Maine Shore RECIPES

B&M FISH FLAKES

BURNHAM & MORRILL CO., PORTLAND, MAINE
FISH FLAKES

B & M Fish Flakes are the firm white meat of choicest Codfish and Haddock, perfectly cooked, boned, delicately seasoned and packed in sanitary parchment-lined tins ready for instant use. There is no waste or spoilage—every ounce is guaranteed. B & M Fish Flakes make possible the serving of fresh fish regardless of place and season. Just order B & M Fish Flakes from your grocer and try some of these delicious dishes today.

CREAMED FISH FLAKES ON TOAST
Recipe for this dish on label of Fish Flakes can.

FISH FLAKE HASH
Separate a can of B & M Fish Flakes into bits with a silver fork. Add two cups of hot or cold mashed potato and one-fourth a teaspoonful of black pepper. Have ready four slices of bacon, nicely cooked in a frying pan. Keep the slices of bacon hot to serve with the hash; add half of the fat to the potato and fish. Mix all together thoroughly, and turn into the frying pan, spreading it out evenly. Cover the pan and let cook slowly about fifteen minutes. Fold as an omelet and turn upon a hot platter. Put the bacon around it. Serve at once.

QUICK FISH FLAKE CHOWDER
Cut enough pared potatoes in thin slices to fill a cup twice, cover with boiling water and let boil five minutes, drain and rinse in cold water. Meanwhile, cook a small onion, cut in slices, in the fat fried out of a small slice of salt pork; add a cup of boiling water and let simmer ten minutes; drain this water upon the potatoes, pressing out all the liquid possible and let the potatoes cook till tender; add a can of B & M Fish Flakes, a pint of milk thickened with two level tablespoonfuls of flour, cooked in two level tablespoonfuls of butter and salt and pepper as needed. Celery salt may be added or used in place of the onion.
BAKED FISH FLAKES
Take one tin of B & M Fish Flakes, three even cups of cold boiled rice and one cup of milk. Stir all together well; add three eggs, beaten light, put into a baking dish and over the top put a few small pieces of butter and pepper it well. Bake in a slow oven and let it brown even. (This serves six persons)

FISH FLAKE SOUFFLE
Melt two tablespoonfuls of butter; in it cook two tablespoonfuls of flour and one-fourth a teaspoonful of pepper; add one cup and a half of milk and stir and cook until boiling; add a teaspoonful of scraped onion, a tablespoonful of finely-chopped parsley, a can of B & M Fish Flakes, picked into bits with a silver fork, and the beaten yolks of three eggs; mix all together thoroughly, then fold in the whites of three eggs, beaten dry. Bake in a buttered dish in a very moderate oven until firm in the center. Serve at once with or without cream or tomato sauce.

FISH FLAKE SALAD WITH MAYONNAISE
One tin B & M Fish Flakes, two hard boiled eggs, one dessert spoon celery seed, four medium sized white potatoes, cayenne pepper, three small cucumber pickles, mayonnaise. Cut potatoes, egg and pickles in cubes; add one tin B & M Fish Flakes, sprinkle celery seed, one-eighth teaspoonful cayenne pepper, toss and mix with one cup mayonnaise dressing. Serve with lettuce leaves and pieces of beet cut in attractive shapes.

OTHER RECIPES
B & M Fish Flakes may be prepared in dozens of delicious ways. The recipes in this leaflet do not begin to exhaust the list—many additional dishes are described in our complete file of “Down East Recipes” which is sent free on individual request. Directions for preparing tempting dishes from other B & M Pure Food Products are also contained in this recipe file.
GREEN PEPPERS STUFFED WITH FISH FLAKES

Prepare the peppers by cutting a slice from the stem ends, then cutting in halves and removing the seeds. Soak in cold water for half an hour and then parboil for fifteen minutes in two waters that have been well salted. Drain and fill with the following: Melt two tablespoonfuls of butter, blend with two tablespoonfuls of flour and gradually add one scant cupful of rich milk. Stir constantly until well thickened and sauce boils; add one tin of B & M Fish Flakes, one chopped hard boiled egg and just before its removal from the fire, add two tablespoonfuls of tomato catsup. Turn into the halved peppers, sprinkle the tops with browned bread crumbs, dot with bits of butter and place in a hot oven for ten minutes. Serve on rounds of hot buttered toast and garnish with parsley, slices of pickled beet, and crescents of lemon.

FISH FLAKES AU GRATIN

One tin B & M Fish Flakes, one cupful cream sauce, three eggs hard-boiled, six slices bacon, one-fourth cupful bread crumbs, one-fourth cupful grated cheese. Time: preparation, twenty minutes; baking, twenty minutes. This recipe serves four to six persons. 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. Bake in a hot oven until bacon is cooked, and the top a golden brown. Garnish with parsley and pieces of lemon.

OTHER B & M PRODUCTS

LIMA BEANS  BAKED BEANS
BROWN BREAD  CLAM BOUILLON
CODFISH CAKES  CLAM CHOWDER
DEEP SEA LOBSTER  RED KIDNEY BEANS
FISH FLAKE CAKES

Cook three or four slices of bacon in a frying pan, without letting either the fat or the bacon become discolored by the heat. Cut enough pared, raw potatoes in quarters to fill a cup twice; add a teaspoonful of salt and boiling water and cook till tender; drain, mash and add one can of B & M Fish Flakes two tablespoonfuls of cream sauce, if at hand, or two tablespoonfuls of butter, one-fourth of a teaspoonful of black pepper and a little hot milk; beat thoroughly, shape in cakes; dip these in flour and fry in the bacon fat. Cold, boiled potatoes, quickly reboiled, may be used in place of the fresh cooked potatoes.

FISH FLAKE BALLS WITH BACON

Recipe for this dish on label of Fish Flakes can.

FISH FLAKE OMELET

Beat four eggs and half a teaspoonful each of salt and paprika until whites and yolks are well mixed; add four tablespoonfuls of water and a can of B & M Fish Flakes, picked in bits with a silver fork. Melt a tablespoonful of butter in a frying pan and turn in the fish mixture. Shake the pan back and forth over a hot stove lid, tipping the pan meanwhile to let the uncooked mixture down upon the pan. When the egg is nearly set, roll the omelet and turn upon a hot platter.
SCALLOPED FISH FLAKES

Make a sauce of one and one-half cups of milk, one heaping tablespoonful of flour, one tablespoonful of butter, with a pinch of salt and pepper and one-quarter of a sweet green pepper chopped very fine. Pour a little of this sauce in a baking dish; then add a layer of B & M Fish Flakes, then more sauce and another layer of Fish Flakes, using sauce for the last layer. Sprinkle with cracker crumbs and dot with bits of butter and a very little grated cheese. Bake for a half hour and serve in dish in which it was baked.

FISH FLAKE TIMBALES

Pick one can of B & M Fish Flakes in bits with a silver fork; add one-fourth a cup of sifted bread crumbs (center of a stale loaf), one-fourth a teaspoonful of paprika, two well-beaten eggs and a cup and a half of milk. Mix and turn into buttered timbale molds or old-fashioned patty pans. Bake in a dish of hot water until the centers are firm. Unmold on a hot dish and garnish with radishes, thin slices of lemon, and parsley or mint leaves. Serve with cream or tomato sauce, or drawn butter.