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FISH AND WILDLIFE SERVICE

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TASTY, ATTRACTIVE DISHES CAN BE MADE FROM LOW-COST SARDINES

One of the world's cosmopolitan foods is the almost universally known California sardine. This humble product achieved much of its recognition during war-time, when low-cost, highly nutritious foods were needed.

Readily accepted by our allies, the sardine enjoyed an increasing consumer response in the U. S. as well. At present price levels, the less-than 25 cents a pound California sardine is one of the lowest priced protein foods available, and is rich in vitamins A and D, amino acids and bone-building minerals.

The home economists of the U. S. Fish and Wildlife Service recently developed new recipes for preparing sardines into a variety of surprisingly tasty, attractive dishes. Some of these are:

California Sardine and Apple Salad

1 1-pound tall can California sardines	½ cup mayonnaise or salad dressing
1 cup apples, diced	Salt as needed
½ cup celery, diced	Lettuce
¼ cup raisins	

Drain sardines thoroughly and flake. Combine all ingredients except the lettuce, being careful not to break fish into too small pieces. Serve on lettuce, or other salad greens, with a brightly colored garnish. Serve chilled. Serves six.

California Sardine and Noodle Casserole

1 1-pound tall can California sardines	½ teaspoon salt
3 tablespoons butter or other fat	1½ cups milk
3 tablespoons green pepper, chopped	½ cup grated cheese
3 tablespoons onion, chopped	1½ cups cooked noodles
¼ cup sifted flour	2 tablespoons butter, melted
1/8 teaspoon pepper	½ cup dry bread crumbs

Drain and flake sardines. In top of double boiler melt the fat, add green pepper and onion and cook until tender. Blend in flour and seasonings; gradually add milk and cook until thick, stirring constantly. Add cheese and continue cooking until cheese melts. Combine the sardines, noodles, and sauce. Pour in a greased casserole and top with buttered crumbs. Bake in a moderate oven 350° for 30 minutes or until crumbs brown. Serves 6.

California Sardine Salad

1 1-pound tall can California sardines	2 tablespoons onion, chopped
1/3 cup mayonnaise or salad dressing	3 hard cooked eggs
1 cup celery, chopped	Lettuce
1/4 cup sweet pickle relish	

Drain the sardines thoroughly and flake. Combine all ingredients except the lettuce, being careful not to break the fish into too small pieces. Serve on lettuce cups, and garnish with egg slices. Serves 6.

California Sardine and Cheese Sandwich

1 1-pound tall can California sardines	6 slices bread
1 teaspoon prepared mustard	6 slices (4 ounces) cheese
1/4 cup butter or fortified margarine	Paprika

Drain sardines and separate into fillets. (Bones and viscera may be removed if desired). Add the prepared mustard to the softened butter and mixed until it is of spreading consistency. Spread each slice of bread with the mustard-butter. Arrange sardine fillets on each slice of bread, using about 1 1/4 whole sardines per slice. Cover with a slice of cheese and sprinkle with paprika. Place sandwiches on a baking sheet and heat in a hot oven 450°F for 8-10 minutes or until cheese melts and bread toasts. Serve hot. Serves 6.

Sardine Cakes

1 1-pound tall can California sardines	1 egg, well beaten
4 tablespoons onion, chopped	1 teaspoon salt
2 tablespoons fat, melted	1/2 cup bread crumbs
2 cups cold mash potatoes	4 tablespoons fat,
1 tablespoon tomato catsup	melted

Drain and flake the sardines. Cook the chopped onions in the two tablespoons of fat for about 10 minutes or until tender. Combine the cold mash potatoes with the flaked sardines, cooked onions, catsup, egg and salt. When thoroughly mixed, form the mixture into cakes, each cake should contain about 1/2 cup of mixture. Roll the cakes in the bread crumbs until completely coated. Place cakes on a well greased baking pan and sprinkle each with some melted fat. Place in a hot oven, 500°F, for 8-10 minutes or until brown on the bottom; turn carefully and continue cooking for 3-5 minutes or until golden brown all over. Remove from oven, garnish and serve immediately. Two cakes per serving. Serves six.

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