



Bill's Pantry Three Salmon Recipes

Creamed Salmon on Toast

INGREDIENTS:

- * 1 (14.75 ounces) can salmon, drained, skin and bones removed
- * 3 tablespoons butter
- * 3 tablespoons all-purpose flour
- * 2 tablespoons chopped green onions
- * 2 cups milk
- * 1/2 teaspoon salt, to taste
- * 1/4 teaspoon pepper, to taste
- * 6 slices bread, toasted

PREPARATION:

1. Over medium heat, melt the butter in a large saucepan.
2. Add in flour and stir until smooth; add in onions.
3. Stir in milk gradually.
4. Bring mixture to a boil while stirring constantly.
5. Cook and continue stirring for 2 minutes or until thickened.
6. Lower heat.
7. Add in salmon and salt and pepper; stir to combine.
8. Cook about 10-12 more minutes or until well heated.
9. Serve over toast.

Creamy Salmon Soup

INGREDIENTS:

- * 1 tablespoons butter or margarine
- * 1 tablespoon all-purpose flour
- * 3 cups milk
- * 1 slice onion
- * 1 can (16 ounces) salmon
- * salt and pepper
- * chopped parsley, for garnish

Salmon Loaf

From Diana Rattray, Your Guide to Southern U.S. Cuisine.

Salmon loaf with a little chopped onion, eggs, and bread crumbs.

INGREDIENTS:

- * 1 can (16 ounces) salmon, drained
- * 2 cups soft bread crumbs
- * 2 eggs, lightly beaten
- * 1/2 cup milk or evaporated milk
- * 2 tablespoons finely chopped onion
- * 1 tablespoon dried parsley flakes
- * 1 teaspoon salt
- * dash pepper

PREPARATION:

Mash salmon; combine with remaining ingredients and put in a buttered loaf pan about 9 x 5 x 1-inch. Bake at 350° for 45 minutes, or until loaf is firm. Serves 4.

PREPARATION:

Melt butter over medium low heat in a 2-quart saucepan; stir in flour. In a separate saucepan, scald milk with 1 slice of onion; remove onion from milk. Gradually add milk to butter-flour mixture, stirring constantly over low heat. Makes 4 servings.