Soursweet Sauce
A Pennsylvania Dutch recipe. This sauce is served with fish, meat and vegetables. Mix ½ cup of water, ½ cup vinegar and 5 tbsp. sugar and heat in a double boiler. Add 2 oz. butter well mixed with 1 tbsp. of flour. When well blended add 2 eggs beaten until very light and stir until the sauce is properly thickened.

Chateaubriand Sauce
(For grilled steaks and meats)
Cook together 1 cup beef gravy and 1 cup white wine until liquid simmers down to half. Add ½ cup butter, 3 tbsp. lemon juice, 1 tbsp. minced parsley, salt and pepper. When butter is melted, beat well and serve.

Sauce Francaise
(For steaks and grilled vegetables)
Cream 1 cup butter with 4 minced garlic cloves, 4 finely chopped green onions, (scallions) and ¼ cup chopped parsley. Serve without heating.

Maitre D'Hotel Sauce
(For steaks and chops)
Cream together, ½ cup butter, 2 tbsp. minced parsley, 1 tbsp. lemon juice, ½ tsp. pepper and dash of Worcestershire sauce. Serve without heating.
SEAFOOD

Party Casserole

1 can mushroom soup 1 green pepper, chopped
1 can milk 1 can tuna fish or left over chicken
1/4 lb. cheddar cheese 1/2 hard boiled eggs, chopped
2 hard boiled eggs, chopped 6 oz. pkg. noodles, boiled
Combine all ingredients. Top with buttered crumbs. Bake (350°) —30 minutes.

Mattilda Trumbauer Kneer '14

Seafood Casserole

4 eggs (hard)
1 cup fresh shrimp cut lengthwise
2 cups tuna (pour hot water over)
1 cup mushrooms (one can)
1 cup crabmeat (not frozen)
1/2 lb. grated cheddar cheese
2 cups bread cubes mixed in melted butter
2 cups medium white sauce

In greased baking dish put layers of eggs, sauce, shrimp, sauce, tuna, sauce, mushrooms, sauce, crabmeat, sauce, cheese and bread cubes.

Bake 30-45 minutes at 325°.

Marcia Graham Bell '54

Clam Pie

2 cups diced potatoes 1 tbs. parsley
1 cup diced celery 1 tsp. thyme
1 cup diced onion
Cook vegetables and thicken with cornstarch
Add 3 dozen chopped clams 1/2 cup clam juice
Place in pie crust and cover with pie crust. Bake at 475° oven for 10 min. then bake at 425° for 50 minutes.
Heat extra clam juice with black pepper—thicken with cornstarch (to be used as sauce.)

Evelyn Wilson Frazier '34

SEAFOOD

Party Casserole

1 can mushroom soup 1 green pepper, chopped
1 can milk 1 can tuna fish or left over chicken
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Evelyn Wilson Frazier '34
Aunt Ann's Deviled Crab Cakes

1 lb. crabmeat (claw)
2 slices white bread (less crust)
2 eggs
1 tbsp. minced parsley
¼ cup sweet cream
Juice of one lemon
1 tsp. dry mustard
1 tsp. minced onion

Salt, pepper, paprika and a few dashes red pepper to taste.
Put cleaned crabmeat in mixing bowl, add all other ingredients and blend. Form into cakes and refrigerate for a few hours; or over-night. Fry in skillet, using Crisco, until brown.

Aunt Ann is: Mrs. G. E. Swartz, York Penna.; aunt of Dr. R. Manges Smith—Jeff. 1927.

Marion Bowers Smith '28

Hurry-up Fish Chowder

2 oz. salt pork diced
2 cups diced potatoes
1 carrot, sliced
1 stalk celery, chopped
2 onions, sliced
½ tsp. leaf thyme
1 qt. water

1 lb. fish fillets
1 tall can undiluted evaporated milk
Salt, pepper
4 soda crackers, crumbled
Paprika

Brown pork, remove from fat. Add potatoes, carrot, celery, onions, thyme to water. Cook covered 10 minutes or until vegetables are tender. Add fish, simmer 8 minutes, break fish apart with fork. Add milk and season to taste. Heat well, but do not boil. Add pork and crackers. Sprinkle with paprika. Bay leaf instead of thyme is also good flavor.

Sophie B. Levey—W. H. '19

Lobster Newburg

8 tbsp. butter or margarine
8 tbsp. flour
Juice of one lemon
1 tsp. dry mustard
1¼ lb. Old English sliced cheese

Make white sauce of butter, flour. Add cheese and stir over low heat until cheese is melted. Add cut-up (1 inch cubes) cooked lobster and heat. Add salt, paprika and Worcestershire sauce. Serve over crisp toast. Serves 8.

Helen Rebert Murray '28

Stuffed Baked Fresh Mackerel

1 large fresh mackerel—split

Stuffing:
Keep stale bread broken into small pieces
4-5 stalks celery, cut fine
2 onions, cut fine
½ lb. Old English sliced cheese

Cook celery and onions in butter—10-15 minutes. Chop parsley over bread—to this add cooked celery and onions. Moisten with 1 cup or more of white wine. Put mackerel into greased baking dish—season with salt and pepper. Spread the stuffing over fish—cover dish with aluminum foil, put into 350° oven and bake for one hour.

Barbara Fleischman Snape '37

Salmon Loaf

Cook together until thick
2 thin slices bread (broken)
1 egg
1½ cups milk

Add to following mixture:
1 tsp. minced onion
1 can salmon
1 egg

Mix all ingredients together and pour in greased baking dish. Top with crumbled potato chips and bake in 350° oven for one hour.

