

BAKED FISH LOAF

- 1-pound can tuna fish or salmon
- 1 cup of fresh bread crumbs
- 1 tablespoon minced celery tips
- 1 tablespoon minced onion
- 1 teaspoon minced parsley, salt and pepper
- 1 egg, beaten lightly
- 2-3 cup milk
- 3 tablespoons melted butter

Mix all dry ingredients; then blend liquids and add to the first mixture. Set aside for 15 or 20 minutes, then form into a loaf, place in a buttered baking pan and

bake until the loaf is firm. Serve with creamed carrots and celery and fried or stuffed baked tomatoes. Or serve the loaf itself with sauce creole or a rich white sauce garnished with hard-boiled egg.