



Terrance
Armstrong
at the cabin

My Bannock

2 cups flour

.....
2 tbsp baking powder

.....
2 tbsp sugar

.....
2 pinches salt

.....
water

Mix with room-temperature water until mixture is dough. Form into hand-size patties. Fry in oil or bake in the oven.

Alice said, "If you are a rich Indian, you can also add raisins."

SEAFOOD CHEESE BALL

1 lb. imitation crab 2/8 oz. cream cheese
1 bu. green onions 1/4 c. Ranch Dressing.

Form into a ball. Roll over sliced almonds.
Chill several hours before serving with crackers.

250 g.

8 oz. or 1/2 lb.

SALMON CASSEROLE

1 can mushroom soup	1/4 c. chopped onion	1/4 tsp. salt
1 7 oz. tin canned salmon	1 tsp. lemon juice	10 oz. frozen peas
1 1/3 c. minute rice	1/2 c. grated cheese	1/3 c. water

Combine soup, water, lemon juice and salt and bring to a boil. Pour half into a casserole. Then - in layers- rice (uncooked), peas and salmon. Add remaining soup mix, sprinkle with cheese and paprika. Cut through the mix every 10 minutes after putting in the oven to distribute the soup. Bake until the rice is tender.

Mini Salmon Cakes with Lemon & Dill Mayonnaise

4	M&M Salmon Fillets, thawed
1	egg
1/4 cup	mayonnaise
3 tbsp	finely chopped green onion
12	soda crackers, crushed
	salt and pepper
	Lemon & Dill Mayonnaise
2 to 4 tbsp	oil
2/3 cup	mayonnaise
1 tsp	finely grated lemon rind
1 tbsp	lemon juice
1 tbsp	finely chopped fresh dill

Place salmon skin side down on foil or parchment paper; enclose. Place on baking sheet. Bake at 425°F for 12-15 minutes or until salmon flakes in centre. Let cool slightly; lift salmon with spatula onto plate; remove skin and discard. Flake completely with fork. In medium bowl, beat egg. Stir in salmon, mayonnaise, onion and crackers; season with salt and pepper. Stir until well combined. Form into small patties about 1-3/4 inches diameter and 1/2 inch thick. Place on waxed paper. Heat 2 tbsp oil in large non-stick skillet over medium heat. Fry in small batches for 1 1/2 minutes on each side until golden.

brown. Add more oil as needed. Place on paper towel; keep warm. Makes 18-20 mini patties (or 4 large burger patties). Prepare Mayonnaise: In small bowl, whisk together mayonnaise, lemon rind and juice and dill. Refrigerate until ready to use.

crab cakes

- 1 pound fresh or packaged crabmeat**
- 1/2 sweet red pepper, cored, seeded and finely diced**
- 3 scallions, trimmed and chopped**
- 2 eggs**
- 1/3 cup light mayonnaise**
- 1/2 teaspoon salt**
- 1/4 teaspoon black pepper**
- 1/4 teaspoon dried tarragon, crumbled**
- 1 cup yellow cornmeal**
- 6 tablespoons vegetable oil**
- Remoulade, recipe follows**

FISH

BAKED FISH

1. Measure thickness of fish thru thickest part.
2. Place fish (fresh or frozen) in greased pan and brush with melted fat. Season with salt & pepper and bake at 450° - 500° .
3. Allow 10 minutes cooking time for each inch of thickness. 20 minutes if frozen.

FISH

PAN FRIED FISH

1. Cut into serving-size piece. Season with salt & pepper.
2. If desired, dip fish in milk or beaten egg then in flour or dry bread crumbs.
3. Heat oil in frying pan. Not hot but not smoking. 10 minutes per ~~side~~ inch thickness.

SMOKED SALMON PATE

1 7 oz. tin salmon 1 125 gram light cream cheese
1/4 c. sour cream 2 drops liquid smoke

Whirl in a food processor then turn into a bowl and stir in 2 chopped green onions.

Salmon Cheese Spread.

- 1 package (3 oz) cream cheese, softened
- 1 can (7 1/2 oz) salmon, bones, skin removed (Drain)
- 1/3 cup shredded Cheddar cheese
- 1/4 cup sweet pickle relish
- Bread or crackers:

$$\begin{array}{r} 13 \text{ oz} \\ - 2 \\ \hline 11 \text{ oz} \\ \text{---} \\ 4 \frac{1}{2} \times 2 = 9 \text{ oz} \end{array}$$

Salmon Loaf. Very Good.

