Summertime Recipes for Canned Foods

from the SERVICE KITCHEN
NATIONAL CANNERS ASSOCIATION
Foreword

The recipes in this leaflet have been developed in the Service Kitchen of the National Canners Association. It is the third of a series which will be published featuring family sized recipes for the use of canned foods. Additional copies are available upon request from

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PIMENTO MEAT LOAF

1/2 lb. ground ham
1/2 lb. ground fresh pork
1 lb. ground beef
1 cup diced pimientos
1/2 cup cracker crumbs
2 eggs
1 teaspoon salt
1/8 teaspoon pepper
2 tablespoons chopped onion
4 bay leaves (optional)

Combine the meat with the pimientos and cracker crumbs. Add the beaten eggs, seasonings, and onion. Place in a loaf pan and arrange bay leaves on the top of the meat. Bake in a moderate oven, 350 degrees, about an hour and fifteen minutes, or until done. This loaf may be served hot but is especially good cold, or for sandwiches.

SAUERKRAUT WITH STUFFED FRANKFURTERS

1 No. 21/2 can sauerkraut
2 cups soft bread cubes
4 tablespoons melted butter
2 tablespoons chopped parsley
2 tablespoons chopped onion
1/4 teaspoon salt
dash pepper
1 121/2-oz. can frankfurters

Place the sauerkraut in a shallow baking dish. Combine the remaining ingredients, except the frankfurters. Slit frankfurters lengthwise, being careful not to cut through the under side of them. Fill each with stuffing and arrange on top of the sauerkraut. Bake in a moderate oven, 350 degrees, about 45 minutes. Eight servings.
FLAKED FISH CURRY

1 can condensed cream of mushroom soup
1 7-oz. can flaked fish
1 teaspoon curry powder
2 cups cooked rice

Heat the soup; add fish, curry powder, and combine with the rice. Bake in a casserole in a moderate oven, 375 degrees, about 20 minutes. Six servings.

Variation: Crab, salmon, tuna, lobster, shrimp, or clams may be used instead of the flaked fish.

LUNCHEON SALAD PLATTER

1 No. 2 can sliced beets
1 No. 2 can whole or asparagus-style green beans
½ cup sharp French dressing
1 pint cottage cheese
½ cup crushed pineapple
2 tablespoons mayonnaise
lettuce

Chill the beets and beans thoroughly; drain, saving liquid for soup or sauce. Add one-fourth cup French dressing to each vegetable and marinate for about an hour. Combine the cheese with pineapple and mayonnaise. Make a large lettuce cup in the center of a chop platter and pile the cottage cheese mixture in the cup. Surround with shredded lettuce. Drain excess French dressing from the beets and beans and arrange them in mounds on the lettuce. Six servings.

Variation: Other vegetables, such as artichoke hearts, asparagus tips, wax, lima or kidney beans, carrots, celery, peas, or mixed vegetables for salad, may be used instead of the beets and green beans.
CORN OMELET

6 eggs
1 teaspoon salt
dash pepper
1 cup cream style corn

Beat the egg yolks until thick and lemon colored; add salt, pepper, and fold into the egg whites. Fold the corn into the egg mixture. Turn into a buttered skillet and cook slowly until browned on the bottom. Place in a moderate oven, 350 degrees, a few minutes until dry. Fold and remove to a hot platter. Serve with broiled sausage. Six servings.

Variation: Spaghetti with tomato sauce may be used instead of the cream style corn. It makes a hearty omelet that is especially adapted for supper rather than breakfast.

PEA AND TOMATO ASPIC

1 No. 2 can peas
1 8-oz. can tomato sauce
water
1 tablespoon granulated gelatin
½ teaspoon salt
2 tablespoons lemon juice
½ cup diced celery

Drain the liquid from the peas and combine with the tomato sauce; add enough water to make 2 cups liquid. Soften the gelatin in one-fourth cup liquid and heat remainder to boiling point. Remove from heat, add gelatin and stir until dissolved. Add salt, lemon juice, celery, and peas. Pour into a mold and chill until firm. Twelve servings.

Variation: Mixed vegetables for salad may be used instead of the peas.
POTATO SALAD

1 No. 2 can potatoes
3 hard cooked eggs
1 cup diced cucumber
1/2 cup sliced celery
1/4 cup diced onion
1/8 teaspoon pepper
1/2 teaspoon celery salt
1/2 teaspoon salt
1/2 cup mayonnaise

Dice the potatoes and the eggs and combine with the remaining ingredients. Chill thoroughly for at least an hour to allow the flavors to blend. Eight servings.

Variation: Tuna fish, salmon, or shrimp may be used instead of eggs.

