

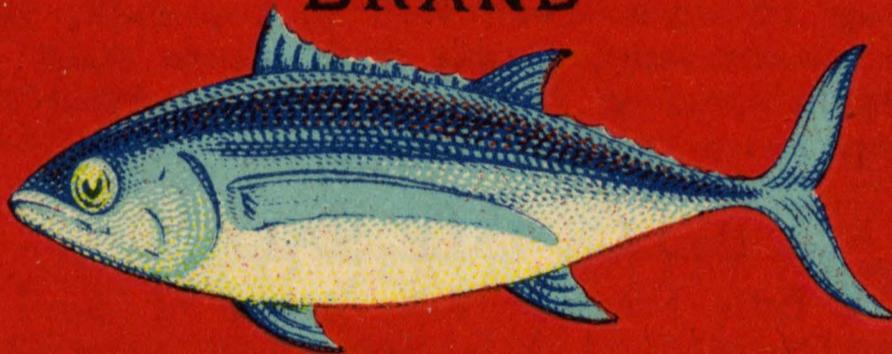
Delicious

BELLE ISLE
TUNA

Recipes

BELLE ISLE

BRAND



California

LIGHT MEAT

TUNA

FRENCH SARDINE CO.

INCORPORATED

TERMINAL ISLAND

CALIFORNIA

THE FISH INDUSTRY

Fishing is one of the oldest activities of the human race, and one of the most important, particularly in this country. When we realize that the United States and Alaska produce annually more than 2,500,000,000 pounds of fish, worth more than \$100,000,000 to the fishermen, and that 190,000 persons, conservatively estimated, are engaged in the fish business, with an investment of more than \$200,000,000 in equipment, we can realize the vital part this great industry plays in our lives today.

California itself, with an annual production of 400,000,000 pounds of fish valued at \$25,000,000, with 20,000 or more persons employed, stands first among all the States of the United States in the production of her fisheries. In other words, the immense fish crop of California represents approximately one-sixth of the total catch of the whole United States and Alaska.

NET WEIGHT 13 OZ.
METRIC EQUIV. 369 GRAMS

PACKED BY
FRENCH SARDINE CO., INC.
TERMINAL ISLAND
CALIFORNIA
U. S. A.

BELLE ISLE

BRAND

REG. U. S. PAT. OFF.



California

LIGHT MEAT

TUNA

A vital part of California's fish catch consists of the various varieties of tuna, found on the Pacific Coast from the vicinity of Los Angeles South. Tuna, known as the chicken of the sea, a large, robust fish of the mackerel family, the excellently flavored white flesh of which is particularly rich in the proteins so essential for the well-being of man, and in the all-important health builders, Vitamin A and Vitamin D.

In order to assist the housewife in serving in a number of attractive ways the smaller of these delicious tuna fish which are used in canning the Belle Isle Brand, we furnish for your approval many different recipes. If you like them please recommend them to your friends.

FRENCH SARDINE COMPANY, INC.
TERMINAL ISLAND, CALIFORNIA

Buy by the dozen

TUNA FISH AU GRATIN

Make a pint of white sauce, of butter, milk and flour, salt to taste, add 1 can of Belle Isle tuna fish, flaked. Butter a baking dish, fill with creamed fish, add pepper, chopped parsley and lemon juice or a few drops of vinegar. Mix together 1 cup of bread crumbs and 3 tablespoons of melted butter, spread over the top and brown in quick oven. This may be varied by adding grated cheese or sliced boiled eggs to the sauce, or by covering with mashed potatoes, or biscuit dough instead of crumbs.

TUNA FISH CROQUETTES

Two cups tuna fish, 2 hard boiled eggs, 1 cup milk, 2 tablespoons butter, 3 tablespoons flour. Salt and pepper to taste, also add a little chopped parsley and onion if desired.

Melt the butter, stir in the flour and add milk gradually. Cook 10 minutes, add seasoning and then add to the fish and chopped eggs. When cold, form into croquettes, roll in cracker crumbs, then roll in beaten egg and again in the cracker crumbs. Fry in deep fat. Serve with tomato sauce.

TUNA PATTIES

One cup milk, 2 teaspoons flour, 1 can tuna fish, 1 teaspoon lemon juice, 3 tablespoons butter, 2 egg yolks, salt and pepper.

Blend the flour and butter to a smooth paste, add to the hot milk, stir constantly, then add the egg yolks, beaten thoroughly. Cook in double boiler, add tuna fish and lemon juice, fill pastry shells and serve.

BELLE ISLE TUNA PIE

Line pie plate with pie crust. Fill with one cup of cream sauce (made of butter, flour and milk), 1 can tuna, 1 onion sliced, 1 cup green peas. Cover with top crust. Bake until nice and brown.

