SOME OF THE TESTED WAYS OF PREPARING

BOOTH'S SARDINES

PIQUANT - APPETIZING - SATISFYING

The Emergency Meal

The word “sardines” when used to describe the product of the P. E. Booth Co., is a misnomer, in a way, insomuch as it conveys a mental picture of tiny fish packed in oil in a small can. But since Booth's Sardines belong to the sardine family, the United States Government insists that we so name them.

The fish are big—from five to seven inches long. The can contains enough for a meal for four people; two or more to a portion. They are packed in three delicious sauces: tomato, mustard and spiced (vinegar and spices).

Thus it is seen that they should not be confused with the small imported sardine. They are not intended for the same purpose. Instead, we aptly call them The Emergency Meal.

They will be found delicious and indispensable on all sorts of occasions—for “overworked days” when one dreads a big meal; on hot days when the kitchen is stifling; when unexpected company calls; for late-at-night lunches; for picnic spreads. These are their important uses, though we have found many people who serve them in enticing ways in salads, as breakfast dishes and entrees, as this little book will show.

You should keep them on hand. There are scores of times when they will afford you, your friends and your family a treat.
Breakfast Dishes

A Simple Quick Breakfast

Take a can of Beech’s Tomato Sardines and put it into a pot of boiling water, allowing to boil fifteen minutes. Remove fish from can and serve with boiled potatoes.

An Appetizing Breakfast Dish

Put a can of Booth’s Sardines into a saucepan and cover with boiling water, then heat fifteen minutes, remove fish from the can and drain off liquor into a separate dish. Place the fish on a hot platter and pour over it the following sauce: One cup of milk, two tablespoonsfuls cornstarch, the Sardine liquor, one tablespoonful butter, one egg well beaten, salt and pepper to taste. Heat the milk, thicken with cornstarch and add the butter, salt, pepper, Sardine liquor, and egg. Serve promptly.

Sardine Toast

To a cup of the fish sauce described above, stir in a cupful of Booth’s Sardines which have been picked fine. Pour this over rounds of crisp, hot toast and serve hot.

Booth’s Sardine Omelette

Place a good-sized piece of butter in a chafing dish or frying pan. When it becomes hot, add four well-beaten eggs, four tablespoonfuls of cream, and a little salt. When about the proper consistency, place small pieces of the fish on the omelette, roll and serve on a hot platter.

Minced on Toast

Remove the skin and tail of the fish, place in a mortar or bowl and work into a paste, seasoning with celery salt and paprika. Spread on crisp slices of toast and place in a hot oven to brown. Serve hot.
**Fried Sardines**

The larger sized fish are preferable for this dish. Dip into beaten egg, roll in corn meal or cracker crumbs, and fry in olive oil until nicely browned and crisp. Serve on slices of hot toast, garnished with lemon slices.

**Booth’s Sardines on Toast with Fried Potatoes**

Mince cold boiled potatoes and one small onion, brown nicely in butter, seasoning with salt and pepper. Take one can of Booth’s Sardines (“Spiced”), set in hot water and heat through. Drain off the liquor and add to it a small lump of butter and half cup milk. Have ready buttered toast, place it on a hot platter, and saturate it with the liquor drained from the fish to which milk, butter, pepper and salt have been added. Place one or two fish on each slice of toast, and arrange the browned potatoes around the dish, garnishing with crisp young lettuce leaves or slices of lemon.

**Sardine and Boiled Egg**

Place two fish on lettuce leaves, over which slice hard-boiled egg; add one or two ripe olives to each dish. Then cover with mayonnaise. This makes an exceptionally good salad.

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**Salads and Sandwiches**

**Booth’s Sardine and Lettuce Salad**

Split the fish lengthwise down the back and lay on crisp lettuce leaves; squeeze the juice of one-fourth of a lemon on each fish. Put a spoonful of mayonnaise on top and garnish with cucumber pickles cut in small strips.
Booth's Sardine Salad

Break the fish into pieces with a silver fork. Take one head of lettuce, some celery stalks, small pickles and stuffed olives. Season with paprika. Add enough mayonnaise dressing to make it creamy, and toss the whole lightly together with a fork. Serve in tomato cups, or on lettuce leaves with mayonnaise and olives.

