

## Creamed Salmon

¼ cup minced onion  
3 tbsp. butter  
3 tbsp. flour  
1 cup milk  
¼ cup dry white Vermouth  
1 tbsp. cream  
¼ tsp. salt  
4–6 tbsp. whipping cream  
1½ cups cooked or canned salmon  
¼ cup grated Swiss cheese  
pinch of black pepper or seasonings to taste

Cook onions in butter over low heat for 5 minutes until tender but not brown. Stir in flour and cook slowly for 2 minutes. Add 1 cup boiling milk and ¼ cup dry white Vermouth. Take off heat. Beat in milk and then wine, salmon juice or seasonings. Bring to a boil over moderate heat, stirring. Boil several minutes to evaporate wine, allowing sauce to thicken. Then thin it with a tbsp. of cream. Add ¼ tsp. of salt and a pinch of pepper, 4–6 tbsp. whipping cream and 1½ cups cooked or canned salmon. Can also add sautéed mushrooms and sliced hard-boiled eggs. Place in an 8-in. shallow baking dish. Sprinkle on ¼ cup grated Swiss cheese and dot with butter. Bake in upper third of 350° oven for about 15 minutes.

– Evelyn Ellison

## Baked Salmon Chunks

Cut backbone out of fish. Cut in pieces. Line cookie sheet with foil. Place fish skin side down on cookie sheet and spread with mayonnaise, salt, pepper, lemon juice and thinly sliced or chopped onion. Bake 20–25 minutes in 350° oven. If you want it browned, turn on broiler for 3–5 minutes, depending on thickness of fish.

– Olive Rodal