LIMA BEAN SALAD

1 No. 2 can lima beans
1/4 cup sharp French dressing
1/4 cup diced onion
1/2 cup diced cucumber
1/4 cup sliced sweet pickles
2 tablespoons mayonnaise
1/2 teaspoon salt
dash pepper

Drain the liquid from beans, save for soup or sauce, and sprinkle the beans with French dressing. Chill for an hour. Drain off excess dressing and combine beans with remaining ingredients. Arrange in a bowl and garnish with lettuce. Six servings.

Variation: Kidney beans, peas, cut green beans, mixed vegetables for salad, wax beans, or diced beets may be used instead of lima beans.
MIXED VEGETABLE SALAD

1 8-oz. can vegetables for salad
2 tablespoons French dressing
1 tablespoon chopped chives
½ cup diced cucumbers
salt
1 tablespoon mayonnaise

Drain liquid from vegetables and save for soup or sauce. Sprinkle the French dressing over the vegetables and chill for about an hour. Add chives, cucumbers, and season with salt to suit taste. Drain off excess French dressing and just before serving add the mayonnaise. Four servings.

Variation: Such vegetables as lima beans, kidney beans, green beans, wax beans, artichoke hearts, peas, carrots, or beets may be used alone, or in combinations of two or more.

LUNCHEON SALAD

1 No. 2 can grapefruit sections
1 12-oz. can cherry juice
1 package lemon flavored gelatin
1 pint cottage cheese
melon slices

Drain the grapefruit and add enough syrup from it to the cherry juice to make 2 cups liquid. Bring to the boiling point; remove from heat, add the gelatin and stir until dissolved. Cool until it starts to congeal. Add the grapefruit sections and pour into a ring mold. Chill until firm. Unmold on crisp salad greens and fill the center with cottage cheese. Arrange slices of melon around the outside of the ring. Eight servings.

Variation: Orange sections, or the combination of orange and grapefruit sections, may be used instead of the grapefruit. Any raw fruit may be used in place of the melon slices.
SPICED PEACH SALAD

1 No. 2½ can spiced peaches
2 3-oz. packages cream cheese
1/4 cup mayonnaise
1/2 cup chopped salted cashew nuts
1 lb. can Bing (dark sweet) cherries

Place a half spiced peach on each lettuce cup. Cream the cheese with the mayonnaise and add nuts. Put a spoonful of the cheese mixture in the cavity of each peach half. Arrange three cherries beside each peach. Serve with French dressing. Twelve servings.

Variation: Spiced pears or apricots may be used instead of peaches.

FROZEN FRUIT SALAD

1 3-oz. package cream cheese
1/4 cup cooked salad dressing
dash salt
1/2 cup whipping cream
1 lb. can fruits for salad
6 maraschino cherries
1/4 cup shredded toasted almonds

Cream together the cheese and salad dressing. Add the salt and fold in the whipped cream. Drain and slice the fruit and cherries and add to the cream mixture. Pour into tray of a mechanical refrigerator and sprinkle the top with almonds. Freeze. Cut in cubes and serve on salad greens. Six servings.

Variation: Fruit cocktail, or a combination of fruits such as pineapple and peaches, or pears and apricots, or sweet cherries, pineapple and peaches, may be used instead of fruits for salad.
KAY'S SALAD

1 No. 2 can diced beets
1 14-oz. can pineapple cubes
water
1 package orange flavored gelatin

Drain liquid from beets and pineapple and add enough water to make 2 cups liquid. Bring to boiling point; remove from heat; add the gelatin and stir until dissolved. When it starts to congeal, add the beets and pineapple and pour into a mold. Chill until firm. Ten servings.

LOGANBERRY CHIFFON PIE

1 cup graham cracker crumbs
3 tablespoons melted butter
1 tablespoon granulated gelatin
1/2 cup cold water
1 12-oz. can loganberry juice
1 cup sugar
dash salt
2 tablespoons lemon juice
1 teaspoon grated lemon rind
1 cup whipping cream
1 egg white

Mix together the crumbs and butter and line a 9-inch pie pan with it. Soften the gelatin in the water for 5 minutes and dissolve over hot water. Add to the fruit juice and sugar; stir until sugar is dissolved. Add the salt, lemon juice and rind. Chill until it starts to congeal. Whip a half cup cream and fold it and the stiffly beaten egg white into the loganberry mixture. Pour into the crumb lined pie pan and chill until firm. Whip the remainder of the cream and spread over the top of the pie. Sprinkle a few crumbs over the top and serve.

