BURNHAM & MORRILL FISH FLAKES

From the Cold Deep Sea with That Fresh Caught Flavor

GOOD EATING

Janet McKenzie Hill
& M Fish Flakes are the solid white meat of the wholesome codfish and haddock, cooked, mildly flavored with salt, broken into flakes so that all bones may be removed, and put up in sanitary, parchment-lined tins in our airy seaside kitchens, a few hours after taken from the ocean.

It is the clear, pure fish—boneless—sanitary—no waste—no spoilage—no preservative. It is decidedly economical as well as supremely delicious.

Ready for instant use without soaking, and with little or no additional cooking, it may be used for the preparation of all manner of delicious fish dishes. With fish just out of the sea you couldn’t make more delicious creamed fish, codfish balls, fish hash, etc.

Burnham & Morrill Fish Flakes are pronounced by experts the finest fish food product ever put on the market. When you have tasted this choice New England delicacy you will understand why we say it is the "new and only way to buy codfish."
RECIPIES

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 then pepper it well. Bake in a slow oven and let it brown even. (This serves six persons.)

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.

CURRIED FISH FLAKES

Melt two tablespoonfuls of butter; in it cook a tablespoonful of fine-chopped onion until the onion is softened and yellowed; add two tablespoonfuls of flour, two teaspoonfuls of curry powder, and one-fourth a teaspoonful of paprika and stir until frothy; add one cup of milk and stir until boiling; add a can of B & M Fish Flakes, mix and let stand to become hot. Serve with a dish of hot, boiled rice.

SCALLOPED FISH FLAKES AND OYSTERS

Use two cups each of B & M Fish Flakes, canned or fresh oysters and white sauce. Arrange in alternate layers, in a baking dish, cover with a cupful of buttered crumbs and bake.
FISH FLAKES, MEXICAN STYLE

Let a cup and a half of canned tomatoes, half a green or red pepper, cut in shreds, a slice of onion and one-fourth a teaspoonful of salt simmer fifteen minutes, press through a sieve, add a tablespoonful of butter and a can of B & M Fish Flakes. Let stand over the fire to become very hot. Serve with boiled rice.

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 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.
**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.

**CREAMED FISH FLAKES ON TOAST**

Melt two tablespoonfuls of butter; in it cook two tablespoonfuls of flour and one-fourth a teaspoonful of pepper; add one cup of milk and stir until boiling. Add a can of B & M Fish Flakes, cover and let stand to become very hot. Turn upon slices of toast, softened on the edges in boiling water and buttered. Or serve with hot baked potatoes. The beaten yolk of an egg may be added just before pouring over the toast, or the yolk of a “hard-cooked” egg may be sifted over the fish on the toast. For a more substantial dish, set a poached egg above the fish on each slice of toast.

**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.
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

Pare and cut in pieces enough potatoes to fill a cup twice; let boil in salted water until tender, drain and mash; add a can of B & M Fish Flakes, half a teaspoonful of black or red pepper and a beaten egg. Mix thoroughly. Take up by the rounding tablespoonful, shape slightly 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 fish ball.
CODFISH PIE

Have ready one cupful of B & M Fish Flakes, two cupfuls of mashed potatoes, two eggs, and one-half cupful of milk. Pepper to season. Mix well, using one of the eggs well beaten. Put the mixture into a buttered casserole or low baking dish, spread with the other egg, well beaten, and dust with buttered bread crumbs. Bake in a quick oven. When done, serve on a hot chop-dish, or leave the pie in the casserole, garnish with parsley and serve hot.

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.
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.

BAKED FISH FLAKES AU GRATIN

One tin B & M Fish Flakes, one cupful cream sauce, three eggs hard cooked, six slices bacon, one-fourth cupful bread crumbs, one-fourth cupful grated cheese. Time: preparation, twenty minutes; baking, twenty minutes. Number served: 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 the bacon is cooked, and the top a golden brown. Garnish with parsley and pieces of lemon.