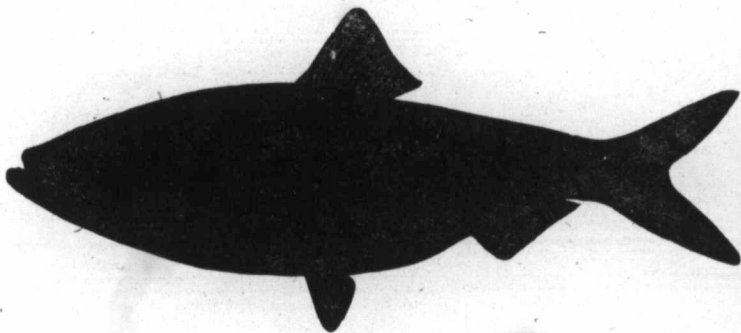


Canned—Great quantities of salmon are canned yearly, so that much of what is used inland is canned. With canned salmon we may make Salmon Salads, Salmon Loaf, Salmon Croquettes, Salmon Timbales, Salmon Souffle, Scalloped Salmon and Creamed Salmon. The method in use for these is the same as for any other meat or fish.

SALMON, Boiled—Rub a fish about six pounds in weight with salt. Tie carefully in a cheese-cloth, and boil slowly three quarters of an hour. Serve with Egg or Caper Sauce. Garnish with parsley and lemon.

SALMON LOAF No. 1.—One small can of salmon; one cup of dry bread crumbs rolled fine one egg; two tablespoons sweet milk; pepper and salt. Remove bones from salmon, break into small pieces, and well-beaten egg, seasoning, and cracker crumbs; bake in a well-buttered dish for fifteen minutes; serve hot.

SALMON LOAF, No. 2.—One can salmon, one pint of mashed potatoes, one cup browned cracker crumbs, two cups of parsley sauce. Grease a good-sized mould with butter, sprinkle with cracker crumbs, and line with mashed potatoes. Drain oil from salmon and remove skin and bones. Season with pepper and salt and pack in mould. Cover with potatoes and then cracker crumbs put a few pieces of butter on top, and bake one-half hour in fairly hot oven. Turn out and pour parsley sauce over. The oil drained off the salmon may be used in making this sauce.



GASPEREAU OR ALEWIFE.

This is sometimes known as a Branch herring. It is found in either salt or fresh water, and is in season from April to June, fresh. It is extensively salted and sold in this way. It may be cooked as any fresh or salt herring.

MACKEREL.

FRESH MACKEREL, Baked—Split fish, clean and remove head and tail. Put in buttered dripping pan, sprinkle with salt and pepper and dot over with dripping (allowing one tablespoon to a medium sized fish.) and pour over two-thirds cup milk. Bake twenty-five minutes in a hot oven.

Mackerel will not keep fresh as long as other fish; it is therefore necessary that it should be consumed whilst perfectly fresh.

Boiled—Wash, clean, remove insides, remove heads and tie the fish in a cheese-cloth. Put in boiling water, and boil gently for thirty minutes. Serve with Drawn Butter Sauce. Garnish with parsley.

Fried and served with bacon—

Fry six good sized slices of bacon. Split the Mackerel down the back and clean, scraping all the thin black skin from the inside. Wipe dry, and lay in the frying-pan; fry on one side a nice brown, then turn and brown the other side. Season with butter, pepper and salt. Serve with the bacon.

SALT MACKEREL—Soak in plenty of water from ten to twelve hours before cooking. Cook as fresh Mackerel.

Broiled.—Soak the Mackerel for twelve hours or more with the skin side up, and change the water several times. Simmer for fifteen or twenty minutes in the water with a teaspoon of vinegar, a bay-leaf, one slice of onion, and a sprig of parsley. Then drain and broil. Serve with a little dripping, lemon juice and chopped parsley.

Mackerel are caught from May to November. They are most plentiful in May, June and in September and October.