2 eggs

1 onion

$\frac{1}{2}$ green pepper

$\frac{1}{4}$ lemon

$\frac{3}{4}$ cup milk

1 cup cut celery

$\frac{1}{4}$ tsp. salt

$\frac{1}{16}$ tsp. pepper

1 tsp. soft butter

1 cup bread crumbs

1 lb. tin salmon.

Pre heat oven to 375°. Place egg, sliced onion, cut green pepper, cut lemon, milk, celery, salt, pepper

butter & crumbs in blender jar.
Cover - blend 30 sec. Fold in
flaked salmon. Place in buttered
loaf pan. Bake 40 - 45 min. 5 servings

Easy Salmon Cakes

- ¼ c. finely chopped red pepper
- ¼ c. finely chopped green onion
- ½ c. mayonnaise
- 1 tbsp. fresh lemon juice
- ¼ tsp. seasoned salt
- Cayenne (red) pepper to taste
- 1 beaten egg
- 2 6-oz. cans pink salmon, drained
- 1 c. dry bread crumbs
- 3 tbsps. butter

In small mixing bowl, combine chopped red pepper, green onion, mayonnaise, lemon juice, seasoned salt

and cayenne pepper. Adjust seasonings to personal preference.

Stir in egg, salmon and 4 tablespoons bread crumbs. Refrigerate for 45 minutes to firm the ingredients.

Form mixture into 6 to 8 balls. Roll salmon balls in remaining bread crumbs; flatten into cakes about ½-inch thick.

Fry salmon cakes in melted butter over medium heat for 3 to 4 minutes per side.

Makes 4 servings.

(Recipe from Chicken of the Sea)

— AP

4 servings

Salmon Steaks - Honey/Mustard Glaze.

1 tbsp. orange juice

1 tsp. dry mustard

1 tsp. safflower oil

2 tbsp. honey

4 salmon steaks.

In a small sauce pan, combine orange juice + mustard, stirring to dissolve mustard. Stir in oil and honey and heat over low heat until glaze is well combined. (over)

Brush both sides of steaks with the
honey glaze. Place in a large, shallow
baking dish. Bake at 400°F - 10-15 min
Serve piping hot.

Impossible Tuna Pie - Annie

- 1 can (6 1/2 oz) tuna drained
- 1 cup shredded sharp cheddar
- 1 pkg (3 oz) cream cheese - cut up.
- 1/4 cup sliced green onions
- 2 oz. chopped pimento
- 2 cups milk
- 1 cup Bisquick
- 4 eggs
- 3/4 tsp. salt
- Dash of nutmeg

NOTE:

Use casserole
instead of pie plate.
(Too much for pie plate)

Heat oven to 400°. Grease pie plate.
(10 x 1 1/2) Mix tuna, cheese, onion &
pepper in plate. Beat remaining
ingredients 15 sec. in blender on high
or 1 min. with hand beater. Pour
into plate. Bake until knife inserted
in middle comes out clean (35-40 min)
cool 5 min. Serve with sliced
tomatoes. Cook meat or tuna
may be substituted for tuna. No 1/2

Speedy Salmon Patties

- 1 can (12 or 14-3/4 ounces) salmon,*
drained
- 1/3 cup finely chopped onion
- 1 egg
- 5 saltines, crushed
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 teaspoons butter or margarine

over for directions.

In a bowl, combine the first seven ingredients; mix well. Shape into six patties. In a skillet, fry patties in butter over medium heat for 3-4 minutes on each side or until heated through. **Yield:** 3 servings. ***Editor's Note:** Salmon in 12-ounce cans has already been boned and skinned. If using a 14-3/4-ounce can, remove the bones and skin after draining.

Add green peppers.

Broiled Salmon Steaks ^{Lemon} Parsley butter

4 salmon steaks, cut $\frac{1}{2}$ " thick

$\frac{1}{4}$ cup butter

1 tsp. seasoned salt
dash of pepper.

* Lemon Parsley Butter

$\frac{1}{4}$ cup butter, margarine

2 tbsp. lemon juice

2 tbsp. chopped parsley - can substitute
for chives

(over)

Wipe salmon steaks with a damp cloth; pat dry with paper towels. Place salmon on rack of broiler pan. Melt butter; add seasoned salt and pepper. Brush top side of salmon with 2 tbsp. seasoned butter. Broil 4" from heat for 10 minutes. Turn steaks. Brush with remaining seasoned butter. Broil approx. 8 minutes longer - (until fish flakes easily).

Salmon Croquettes

2 cups smoked salmon, drained

2 cups mashed potatoes

$1\frac{1}{2}$ tsp. salt

$\frac{1}{8}$ tsp. pepper

1 egg, beaten

1 tbsp. chopped parsley

1 tsp. lemon juice

Flour

Seasoned bread crumbs.