

SUPER LENTEN SUPPERS

Today's recipes aren't limited to families who carry on the "meatless meals on Friday" tradition during Lent. Everyone looking for flavorful ways to feed a family can combine the incredible egg and canned salmon for terrific and nutritional meals.

With a carton or two of eggs in your refrigerator and canned salmon on the shelf, you can create marvelous meatless meals. These relatively low-calorie foods are packed with protein, vitamins and minerals. And egg and salmon dishes are easy to prepare quickly. A boon to the busy chef.

The easy salmon quiche can be a sensational supper for the family or a company brunch or lunch. The omelet filled with salmon and topped with cucumber sauce is ideal for the family whose members have to eat at different times or when preparation time is of the essence. The super salmon strata can be prepared ahead of time.

The salmon egg loaf is as easy to prepare as an ordinary meat loaf and the soufflé is really quite spectacular. The salmon provides the flavor while the eggs add excitement.

To hard-cook eggs, put eggs in a single layer in saucepan. Add enough tap water to come at least one inch above eggs. Cover and quickly bring to just boiling. Turn off heat. If necessary, remove pan from burner to prevent further boiling. Let eggs stand covered in hot water 15 to 17 minutes for large eggs. (About 5 minutes less for smaller.)

Immediately run cold water over eggs or put them in ice water until completely cooled.

The yolks will not turn green and they are easier to remove from the shell more easily. Use this method for the ones you are going to dye for Easter, too.

EASY SALMON QUICHE 6 servings

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| 1 (9-inch) pie shell*, unbaked | 3/4 teaspoon celery salt |
| 6 eggs, beaten | 1/2 teaspoon dry mustard |
| 1 can (7 1/2 oz.) salmon | 1/8 teaspoon pepper |
| Milk | Watercress or parsley, optional |
| 1 tablespoon lemon juice | |
| 2 teaspoons instant minced onion | |

Brush pie shell with small amount of the beaten eggs. Prick bottom and sides with fork. If using a pie plate, bake shell in preheated 425°F. oven until golden brown, about 5 minutes. If using a metal pie pan, bake shell at 450°F. Cool on wire rack. Reduce oven temperature to 350°F. for pie plate, 375°F. for metal pie pan.

Drain and flake salmon, reserving liquid in a measuring cup. Add enough milk to make 1-1/2 cups. Combine with beaten eggs and seasonings. Sprinkle salmon in pie shell. Pour in egg-milk mixture. Bake in preheated oven 35 to 40 minutes or until knife inserted off center comes out clean. Let stand 5 to 10 minutes before serving. Garnish with watercress or parsley.

*You may use a thawed, frozen deep-dish pie shell. Pre-bake shell in preheated 425°F. oven. Bake quiche at 375°F.



SALMON OMELETS WITH CUCUMBER SAUCE 4 servings

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| 1/2 cup (4 oz.) dairy sour cream | 8 eggs |
| 1/2 cup chopped peeled cucumber | 1/2 cup water |
| 1 tablespoon minced green onions | 1/4 teaspoon salt |
| | 1/8 teaspoon pepper |
| 1/2 teaspoon dried dill weed | 1/4 cup butter, divided |
| 1 can (7 1/2 oz.) salmon, undrained and flaked | Fresh dill weed, optional |

Combine sour cream, cucumber, onion and dill weed. Cover and refrigerate while preparing omelets. In a small saucepan over medium heat, heat salmon and keep hot. Mix eggs, water, salt and pepper with fork. For each omelet: Heat 1 tablespoon butter in 8-inch omelet pan over medium-high heat until just hot enough to sizzle a drop of water. Pour in 1/2 cup egg mixture. Mixture should set at edges at once. With pancake turner turned over, carefully push cooked portions at edges toward center so uncooked portions flow to bottom. Tilt pan as necessary so uncooked eggs can flow. Slide pan rapidly back and forth over heat to keep mixture in motion and sliding freely. While top is still moist and creamy-looking, fill with about 1/4 cup hot salmon. With pancake turner, fold in half or roll, turning out onto plate with a quick flip of the wrist. Keep warm while preparing remaining omelets. Top each omelet with about 1/4 cup chilled cucumber sauce. Garnish with fresh dill, if desired.

SUPER SALMON STRATA 8 servings

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| 1 can (15 1/2 oz.) salmon | 6 eggs, beaten |
| 14 slices cocktail rye bread | 1 teaspoon lemon juice |
| 2 cups (8 oz.) shredded Swiss cheese | 3/4 teaspoon salt |
| | 1/4 teaspoon dry mustard |
| 1 package (10 oz.) frozen chopped broccoli, thawed and drained | 1/8 teaspoon hot pepper sauce |
| Milk | |

Drain and flake salmon, reserving liquid in a measuring cup. Cut bread slices into triangles or halves. Grease a 2-quart baking dish and cover bottom with half the bread slices. Top with 1/3 of the cheese, then all of the salmon and broccoli and 1/2 of the remaining cheese. Arrange remaining bread triangles over top. Add enough milk to reserved salmon liquid to make 1-1/2 cups. Combine with beaten eggs and seasonings. Pour egg mixture over salmon-broccoli mixture. Cover with plastic wrap and refrigerate at least 1 hour or overnight. Uncover and bake in preheated 325°F. oven 45 minutes. Top with remaining cheese and return to oven for 15 minutes. Let stand 10 minutes before serving.

