

Macaroni and Salmon Croquettes.

2 cups macaroni, broken in pieces.

3 tablespoons butter.

3 tablespoons flour.

1 cup milk.

$\frac{3}{4}$ teaspoon salt.

1 cup salmon.

$\frac{1}{2}$ tablespoon grated onion.

1 egg.

cracker crumbs.

Cook macaroni in boiling salted water until tender, about 12 minutes. Drain and blanch in colander by allowing cold water to run over macaroni. Melt butter, add flour, salt and gradually the milk, stirring until mixture thickens. Remove from fire and add salmon which has been boned and flaked. Add macaroni. Chill and add onion. Shape into croquettes, roll in slightly beaten egg, then in crumbs. Fry in hot deep fat until golden brown. Serve with or without a sauce.