

Recipe Corner

by Dorothy Johnson



Open a can of tuna and you open a tale of adventure . . . of daring fisherman ready to travel far and wide in the search for America's favorite canned seafood . . . ready to use all their skill and courage to secure their prize catch.

You also open an exciting tale of science . . . of an industry equipped with the most modern techniques and facilities to assure you, the public, that every can of tuna will meet rigorous standards of flavor and wholesomeness.

Finally you are ready to cook one of the most nutritious food for your your family that adapts itself to every season to every style of cookery and provides outstanding value in return for your small price of admission.

The recipes in this tuna drama are designed to give you the best possible meal-

time entertainment. They aim to please your taste, spare your purse, save your time and promote your health. Like tuna itself, they are far ranging, moving from long run hits that are family favorites to command performances for party fare. It's a tall order to fill, but people well acquainted with tuna know that it's performance satisfies every audience.

SAVORY TUNA LOAF

- 2 cups soft bread crumbs
- 1/4 cup frozen minced onions
- 1 tbsp. dehydrated parsley flakes
- 1/4 tsp. thyme
- 1 tsp. salt
- 1/4 tsp. pepper
- 3 cans (6 1/2 or 7 oz. each) tuna in vegetable oil
- 2 eggs
- 1/2 cup milk

Combine eggs, milk, bread crumbs and seasonings in mixing bowl. Add tuna. Mix thoroughly. Turn into foil lined loaf pan 8 1/2 x 4 1/2 x 2 3/4 inches. Bake in a 375 degree oven 1 hour. Turn loaf onto platter; remove foil. (Turn right side up onto another platter.) Garnish with lemon slices. Serve with parsley sauce.

PARSLEY SAUCE

- 1 can condensed cream of celery soup
 - 1/2 cup milk
 - 2 tbsp. chopped parsley
- Combine undiluted soup and milk; stir over low heat until hot. Add parsley.

TUNA - CHIPS CASSEROLE

- 2 cans (6 1/2 or 7 oz each) tuna in vegetable oil
 - 1 can condensed cream of mushroom or celery soup
 - 1/2 cup milk
 - 1 tbsp. worcestershire sauce
 - 1 cup corn chips or crushed potato chips
- Mix tuna with undiluted soup, milk and worcestershire sauce. Turn into 1 1/2 quart casserole. Sprinkle chips over top or around edge. Bake in a 375 degree oven 25 to 30 minutes.

CURRIED TUNA

- 2 cans 6 1/2 to 7 oz. each) tuna in vegetable oil
- 1/4 cup flour
- 1/4 cup minced onion
- 2 tsp. curry powder
- 1/4 tsp. ginger
- 2 cups milk
- 1/2 cup chopped almonds
- 1 tsp. lemon juice
- 2 tbsp. sherry
- 2 1/2 cups hot cooked rice
- Chopped parsley

Drain oil from tuna into saucepan or skillet; heat. Add onion; cook until tender but not brown. Blend in flour, curry, salt and ginger. Gradually stir in milk and cook, stirring constantly, until mixture thickens. Add tuna and almonds; heat. Stir in lemon juice and sherry. To serve, spoon over hot cooked rice and sprinkle with parsley.



BAKED FISH FIESTA

- 2 pounds cusk, cod or other firm fish fillets, fresh or frozen
 - 3/4 cup fine dry bread crumbs
 - 1/4 cup grated parmesan cheese
 - 2 tablespoons chopped parsley
 - 1 teaspoon salt
 - 1/4 teaspoon pepper
 - 1 small garlic clove, minced
 - 1/4 cup cooking oil
 - 3 slices bacon, diced
 - 1 can (8 ounce) stewed tomatoes or (1 cup) chopped tomatoes
 - 2 hard-cooked eggs, sliced
- Thaw frozen fish, cut into 6 equal portions. Combine crumbs, 2 tablespoons cheese, parsley, salt, pepper and garlic. Dip fish in oil, drain and dip in crumb mixture. Place fillets in individual baking pan or baking sheet. Fry bacon pieces until half done; drain well. Top each fish portion with an equal amount of bacon, tomato pieces and egg slices. Sprinkle with remaining 2 tablespoons of cheese. Bake in moderate oven 375 degrees, 20 minutes or until fish flakes easily when tested with a fork. Serves 6.