SALMON EGG LOAF 6 servings

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| 1 can (15 1/2 oz.) salmon | 1 tablespoon instant minced onion |
| 3 eggs, beaten | 1 tablespoon snipped parsley |
| 2 cups soft bread crumbs | 1 tablespoon lemon juice |
| 1/4 cup chopped pimiento-stuffed green olives | 3 hard-cooked eggs* |
| | Egg-Parsley Sauce |

Drain and flake salmon, reserving liquid in a measuring cup with Egg-Parsley Sauce. In medium bowl, combine salmon with beaten eggs, crumbs, olives, onion, parsley and lemon juice. Spread 1/3 mixture in 8 1/2 x 4 1/2 x 2 1/2-inch well-greased loaf pan. Place hard-cooked eggs end-to-end on top of mixture, pressing lightly. Gently but firmly pat remaining salmon mixture over and around eggs. Bake in preheated 350°F. oven 35 to 40 minutes. Unmold to serve. Top with Egg-Parsley Sauce.

EGG-PARSLEY SAUCE (about 1 1/2 cups)

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| 2 tablespoons butter | 1 egg, beaten |
| 2 tablespoons flour | 2 tablespoons snipped parsley |
| Reserved salmon liquid | 2 tablespoons lemon juice |
| Chicken broth | |

In small saucepan, melt butter. Blend in flour. Cook over medium heat, stirring constantly, until smooth and bubbly. Add enough chicken broth to reserved salmon liquid to make 1-1/2 cups. Stir into flour mixture. Cook and stir until mixture boils and thickens. Blend small amount of hot sauce into beaten egg, then stir egg into sauce. Cook over low heat, stirring constantly, 1 minute. Stir in parsley and lemon juice.

SKY-HIGH SALMON SOUFFLE 6 servings

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| Butter | 2 tablespoons grated Parmesan cheese |
| Grated Parmesan cheese | 1 can (10 1/2 oz.) condensed cream of onion soup, undiluted |
| 1 can (10 1/2 oz.) condensed cream of onion soup, undiluted | 1 teaspoon grated lemon peel |
| 1 can (7 1/2 oz.) salmon, well-drained and flaked | 6 eggs, separated |
| | 1/4 teaspoon cream of tartar |

Butter bottom and sides of 2-quart soufflé dish or casserole. Dust with Parmesan cheese. In medium saucepan, combine soup, salmon, 2 tablespoons Parmesan cheese and lemon peel. Cook and stir over medium heat until mixture is hot. Remove from heat.

In small mixing bowl, beat egg yolks at high speed until thick and lemon-colored, about 5 minutes. Wash and dry beaters. Blend a small amount of hot salmon mixture into yolks, then stir warmed yolk mixture into salmon mixture.

In large mixing bowl, beat egg whites and cream of tartar at high speed until stiff but not dry, just until whites no longer slip when bowl is tilted. Gently but thoroughly fold yolk mixture into whites. Carefully pour into prepared dish. For a "top hat," hold a spoon upright and circle mixture to make ring about 1 inch from side of dish and 1 inch deep.

Bake in a preheated 350°F. oven until puffy, delicately browned and soufflé shakes slightly when oven rack is gently moved back and forth, 35 to 40 minutes. Serve immediately.



The Warming Oven by Emily Watson

We've had a rash of birthdays in the past few weeks, and I have never been more grateful for cousin Jean Keith's frosting recipe.

First it was Pete Trudell, followed by son, Don; daughter-in-law, Becky; and last weekend, Doreen Jackson, a friend. On each occasion, there was no time to bake a cake. The beauty of Jean's recipe is that you can start with a store-bought angel food cake.

The creamy yellow frosting has a spring-like air that can be accentuated by a small bouquet of flowers in its center. For Pete's, we used flowers; for Don's, it was a single yellow silk rose with some greenery and candles; for Becky's, it was candles; and for Doreen's, a single tall candle.

For Easter, it could be daffodils and, if you wish, a circle of coconut and jelly beans around the base. The cake is light and the frosting is not overly sweet.

JEAN'S FROSTING

- 1 can crushed pineapple
- 1 pkg. vanilla pie or pudding mix
- 1 carton dairy whip
- 1 angel food cake

First, an explanation about sizes of the can of crushed pineapple and the carton of whip. If it's a small angel food, get a small can of pineapple and a small carton of the whip. I always use the same size package of pudding mix, the size that requires cooking with two cups of milk. Don't use the larger family size. And in this recipe, you do not use milk.

Empty crushed pineapple, juice and all into a saucepan. Stir in the package of pudding mix and cook, stirring, until mixture is clear and thickened. Cool.

And while it is cooling, slice the cake into three layers. A bread knife is best for this.

Fold the whip into the cooled pineapple mixture. Use frosting, generously, as a filling between layers then on top, side, and center hole. It's nice to have all that frosting to work with and it is very manageable.

Store in a cool place until served. The frosting does stand up well, and the cake is a perfectly presentable centerpiece.

MY APOLOGIES to all the lovely people who called about the Banana Tea Cake recipe. How the one cup of milk became 1/2 teaspoon of salt in the list of ingredients, I will never know.

Fortunately, readers realized it was a mistake and called before they made it.

And to the gentleman who was searching for crab rice. I hope you found them. I have asked about them and no one could come up with a source.

It seems more and more men are cooking and they're not just scrambling eggs. They are really into it.