Stuffed Egg Salad

Remove tail of Sardine, then make a paste by mixing with yolk of hard-boiled eggs. Stand white of eggs on plate by cutting slice from each end, stuff with paste, cover with mayonnaise dressing and garnish plate with olives and green.
One Minute Salad

One can of Booth's Sardines, several stalks of celery and half a pint mayonnaise dressing. Remove the tail, skin and backbone from the Sardines and pick the fish apart, adding the celery (cut up fine) and the mayonnaise, mixing lightly together. Season with salt and cayenne. Arrange in salad dish, pour a little mayonnaise over the top, and trim the platter with lemon slices and lettuce leaves. This makes a delicious salad, and is very easily and quickly prepared.

Booth’s Sardine and Tomato Salad

Arrange crisp white lettuce leaves around platter, select good-sized round tomatoes and remove the pulp, after cutting a slice off the top of each. Mince three stalks of white celery and one small onion. Take one can of Booth’s Sardines, remove the tail and backbone and break into pieces. Mix the fish, the celery and onion together and fill the tomatoes, putting a spoonful of mayonnaise dressing on top.
A Delicious Way—Stuffed Peppers

One can of Booth's Sardines picked into fine pieces with a fork, two tablespoonfuls chopped pickles, two tablespoonfuls chopped olives, mayonnaise dressing and salt and pepper to taste. Remove the seeds, membrane and stem end from the peppers and soak in salt water. Mix the olives, pickles, etc., with the Sardines and add enough mayonnaise dressing to hold it together. Then drain the peppers dry and fill with the salad. Garnish the plate with lettuce leaves and olives.

Booth's Sardine Sandwiches

Take each fish, lightly scrape off skin and remove the tail, and pick the meat into convenient sized pieces with a fork. Put the pieces into a bowl of lemon juice and let stand a few minutes. Then drain and spread on thin slices of bread between fresh lettuce leaves. If the "Spiced" Sardines are used, substitute mayonnaise dressing for the lemon juice.

Deviled Sardine Sandwich

Take one can of Booth's Spiced Sardines, remove backbone from fish, add juice of one lemon, one tablespoonful of Worcestershire Sauce. Mix the above thoroughly and spread on buttered bread. Before placing layers of bread together, add a few slices of pickled onions.

Egg and Sardine Sandwiches

Tasty sandwiches can be prepared by mincing Booth's Sardine with half the quantity of hard-boiled eggs and moistening with mayonnaise dressing. Place this mixture between thin slices of bread, and cut into small squares with a sharp knife.

Booth's Sardine Paste

Work Booth's Sardines into a paste with a broad knife or spatula. Add to this very tiny pickled onions, the quantity depending upon the taste, about one-quarter as much onion as paste is good. Season with Worcestershire Sauce, salt, pepper, paprika, celery salt and a liberal amount of lemon juice.

This is delicious for sandwiches, to serve on small pieces of toast with cocktails, or on crackers with salad.
A Favorite Way

Take one can Booth's Sardines, drain off juice; chop fine after removing backbone. Add yolks of 3 eggs beaten very light, ½ cup grated bread crumbs, 3 tablespoonfuls melted butter, 1 tablespoonful juice of lemon, ½ teaspoonful each of salt, pepper and finely chopped parsley, beat whites of eggs and add last. Put in buttered pan and bake in moderate oven ½ hour.

Booth's Sardine Loaf

Take one can Booth's Sardines, two eggs, two tablespoonfuls melted butter, two cupfuls bread crumbs, pinch of cayenne pepper, and salt to taste. Mix all together well, turn into a mold, cover and steam one hour. When cold, cut into thin slices. This is excellent for sandwiches, or served cold as a luncheon dish.
For Luncheon or Entree

Booth’s Sardine Canapés

Take a can of Booth’s Sardines and chop fine, removing the backbone and tail. Toast a piece of bread. First place a strip of tomato, half an inch wide, across the toast. Fill in a like space, with chopped Sardines, then a strip of green pepper, after removing the seeds, put on toast green side up. Repeat this order until the toast is covered. Serve with mayonnaise at the side of the dish so as not to interfere with the appearance, which is made to look like the stripes of a flag. This is an excellent entree.

Grilled Sardines

Scrape the fish free from skin, and wipe dry. Roll each fish in melted butter, sprinkling with cayenne pepper and salt. Cover with finely chopped parsley and chopped mushrooms. Wrap each fish in oiled paper and put into oven until hot. Serve on strips of toast, on hot platter.