Variation: Any of the fruit juices or combinations of juice and pulp available under different trade names may be used instead of loganberry juice.
BUTTERSCOTCH PEAR PIE

1 lb. can pears
1 cup brown sugar
6 tablespoons flour
4 tablespoons butter
½ teaspoon salt
2 teaspoons vanilla
2 eggs
1 9-inch baked pastry shell
1¼ cup granulated sugar

Drain syrup from pears and add water to it to make 1½ cups liquid. Bring brown sugar and 1 cup liquid to boiling point, add flour mixed with remaining liquid, and cook until thick, stirring constantly. Add butter, salt and vanilla. Remove from heat, add beaten egg yolks, and mix well. Arrange sliced pears in pastry shell and add filling. Cover with meringue made by beating the granulated sugar gradually into the stiffly beaten egg whites. Bake in a very moderate oven, 325 degrees, about 20 minutes or until brown.

UNIVERSAL DESSERT

½ cup whipping cream
1 No. 2 can red raspberries
½ cup shredded toasted almonds
1 pound cake

Whip the cream and fold in the drained raspberries and half the almonds. Line the bottom of a shallow pan with thinly sliced cake. Spread half the fruit mixture over it; cover with another layer of cake and spread with the remainder of the fruit. Sprinkle top with almonds. Place in refrigerator over night. Cut in squares and serve with whipped cream. Eight servings.

Variation: Strawberries, loganberries, or blackberries may be used in place of red raspberries.
CUSTARD FRUIT BOWL

1 cup milk
1 tablespoon cornstarch
1⁄4 teaspoon salt
2 tablespoons sugar
2 eggs
1 teaspoon vanilla
1 lb. can Royal Anne cherries
1 lb. can sliced peaches
1 9-oz. can crushed pineapple
8 marshmallows
1⁄2 cup whipping cream

Heat milk in a double boiler. Mix cornstarch, salt, and sugar, and stir into milk. Cook until thickened, stirring constantly. Add beaten egg yolks and cook for a minute. Add vanilla and cool. Fold in stiffly beaten egg whites and chill. Drain syrup from fruits remove pits from cherries and cut up marshmallows. Combine these with the custard and chill. Before serving fold in the whipped cream. Eight to ten servings.

FIGS ANNETTE

1 No. 2 can figs
1⁄4 cup sugar
1 tablespoon cornstarch
1⁄4 cup cold water
1 tablespoon butter
1⁄2 teaspoon salt
1⁄4 teaspoon nutmeg
dash cinnamon
3 tablespoons lemon juice
1 teaspoon grated lemon rind
sponge cake

Drain syrup from figs; add sugar and bring to a boil. Blend cornstarch with cold water, add to syrup and cook until thickened, stirring constantly. Cook over hot water for 10 minutes. Add remaining ingredients. Place two or three figs on slices of sponge cake or in individual shortcake cups and serve with hot or cold sauce. Six servings.
**PINEAPPLE SHERBET**

1 12-oz. can pineapple juice  
8 marshmallows  
1/3 cup sugar  
3 tablespoons lemon juice  
1 egg white

Heat the pineapple juice; add marshmallows and sugar and stir until they are dissolved. Add the lemon juice. Place in freezing tray of a mechanical refrigerator and freeze to the mushy stage; remove and beat with a rotary beater. Fold in the stiffly beaten egg white. Return to refrigerator to finish freezing. Six servings. This is a nice sherbet to use in fruit punch.

Variation: Grapefruit juice may be used in place of pineapple juice.

**APRICOT FREEZE**

2 eggs  
1/2 cup sugar  
1/8 teaspoon salt  
1/2 cup milk  
1 No. 21/2 can apricots  
2 teaspoons vanilla  
  few drops almond extract  
1/2 cup whipping cream

Beat the eggs with a rotary beater until very thick, about 5 minutes; add sugar gradually and continue to beat until thick and smooth. Add salt, milk, syrup from the apricots and flavorings. Mix well. Place in tray of a mechanical refrigerator and freeze until mushy; remove and beat with a rotary beater. Fold in the whipped cream and the apricots that have been mashed. Return to refrigerator. When the sides and bottom of mixture become frozen, stir well. Finish freezing. Ten to twelve servings.
ENTREE SUGGESTIONS

1 Arrange a mound of heated crisp noodles in the center of a chop platter. Cover with hot chicken à la king and surround with a border of buttered rice to which some chopped ripe olives have been added. Chicken curry or lobster Newburg may be used in place of the chicken à la king and may be served over bean sprouts or bamboo shoots instead of over crisp noodles.

2 Serve chow mein, chop suey, or beef à la mode over heated hominy or over cooked rice to which some melted butter, salt and pepper have been added. For variation add some roasted chopped nuts to the buttered rice.

3 Heat crisp chow mein noodles in the oven. Place a small mound on each plate and cover with heated kidney, beef, Brunswick, Irish, or lamb stew. The stews may also be heated and served over hot bean sprouts or bamboo shoots. Garnish plate with a spiced pear, peach, or apricot.