CREAMED TUNA AND MUSHROOMS

One pint thick white sauce, 1 can of flaked tuna fish, 1 can of mushrooms chopped, 1 tablespoon chopped green pepper, 1 teaspoon chopped pimiento. Mix all the ingredients together, heat thoroughly and serve in patty shells.

TUNA FISH SANDWICHES

One can Belle Isle tuna, 1 stalk celery chopped, salt, 1 tablespoon vinegar, 2 tablespoons mayonnaise. Mix well. Slice bread thin, and place lettuce leaf on each, spreading mixture on same, fold together. Bread may be toasted and buttered if preferred. This makes ten sandwiches.

MOLDED TUNA FISH SALAD

To one can of flaked tuna fish, add about a cupful of stiff mayonnaise dressing, 1 hard boiled egg, chopped, 3 tablespoons of minced olives and 1 teaspoonful of capers. Soften 2 even teaspoonfuls of gelatine in $\frac{1}{4}$ cup of cold water, place over hot water bath until dissolved, then add the prepared fish. Stir lightly and put into cold, wet molds to chill. This will fill 6 individual molds. Minced, seasoned cucumber in whipped cream makes a nice dressing for this salad.

BELLE ISLE TUNA

Buy by the dozen

TUNA FISH AND SPAGHETTI

Make a white sauce of butter, flour and milk, salt to taste, let cook until thick, use 3 cupfuls of the white sauce to a half pound can of tuna fish. Add two cupfuls of cooked spaghetti (cooked in salt water until done), half a tablespoonful of lemon juice, 1 tablespoon of minced parsley and serve hot.

TUNA FISH SALAD

One-half envelope of gelatine, $\frac{1}{4}$ cup of cold water, yolks of 2 eggs, 1 teaspoon salt, 1 teaspoon mustard, few grains of cayenne, $1\frac{1}{2}$ tablespoons melted butter, $\frac{1}{4}$ cup of milk, 2 tablespoons vinegar, 1 can Belle Isle tuna.

Soak gelatine in cold water 5 minutes. Mix egg yolks, slightly beaten, with salt, mustard and cayenne, then add butter, milk and vinegar. Cook in double boiler, stirring constantly until mixture thickens. Add soaked gelatine and tuna fish, flaked. Turn into mold, which has been dipped in cold water, chill, then remove onto bed of crisp lettuce leaves and serve.

MOCK CHICKEN A LA KING

One can Belle Isle tuna, 1 cup mushrooms, 2 tablespoons pimientos, 1 chopped green pepper, 3 cups milk. Bring milk to a boiling point, blend 1 tablespoon butter with 1 tablespoon of flour, and add to the boiling milk, add salt and pepper, and other ingredients which have been chopped fine. Heat thoroughly, then serve on toast or in patty shells, sprinkle with paprika.

CREAMED TUNA WITH PEAS

Four melted tablespoons butter, add 1 green pepper chopped fine, and cook until soft, then stir in 2 tablespoons flour, salt, pepper and 1 cup milk. Pour boiling water over contents of one can of tuna (Belle Isle) to remove the oil from fish, drain through sieve. Break fish into small pieces and add fish and 1 cup of green peas to the liquid. Cook 5 minutes. Serve on toast. (Mushrooms may be added if desired.)

TUNA SOUFFLE

Two tablespoons butter, 3 tablespoons flour, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ cup milk, 1 cup tuna fish, 3 eggs. Make white cream sauce of the four first ingredients, add beaten egg yolks and tuna fish, allow to cool, then add the white of eggs beaten stiff. Bake in buttered baking dish in hot oven $\frac{1}{2}$ hour. Serve at once.

SCALLOPED TUNA

One can tuna fish, 4 hard boiled eggs, 1 tablespoon butter, 1 tablespoon flour, 1 cup milk, 1 tablespoon minced pimiento, 1 tablespoon minced green pepper, 1 tablespoon onion (if preferred). Make sauce of butter and flour and milk, salt to taste, cook until thick, add pimiento, green pepper and onion. Put a layer of bread crumbs in bottom of baking dish, then layer of fish, then sliced eggs, use half of the sauce and repeat. Cover with bread crumbs and bake until brown.

BELLE ISLE TUNA

Buy by the dozen

TUNA-CABBAGE SALAD

One can tuna fish, 1 stalk celery (chopped fine), 1 cup shredded cabbage. Mix the tuna with the celery and cabbage. Season with salt and pepper. Marinate with mayonnaise, let stand in a cool place until ready to serve. Garnish with lettuce and hard boiled eggs, sliced.

BELLE ISLE TUNA SALAD

One-half lb. of spaghetti, boil in salt water until tender, then drain, add 1 small onion chopped fine, $\frac{1}{2}$ cup celery diced, contents of 1 can of Belle Isle tuna. Mix thoroughly with the mayonnaise dressing, arrange in a bowl on crisp lettuce leaves, or serve as individual servings.

