Maine Shore RECIPES

A selected group of kitchen-tested suggestions for preparing B&M Fish Flakes

The choice portions of fresh-caught cod & haddock ready to use

Packed by Burnham & Morrill Co. Portland, Maine
OTHER B&M PRODUCTS

B & M Brick-Oven BAKED BEANS—Real New England Brick-Oven Baked Beans. Baked all day in open pots in brick ovens! In "thrifty tins" and new glass serving pots. A real treat.


B & M CODFISH CAKES—Ready to Fry—tender Codfish and mealy potatoes, perfectly blended and seasoned. Just shape in cakes and fry.

B & M CLAMS—tender New England Clams, already steamed and ready to eat. Delicious for Fried Clams, Clam Fritters, Clam Chowder and other tempting dishes.

B & M CLAM BOUILLON (Clam Juice) delicious served hot as a Bouillon—or iced cold with lemon juice added.

B & M CLAM CHOWDER—made the Old New England way, with plenty of Clams, Maine Potatoes, onions, and good salt pork.

B & M LOBSTER—selected portions of claw and tail meat—cooked, ready to eat—and packed the day the Lobsters are caught. Delicious for Stews, Salads, and Newburgs.

B & M DEVILED LOBSTER—Fresh Lobster Meat, blended with tangy seasonings—ready to spread.

B & M PARIS SUGAR CORN—famous for its sun-ripened sweetness, tenderness, and flavor. Three styles: Cream Style—Whole Kernel—Corn on Cob.

B & M STRINGLESS BEANS—Green or Golden Wax—Cut or Whole. Packed in all their garden freshness.

B & M LIMA BEANS—tender California Baby Limas. Cooked just right, ready to eat.

B & M CORN RELISH—A delicious blend of garden-fresh vegetables including Whole Grain Corn, Celery, Red and Green Peppers. The ideal relish for serving with Baked Beans, Frankfurters, Cold Cuts, etc.

B & M SPAGHETTI—Two styles—Italian Style in rich tomato sauce, with cheese—or,—with a zestful meat and tomato sauce.

B & M WELSH RABBIT—A real "home-made" Welsh Rabbit ready to heat and serve.

B & M DELMONICO POTATOES—choice Maine Potatoes, diced, and packed in a rich cheese and cream sauce. Just heat and serve.

B & M INDIAN PUDDING—Real New England Indian Pudding prepared after an old-time recipe.

Ask Your Grocer for These B & M Quality Food Products. If He Cannot Supply You Write Us Direct for Name of Nearest Distributor.
GREEN PEPPERS STUFFED WITH FISH FLAKES

1 tin B & M FISH FLAKES
4 peppers
2 tbsp. butter
2 tbsp. flour
1 scant cup rich milk

Prepare the peppers by removing the stem ends; cutting halves and removing seeds. Soak in cold water and parboil for fifteen minutes in water that has been well salted. Drain and fill with the following: Melt butter, blend with flour and gradually add milk. Stir constantly until well thickened and sauce boils; add Fish Flakes, hard boiled egg and just before its removal from the fire, add the tomato catsup. Turn into halved peppers, sprinkle tops with browned bread crumbs, dot with butter and place in hot oven for ten minutes. Serve on rounds of hot buttered toast and garnish with parsley, slices of pickled beet and crescents of lemon.

BAKED FISH FLAKES AU GRATIN

1 tin B & M FISH FLAKES
1 cup cream sauce
3 hard cooked eggs
6 slices bacon
1/4 cup bread crumbs
1/4 cup grated cheese

Add the Fish Flakes to the cream sauce, and pour into a shallow baking dish. Cut the eggs into halves, lengthwise; arrange on top of the fish, pressing them down lightly; cover with crumbs and cheese, and place a slice of bacon over each piece of egg.

FISH FLAKE BALLS WITH BACON

2 cups cut potatoes
1/2 tsp. black or red pepper
1 tin B & M FISH FLAKES
1 egg (beaten well)

Mix ingredients thoroughly. Take up by the rounding tablespoonful, shape lightly and fry in deep fat to a delicate amber color. Roll slices of bacon into cylindrical shapes, run a wooden toothpick through each, to hold it in shape. Fry in deep fat until crisp and well-cooked. Garnish with parsley and pieces of lemon. Serve a roll of bacon with each fishball.

B & M Codfish Cakes may be substituted in the above recipe, by merely mixing one egg with contents, shaping in cakes and frying in deep fat.
FISH FLAKE HASH

1 tin B & M FISH FLAKES
2 cups hot or cold mashed potato
Separate Fish Flakes into bits. Add potato and pepper. Have ready bacon nicely fried. Keep slices of bacon hot to serve with hash; add half the fat to potato and fish. Mix all together thoroughly, turn into frying pan, spreading out evenly. Cover pan and cook slowly about fifteen minutes. Fold as an omelet and turn upon a hot platter. Garnish with bacon.

SCALLOPED FISH FLAKES

1 tin B & M FISH FLAKES
1/2 tsp. salt
1/4 sweet green pepper (chopped fine)
1/2 cup cracker crumbs
Mix 1 1/2 tablespoons butter; when bubbling, add flour, salt and green pepper (seeds discarded), add milk; mix with Fish Flakes; pour into baking dish. Mix together cracker crumbs, grated cheese and one tablespoon melted butter. Use to cover Fish Flake mixture. Bake in hot oven until crumbs are brown.

FISH FLAKE SUPREME

1 11-oz. can B & M FISH FLAKES
2 cups hot mashed potato
1 tsp. salt
1/8 tsp. pepper
1 tsp. onion juice
Beat mashed potato and seasonings, moisten with hot milk. Fold in Fish Flakes and place in greased casserole. Beat cream until stiff, fold in grated cheese and seasonings. Pour over potato and fish mixture, and bake in 375 degree to 400 degree F. hot oven until cheese melts and is delicately browned. Serves 6.