A Choice Entree

Melt butter about the size of an egg, in a saucepan and stir in enough flour to thicken. Add a bottle of tomato catsup. When well heated, season with salt, pepper, Worcestershire Sauce, juice of lemon, and chopped green pepper.

Heat one can of Booth’s Sardines in their own liquor, but do not let them cook. Drain, pour into the tomato mixture, and let them get piping hot. Serve on buttered toast.

(If the Sardines put up in tomato sauce are used, make a sauce by using the preparation in the can; adding tomatoes which have been strained, and thickening; then season as above.)

Deviled Sardines

Roll each fish in a mixture of mustard, Worcestershire Sauce, anchovy sauce and a little melted butter. Lay each on a slice of toast in a hot oven for five minutes. Serve immediately.

(The “Mustard” Sardines are easiest prepared this way, as the mustard sauce in which they are packed can be utilized.)
Booth’s Sardines a la Hollandaise

Heat a can of Booth’s Sardines (“Spiced”) in the tin by immersing in hot water. Cut fresh bread in strips, remove crusts, and toast. Place one or two of the fish on each strip of toast, pour some of the dressing from the can upon each, and arrange in a circle on a large platter. Fill the center of the dish with the sauce and garnish with watercress or olives. Make a thick Hollandaise Sauce as follows:

Beat half a cup of butter to a cream, add the yolks of two eggs, one at a time, the juice of half a lemon, 1/2 teaspoonful of salt, and a speck of pepper (cayenne). Place the bowl in which these are mixed in a saucepan of boiling water. Beat with an egg-beater until it begins to thicken, then add a scant half cupful of boiling water, beating all the time.

Booth’s Sardines a la San Jose

In a small saucepan melt one level tablespoonful of butter and a rounding tablespoonful of flour, mix to a paste and add strained tomatoes. Boil the mixture for two minutes. Mix Booth’s Sardines and bread crumbs (one cup) and chopped parsley, moisten in half a cup of the tomato sauce. Cover the top with the remaining bread crumbs and dot with bits of butter.

Bake for twenty minutes, browning top nicely. This may be baked either in a baking dish or stuffed into bell peppers.

Serve with the remaining cup of the tomato sauce.

Sardine Rarebit

One can of Booth’s Sardines, drain off juice and wipe each fish. Put each fish on toaster and brown. Also toast some narrow strips of bread, upon which put the fish, and then place in oven to keep warm while the sauce is made.

Sauce: Melt one tablespoonful of butter and add two tablespoonfuls of grated cheese, stir until cheese is melted, add gradually the beaten yolk of an egg mixed with 1/4 cup of thin cream. Stir until smooth and thick, and add 1/2 teaspoonful of salt and 1/2 teaspoonful of tobasco sauce. Pour this over the Sardines, a few spoonfuls to each fish. Serve with sliced lemon.
Spanish Sardines

Place squares of nicely toasted bread or crackers upon serving dish, then upon the toast place Booth's Sardines, powder well with Gebhard's Chili Powder, and sprinkle a thick layer of dry grated cheese over all. Place in a hot oven until thoroughly heated. Serve hot.

Booth's Sardine Cutlets

One can Sardines, one cupful thick White Sauce, mentioned below, one tablespoonful lemon juice, one egg. Pick over the Sardines and remove skin, bones and oil; mix Sardines with lemon juice, then stir in Sardine Sauce. Turn out on plate to cool, divide in twelve portions and shape like cutlets. Beat the eggs slightly, roll cutlets in it, then cover with fine bread crumbs. Fry in deep fat until brown. Garnish with parsley and serve.

Sauce: Four level tablespoonfuls flour, two level tablespoonfuls butter, one cup hot milk, one-fourth teaspoonful salt, pinch of pepper. Melt butter in saucepan until it bubbles; add the flour, salt and pepper; mix until smooth; then pour hot milk in gradually, stirring and beating each time. Cook until it thickens.
**Booth's Sardines in Cream**

Bring to the boiling point four tablespoonfuls of butter, one cupful of cream and 1/4 cupful of stale bread crumbs. Then add one box of Booth's Sardines, from which you have taken bones and skin, and two finely chopped hard-boiled eggs. Again bring to the boiling point and season with paprika, salt and black pepper. Serve very hot on small slices of crustless toast. Garnish with parsley and toast.

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**Supper & Chafing Dishes**

**Chafing Dish Recipe**

Skin the fish and lay them on brown paper for a few minutes. Then dip in beaten egg and roll in finely powdered cracker crumbs.

