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# FISHERIES MARKETING BULLETIN

## SPECIAL

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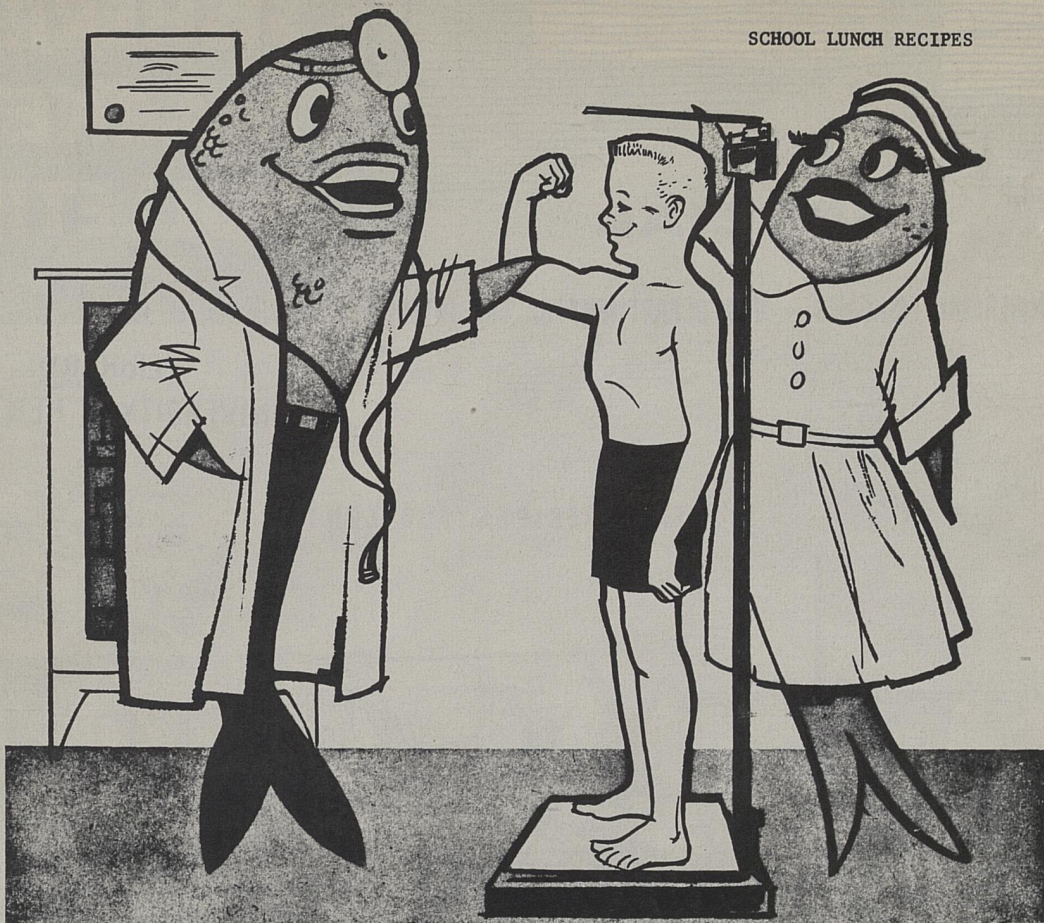
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FISH RECIPES FOR LENT



ISSUED BY THE BUREAU OF COMMERCIAL FISHERIES, U. S. FISH AND WILDLIFE SERVICE,  
AS A PART OF ITS CONTINUING CONSUMER EDUCATION PROGRAM  
IN COOPERATION WITH THE FISHING INDUSTRY





## MOLDED TUNA SALAD

Salads (protein-rich)

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
17 cans (6½ or 7 oz. each)	1 gal. ½ qt.	Drained tuna		1. Flake the fish.
5 oz.	1 cup	Unflavored gelatine		2. Soften gelatine in 1 quart of cold tomato juice. Add seasonings to remaining juice and heat to boiling.
	1½ gal.	Tomato juice		
	¾ cup	Vinegar		3. Dissolve gelatine in hot juice. Cool.
10 oz.	1 cup	Grated onion		
8 oz.	1 cup	Sugar		4. Combine vegetables, salad dressing, and tuna. Stir into gelatine.
1½ oz.	3 tbsps.	Salt		
2 lb. 8 oz.	2½ qt.	Shredded carrot		5. Pour into pans 1 inch in depth and cool until mixture sets.
3 lb.	3 qt.	Shredded cabbage		
5 oz.	1 cup	Chopped green pepper		6. Cut and serve on salad greens.
2 lb.	1 qt.	Salad dressing		

PORTION: 1 piece, 2½ by 4 inches--provides 1 ounce cooked fish and ½ cup vegetable.

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