



A Lift for Lenten Meals

By Susan Lowe

Because the Lenten Season calls for a change in menus, we take extra care and time in assembling recipes and planning our meals. Throughout the year we use eggs in many ways and cheese in our cookery. Seafoods grace our tables frequently. Now we must gather these many recipes together, injecting a bit of imagination here and there to provide extra appeal.

We search also for new ideas, turning to our friends for their favorite recipes and sharing our own with them and looking through cook books for something a bit different. Because you'll need variety we hope that some of the suggestions and recipes we're offering here may prove helpful in supplying that lift you're seeking for your Lenten menus.

CREAMED TUNA BISCUIT RING

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| 2 10½-oz. cans condensed cream of mushroom soup | ¼ cup finely chopped green pepper |
| ¾ cup milk | 1 tsp. grated onion |
| 2 6½-oz. cans tuna | |

Heat all ingredients. Make Drop Biscuit dough using your own biscuit recipe or prepared biscuit mix—except add ¼ cup grated sharp cheese to dough and spread in an 8 or 9" ring mold. Bake. Turn out on large platter. Fill center with creamed tuna (above).

CREAMED SMOKED SALMON

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| 1½ teaspoon instant minced onion or, 2 tablespoons finely-chopped raw onion | 1 cup flaked smoked salmon or cod (about ½ pound) |
| 1 tablespoon water | 1 tablespoon chopped parsley |
| 2 tablespoons butter | ¾ cup toasted almonds (slivered, halves or whole) |
| ¼ cup chopped celery | 4 patty shells, toast cups or corn bread squares |
| ½ cup sifted all-purpose flour | Lemon wedges |
| 2 cups rich milk | Ripe olives |
| 1 tablespoon fresh lemon juice | |
| 1 teaspoon salt | |

Measure instant minced onion into water (omit water if raw onion is used). Melt butter, add onion and celery, and cook until soft but not browned. Add flour. Stir in milk; cook and stir until mixture thickens and is smooth. Add lemon juice, salt and salmon. Heat a few minutes longer. Add parsley and almonds. Serve in patty shells, or toast cups, or over squares of hot corn bread. Garnish with lemon wedges and ripe olives. Makes 4 servings.



POACHED EGGS ON WILD RICE—WESTERN SAUCE

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| 1½ quarts water | 1 medium onion, finely chopped |
| 1½ teaspoon salt | ¾ cup water |
| ¾ cup wild rice | 3 tablespoons white vinegar |
| 1 teaspoon salt | 1 tablespoon Worcestershire sauce |
| ½ teaspoon ground pepper | ¼ cup butter |
| 1 tablespoon paprika | |
| 1 tablespoon sugar | 8 poached eggs, drained |
| ½ clove garlic or ½ teaspoon garlic salt | Parsley |
| 1 cup catsup | |

Examine rice carefully for foreign material, place in strainer, and wash until water runs clear. Bring salt and water to boiling in large saucepan. Add rice and boil at moderate speed until just soft, about 20 minutes. Test by pressing rice grain between fingers. There should be no hard center. Many of the rice grains will curl when done. Drain rice in a strainer and run hot water through it until water runs clear. To keep hot and fluffy, return rice to the cooking pan. (Lightly greasing the pan will keep rice from sticking.) Place cover ajar and hold in warm oven until ready to serve. A lightly greased shallow pan can also be used with a damp towel for cover. Makes about 3 cups.

Meanwhile, make Western Sauce: Blend salt, pepper, paprika, and sugar. Add garlic, catsup, onion, water, vinegar, Worcestershire sauce, and butter. Heat to boiling and simmer 20 minutes. Makes about 2¼ cups.

To serve, arrange poached eggs on the hot rice. Top with Western Sauce, or serve sauce separately. Garnish with parsley.