Place butter in a chafing dish, so that when melted it will cover bottom of the dish to the depth of three-eighths of an inch. When hot place the Sardines in and cook until nicely browned, being careful not to let them burn.

Serve on a lettuce leaf with mayonnaise dressing.

**Baked Spiced Sardines**

Put a layer of Booth's Spiced Sardines in the bottom of baking dish, then put a layer of cracker crumbs, then a layer of tomatoes. Season with pepper, salt and butter. Continue this until dish is full, having cracker crumbs on top. Bake for half an hour and serve as meat course.
Scalloped Sardines

One can of Booth's Sardines, one cup of sauce (as below), five or six soda crackers. Pick the fish over, removing backbone and tail, and flake with a fork. Place a layer of the Sardines in an agate baking dish, cover with the sauce, then a layer of the cracker crumbs, another layer of Sardines, and so on until the fish is all used. Cover the top layer with cracker crumbs and bake in a hot oven until brown. Prepare the fish sauce as follows:

Sauce: Two tablespoonfuls of flour, two tablespoonfuls of butter, one cup hot milk, salt and pepper to taste. Melt the butter in saucepan until it bubbles, then add the flour, salt and pepper until smooth, and pour the hot milk in gradually, stirring each time. Cook until thick.

Sardines a la Cambridge

Take a can of Booth's Sardines ("Mustard"), remove the backbone and outside skin and rub the meat through a sieve, mix with six minced raw oysters, the yolks of two hard-boiled eggs, a tiny dust of paprika, three ounces of fresh bread crumbs, one and a half ounces of warm butter, and the liquor from the oysters and the yolks of two raw eggs. Divide the mixture into portions about the size of walnuts, roll each up in flour and dip into beaten egg and then into freshly made bread crumbs, and put into a frying basket and fry for three or four minutes in clean boiling fat. Dish up in a pile on a hot dish on a dish paper, and serve hot. Garnish with a little fresh parsley around the dish.

Sardine Croirmandie

Remove the skin from Booth's Sardines and place them in a pan, add a piece of butter, a glass of white wine, a few shrimps, a dozen oysters, a few mushrooms and a few crusts of bread fried in butter, and when all is well cooked, make the following sauce:

Place in a pan a piece of butter the size of an egg and melt, then add a spoonful of flour and when brown, half a glass of the above mixture except the fish; use a wooden spoon. When the sauce is made, add the yolk of an egg and take from the fire. Place the fish in a dish, spread on the sauce, and put in a warm oven for fifteen minutes and serve.
Sardines in Tomato Sauce

Drain the sauce from a can of Booth's Sardines put up in tomato sauce. Add a little red pepper and onion juice. When boiling hot, lay the fish in and remove from the fire and cover. Let stand ten or fifteen minutes, sprinkle with chopped olives and serve.

Sardine Balls

Pick Booth's Sardines into fine pieces, season to taste with salt, pepper and onion juice. Make into small balls, handling as little as possible. When the chafing dish (or saucepan) is hot, butter the balls enough to prevent sticking, place in pan, and shake gently for a few minutes until brown. Serve hot.

Sardines a la Creole

Put into the chafing dish a piece of butter-size of an egg. When melted, add $\frac{1}{2}$ teaspoonful finely chopped onion, one tablespoonful green peppers cut in small cubes. Fry until done. Add contents one can Booth's Sardines. Mix a teaspoonful of flour with butter the size of a walnut and stir in while boiling. At the last add a spoonful of sweet Spanish peppers chopped fine. Serve hot.

Sardines Fried in Crumbs

Take Booth's Sardines (the larger the better), wipe dry, season with salt, pepper and a dash of lemon juice. Dip them in flour, then into beaten egg, and lastly in bread crumbs. Heat about three ounces of butter in the blazer, add the Sardines, turning them occasionally until a nice golden brown. Serve with Tartar sauce.

Sardines in Worcestershire Sauce

Mix one teaspoonful of English mustard with two tablespoonfuls of Worcestershire Sauce, add a pinch of paprika and pour over six of Booth's large Sardines, which have been prepared by scraping off the skin and laid in the chafing dish. Cover the Sardines with the sauce as above and let simmer for about three minutes. Have ready some pieces of toast about 1$\frac{1}{2}$ inches wide and 3 inches long, well buttered and hot. Put one Sardine on each slice, and serve at once.
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