4 Place shoestring carrots in a shallow casserole and sprinkle with salt and pepper. Arrange beef steak and onions, or hamburg steak and onions on top of the carrots. Heat thoroughly in the oven.

5 Combine succotash, dried beef and cream of mushroom soup. Heat thoroughly and serve on toast. Garnish with sweet or dill pickles, or with pickled beets.

6 Place a mound of hot baked beans or baked red kidney beans on platter; surround with hot link or Vienna sausages.
ASSORTED PLATTERS

1 Place potato salad (page 8) or canned potato salad in a nest of crisp lettuce leaves. Arrange around it in three groups, sliced cold tongue, corned beef, and spiced ham. Garnish with sections of tomato and ripe olives.

2 Arrange sliced chicken, ham, and spiced luncheon meat or veal in separate groups on a large platter. Garnish the platter with salad greens, radishes, and spiced apples.

3 Arrange sliced corned beef, spiced ham, and cocktail braunschweiger sausages on a chop plate. Add a wedge of Roquefort cheese and some Swiss cheese squares. Garnish with olives, radishes, sweet pickles, and spicy whole grain corn. Serve with assorted wafers.

4 Put a mound of shrimp salad in a nest of crisp lettuce leaves in the center of a platter and arrange around it in individual lettuce cups mounds of oysters marinated in sharp French dressing, herring in tomato sauce, sardines in mustard sauce, and lobster salad. Garnish with whole anchovies and tomato sections.

5 Place salmon or tuna just as it comes from the can in the center of a chop platter. Arrange radiating out from it sardines in oil, deviled eggs stuffed with caviar, and crab meat. Garnish with slices of cranberry sauce, lemon sections and dill pickles.

6 For a platter where guests make their own sandwiches select three or four spreads from such ones as anchovy or lobster paste, deviled ham or chicken, potted meat, or a combined hors d’oeuvres paste.

BUFFET SPECIALTY

*Favorite Platter
Hot Corn Pudding
Green Onions Berry Jelly
Toasted Garlic Bread
Lemon Chiffon Pie Coffee
TEA AND HEARTY SANDWICHES

1 Make a filling of tuna fish, diced celery, pimiento and ripe olives; add grated onion, seasonings and mayonnaise. When using this in rolled sandwiches place a few sprigs of watercress or a tiny gherkin pickle in the center. Chicken or salmon may be used in place of tuna fish and the filling may be used for hearty sandwiches as well as for tea sandwiches.

2 Cut assorted canned breads in thin slices and spread with butter or cream cheese. Cut in half circles, moon shapes, or leave in circles.

3 Cut both dark and light bread in fancy shapes and spread with deviled chicken or ham. Decorate the open-face sandwiches with thinly sliced pickles or stuffed olives.

4 Spread crisp crackers, potato chips, and toast squares with different hors-d'oeuvre pastes and arrange on a plate with relishes. Some of the paste may be mixed with cream cheese and used in making pinwheel and other sandwiches.

5 Chill and slice corned beef, tongue, ham, or lunch meat. Spread sliced bread lightly with butter and with mayonnaise if desired. Place the meat and some crisp lettuce between bread slices. Cut sandwiches in various shapes. Serve garnished with tomato sections and ripe olives.

6 Season baked beans with plenty of chopped onion, pickle relish, or horseradish and moisten with mayonnaise for a hearty sandwich.
FRUIT juices are versatile, especially during the summertime. Use them in sherbets, chiffon pies, gelatin salads and desserts. Serve them alone or in combination for refreshing drinks. Keep an assortment of fruit juices in the refrigerator so that drinks can be prepared quickly and easily.

There are various juices to choose from such as apple, cherry, cider, cranberry, grape, grapefruit, grapefruit and orange, lemon, loganberry, nectar, orange, pineapple, prune, plum, tomato, blackberry, raspberry, youngberry, strawberry, peach, pear, and apricot. These fruit juices or combinations of juice and pulp are available under different trade names.

1. To make an appetizing fruit punch combine fruit juices and add lemon juice and sugar to suit taste. Charged water or cold tea, and crushed ice may be added just before serving. Mint leaves or fruit may be used as a garnish. Sherbet may be used in the punch.

2. Add a small amount of water to the fruit juice and freeze in cubes; add to punch or lemonade to give an attractive appearance and flavor.

3. Freeze a fruit juice, or a combination of fruit juices to the mushy stage and serve as the first course or with the meat course. Add it to fruit cocktail, melon balls or to fruit juice.

4. Combine partially frozen, plain or seasoned, tomato juice with sea foods for cocktails.