Muriel S. Canis '30
Scalloped Oysters

1 doz. oysters or more if desired  Saltines
Crush saltines. Cover buttered casserole bottom with saltines then a layer of oysters, salt and pepper. Alternate saltines and oysters until casserole is 3/4 full.
Cover with milk, dot with butter and bake in 350° oven until brown. Delicious served with fowl.

Scallop Shrimp in Casserole

2 lb. shrimp
1 clove garlic
3 tbsp. flour
3 tbsp. melted butter
1/2 cup catsup
1 1/2 tbsp. Worcestershire
1 cup homogenized milk
1/2 tsp. salt
1/2 tsp. pepper
1/2 tsp. paprika
Buttered bread crumbs


Erma Coup Painter ‘32

Salmon Loaf

1 pound can salmon with liquid
2 tbsp. finely chopped onion
1/2 tsp. dry mustard
1/2 cup buttered toast crumbs
2 eggs
1 can condensed cream of celery soup


Salmon—Broiled Fresh or Frozen

Salmon—Steaks Broil

Beat 2 eggs—while stiff add 1/2 cup Miracle Whip. Put on broiled salmon steaks—broil until topping is slightly browned. Garnish with parsley.

Pearl Moser Shappell ’23

Shrimp Salad Creole

Thinly slice 2 green onions, including tops, mince 1/4 cup celery, add 1/4 cup Wesson Oil, 1 tsp. prepared mustard, two tbsp. lemon juice, 1/2 tsp. salt, 1/2 tsp. pepper—beat together.
Add 1/2 lb. cooked shrimp or canned shrimp—toss well.
Chill two hours—serve on lettuce. Makes three nice servings.

Mary Walker O’Connor ’24

Curried Shrimp

Melt in saucepan: 1/2 onion
3 tbsp. butter
2 stalks celery
Dice and add: 1/2 apple

Cook until tender and add 1 tbsp. curry powder and 2 tbsp. flour. Cook for a minute—add 1 1/2 cups milk. When thick add 1 1/2 cups shrimp—simmer 10 min. Serve hot with boiled rice.

Ruth Purinton ’21

Shrimp Lamasie

Boil 8 cups water
1/2 cup sliced onion
1 1/2 tbsp. salt
2 stalks celery
Couple of bay leaves
6 whole cloves

Boil for 15 minutes then add shrimp and 1/2 lemon slice and boil 15 minutes longer. Then let shrimp stand in the water to cool.

Jean M. Pachelbel ’32

Esther Milewski Kahn ’43

Mary Walker O’Connor ’24

Erma Coup Painter ‘32

Ruth Purinton ’21

Pearl Moser Shappell ’23
Lamaise Sauce

1 pint mayonnaise
1 pint chili sauce
1/2 cup India relish
1 chopped hard cooked egg
1 tsp. chopped chives

Mix all ingredients together, put in a well oiled shallow broiler pan or casserole, and bake at 325 degrees for 30 minutes. Usually 1/2 the above quantity of everything is adequate—unless for large group.

Margaret M. Jackson Honorary Member

Baked Tuna

2 6 1/2 oz cans of tuna (chunk style)
3/4 cup of bread crumbs (fine dry)
1 cup milk
Cottage cheese

Drain tuna, flake into bowl; add other ingredients, mix well. Pack into greased shallow casserole (1 1/2 qt. size). Bake in moderate oven (350°) for 50-60 minutes. Serves 6 to 8.

May be prepared and refrigerated before cooking.

Helen T. Currier '48

Tuna Casserole

(1) Cook noodles until tender.
(2) Add 1 can tuna (white or pink) and 1 can cream mushroom soup—mix well.
(3) Pour into a greased casserole and top with crumbled potato chips.
(4) Cover and cook at 325° in oven for 20 minutes.
(5) Uncover for 5 minutes to brown chips.

Amount of tuna, noodles and soup can vary.

Mary Anne Saunders Fort '56

Tuna Macaroni Casserole

1 family size can tuna
1 med. size pkg. macaroni
1 can cream soup (chicken-mushroom)
1 1/2 cups of bread crumbs

Prepare macaroni and drain—saute onions and pepper in butter— combine in casserole with other ingredients and enough milk for baking—sprinkle with crumbs if desired. Bake for approximately 3/4 hours.

Jean McMullen Koutsouros '44

Cocktail Sauce—For Crab Meat Cocktail, Oysters, Clams

1. Mix 1/2 cup chili sauce, 1/4 cup ketchup, 1 tbsp. good olive oil, 1 raw egg yolk, 1 tsp. lemon juice, 1 tsp. Worcestershire sauce, chili powder and salt to taste. Beat for five minutes with a rotary beater and refrigerate until needed.
2. Mix 1/2 cup chili sauce with 1/2 cup of ketchup, Worcestershire sauce, salt and tabasco to taste, 2 tbsp. lemon juice and 2 tbsp. grated horseradish.
3. Mix 1 cup of mayonnaise, 3 tbsp. chili sauce, chopped chives, and chopped tarragon to taste, 1 tsp. lemon juice, paprika and salt to taste.

Henrietta Fitzgerald Spruance '21
Remoulade—Can be served as a salad dressing with shrimp, crab meat or lobster

4 hard cooked eggs
1 tsp. dry Colman mustard
2 tbsp. chopped parsley
1 tbsp. chopped green pepper
½ tsp. finely chopped garlic

To 1 cup of mayonnaise add minced eggs—then all other ingredients, blending thoroughly.

Henrietta Fitzgerald Spruance '21

Ravigote—For Crab Meat or Fish Salad

To ½ cup of mayonnaise add finely chopped chives, tarragon, chervil and parsley. Stir in a little spinach juice for coloring. Very often a little garlic is added—also capers.

Henrietta Fitzgerald Spruance '21