

Salmon Cassoulet Sounds Yummy, Easy to Make So Try it

Hot or cold, plain or fancy, salmon is a hearty main-dish favorite that lends itself well to quick and easy cookery.

According to the Department of the Interior's Bureau of Commercial Fisheries (BCF), canned salmon supplies are especially high this winter—a fact expected to result in good savings for shoppers.

The U.S. Department of Agriculture will include canned salmon on the "List of Foods in Plentiful Supply" for both January and February; meanwhile, BCF is cooperating with industry to help alert budget-conscious housewives.

The following is typical of salmon recipes developed by the home economists at the BCF

test kitchens in College Park, Md.

SALMON CASSOULET

1 pound can salmon

1 cup undrained elbow macaroni

1 tablespoon chopped green pepper

1 small clove garlic, finely chopped

1/3 cup butter or margarine, melted

1/3 cup flour

2 teaspoons powdered mustard

1/4 teaspoon pepper

2 cups salmon liquid and milk

1 cup grated cheese

1 cup cooked lima beans

Drain salmon, reserving liquid.

Flake salmon. Cook macaroni as directed on the package. Drain. Cook green pepper and garlic in butter until tender. Blend in flour and seasonings. Add salmon liquid gradually and cook until thick, stirring constantly. Add cheese and continue cooking until cheese melts, stirring constantly. Arrange half of the macaroni, lima beans, salmon, and sauce in layers in a well-greased 2-quart casserole. Repeat layers. Bake in a moderate oven, 350 degrees F., for 25 to 30 minutes. Makes 6 servings.

"Quick and Easy Ways with Salmon," published by the Canned Salmon Institute, is available free of charge from Cole and Weber, Inc., 3100 South 176th St., Seattle, Washington 98188.