TUNA ROMANOFF

- 1 cup cottage cheese
 - 1 cup sour cream
 - 2 tbsp. minced onion
 - 2 tbsp. chopped pimiento
 - 1 tbsp. worcestershire sauce
 - 1/4 tsp. tabasco
 - 2 cups cooked noodles
 - 2 cans (6 1/2 to 7 oz. each) tuna in vegetable oil
 - 1/2 cup sliced ripe olives
- Mix together cottage cheese, sour cream, onion, pimiento, lemon juice, worcestershire sauce and tabasco. Stir in noodles, tuna and ripe olives. Turn into a 2 quart casserole. Bake in a 350 degree oven 40 minutes.

QUICK TUNA JAMBALAYA

- 1 can (1 lb.) stewed tomatoes
- 2 cans (8 oz. each) tomato sauce
- 1 tsp. salt
- 1/2 tsp. each chili powder and thyme
- 1/4 tsp. pepper

Tuna: As You Like It

- 2 cups packaged pre cooked rice
- 2 cans (9 1/2 oz. each) tuna in vegetable oil

In saucepan heat to boiling tomatoes, tomato sauce and 1 can (sauce) of water. Stir in seasonings, rice and tuna. Cover; remove from heat; let stand 5 minutes. Fluff with fork to serve.

TUNA DIVAN

- 2 pkg's (10 oz. each frozen broccoli)
- 2 cans (6 1/2 or 7 oz.) each tuna in vegetable oil
- 1 can condensed cream of chicken soup
- 1/3 cup milk
- 1/3 cup grated parmesan cheese
- 1 tbsp. lemon juice

Cook broccoli according to package directions, just until tender; drain. Place broccoli in a shallow baking dish. Arrange tuna over broccoli. Combine soup, milk, cheese and lemon juice; pour over tuna. Bake in 375 degree oven 20 minutes, or until heated through.

TUNA LASAGNE

- 1 can (15 1/2 oz.) spaghetti sauce with mushrooms
- 1 can (8 oz.) tomato sauce
- 1 tsp. oregano
- 1 tbsp. minced onion (instant)
- 2 cans (6 1/2 to 7 oz.) each tuna in vegetable oil
- 8 oz. lasagne macaroni
- 1/2 lb. mozzarella cheese, thinly sliced
- 3 oz. grated parmesan cheese

Combine in saucepan, spaghetti sauce and tomato sauce; add oregano, minced onion and tuna with oil. Bring to a boil; cover and simmer 15 minutes. While sauce is simmering, cook lasagne according to package directions. Spoon about 1/3 of tuna sauce into a shallow 2 quart baking dish. Top with half of the lasagne then layer with half of the cottage cheese and mozzarella cheese. Layer with half the remaining tuna sauce and remaining lasagne, cottage and mozzarella cheese. Top with tuna sauce; sprinkle with parmesan cheese. Bake at 350 degrees oven 40 minutes. Yields 8 servings.

TUNA POTATO PUFF

- 2 cups mashed potatoes (made from 1-4 serving envelope of instant potatoes)
- 2 eggs separated
- 1/2 tsp. dry mustard
- 1/2 tsp. tabasco
- 2 cans (6 1/2 or 7 oz. each) tuna in vegetable oil
- 1 cup (4 oz.) shredded cheese, divided
- 1/2 cup corn flake crumbs

Combine mashed potatoes, egg yolks, dry mustard and tabasco. Stir in tuna and 1/2 cup shredded cheese. Beat egg whites until stiff; fold into potato-tuna mixture. Turn into 2 quart casserole. Combine corn flake crumbs with remaining 1/2 cup cheese; sprinkle over top casserole. Bake in a 375 degree oven 45 minutes.

TUNA CONFETTI CASSEROLE

- 2 cans (6 1/2 or 7 oz. each) tuna in vegetable oil
- 1/4 cup frozen minced onion
- 2 tbsp. flour
- 1 cup milk
- 1 can (2 or 4 oz.) chopped mushrooms
- 1 (can 12 oz.) whole sternal corn
- 1 tbsp. worcestershire sauce
- 1 can or jar (4 oz.) sliced pimiento
- 1/4 cup chopped ripe olives
- 1 can (4 oz.) jubenne potato sticks

Drain oil from tuna into saucepan. Add onion and cook until tender, but not brown. Blend in flour. Stir in milk, corn and mushrooms with liquid; bring to a boil. Remove from heat, stir in remaining ingredients except potato sticks. Turn into 1 1/2 quart casserole; arrange potato sticks around edge. Bake in a 375 degree oven 25 minutes.