CREAMED TUNA FISH ON TOAST

Melt 2 tablespoons butter and blend with 1 tablespoon flour, add 2 cups of milk, stir, and cook until mixture is thick and smooth. Add teaspoon salt and dash of pepper and 1 small can of pimientos chopped fine. Cook 3 minutes (stir constantly), add 1 can of flaked Belle Isle tuna fish. Serve on squares of toast.

CREAMED TUNA FISH

Heat $\frac{1}{2}$ cup of thick cream with $\frac{1}{2}$ cup milk, add 3 teaspoons of tomato soup, pepper and salt to taste. then add 1 can tuna fish and $\frac{1}{2}$ can of little peas. Heat thoroughly and serve on crisp crackers or buttered toast.

BELLE ISLE SALAD

One can of Belle Isle tuna fish, $\frac{1}{2}$ cup of diced celery, 1 small green pepper diced, 1 teaspoon diced onion, 1 pimiento cut fine. Mix all together, serve on crisp lettuce leaves and garnish with the following dressing: Mix together $\frac{1}{2}$ cup of mayonnaise and 3 teaspoonfuls of tomato catsup. Pour this dressing over salad and sprinkle with paprika.

BELLE ISLE SALAD

One can Belle Isle tuna fish, 2 cups celery diced, 1 small cucumber and 2 small green peppers diced, 2 or 3 hard boiled eggs and 2 cups of cold beets sliced, $\frac{1}{2}$ cup stuffed olives. Marinate the first 4 ingredients with the juice of one large lemon, 3 tablespoons olive oil, 1 teaspoon salt, 1 teaspoon paprika. Place in covered dish, set in ice box until ready to serve. Then arrange on platter or individual plates with a border of endive, lettuce or watercress, the prepared fish in the center, placing slices of beets and hard boiled eggs around the fish, pour mayonnaise over all, place stuffed olives on top. Makes a very attractive dish and very good for luncheons.

BELLE ISLE A LA MODE

One cup of tuna fish, 2 cups mashed potatoes, 2 eggs, $\frac{1}{4}$ cup butter, 2 cups milk or cream, dash of pepper. Separate the tuna fish into small pieces, mix with the mashed potatoes, milk (or cream), well beaten egg, butter and pepper. Bake in an earthen dish twenty or thirty minutes.

BELLE ISLE TUNA

Buy by the dozen

TUNA NEWBURGH

One and a half tablespoons butter, $1\frac{1}{2}$ tablespoons flour, $1\frac{1}{2}$ cups whole milk, $1\frac{1}{2}$ tablespoons chopped green pepper, 1 teaspoon minced onion, 2 cups tuna fish, 1 egg, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon paprika.

Melt butter, add flour and milk gradually. When mixture boils, add tuna fish and seasonings. Pour mixture over slightly beaten egg, return to fire and cook three minutes. Serve on toast.

DEVILLED TUNA FISH

One can tuna fish flaked, $\frac{1}{4}$ cup mushrooms chopped, 2 tablespoons butter, 2 tablespoons flour, 1 cup of milk and cream (mixed), yolks of two eggs, 2 tablespoons sherry wine, 1 teaspoon chopped parsley, $\frac{1}{4}$ teaspoon paprika, $\frac{1}{2}$ teaspoon onion juice, salt and dash of nutmeg.

Make a sauce of butter, flour, milk and cream, add yolks, seasonings except parsley, tuna fish and mushrooms. Cook 3 minutes, add parsley. Put into casserole and cover with buttered crumbs. Brown in the oven.

CALIFORNIA CHICKEN PIE

One can tuna fish, 2 carrots diced, 2 medium sized potatoes diced, 2 medium onions chopped, 1 cupful of green peas, 1 tablespoon butter, 2 tablespoons flour, 1 cupful of milk, 1 teaspoon salt, $\frac{1}{4}$ teaspoon paprika, dash of pepper. Pastry (for crust).

Boil carrots, potatoes, onions and peas together in a small amount of water. Make the white sauce of butter, flour and milk. Add seasonings and then the tuna, flaked. Line a baking dish with plain pastry, fill with the vegetables and creamed fish in layers, cover with an upper crust which has been pricked several times. Bake until the crust is brown at 450 degrees.

TUNA FISH A LA KING

One large can tuna, 1 cup mushrooms or $\frac{1}{2}$ lb. fresh mushrooms, 4 hard cooked eggs, seasonings, 1 chopped pimiento, 6 tablespoons flour, 6 tablespoons butter, 3 cups milk, 1 cup of buttered bread crumbs.

Prepare white sauce by melting butter, add flour, seasonings and cook until frothy. Add cold milk all at once and stir constantly until mixture thickens. Add flaked tuna, eggs and mushrooms cut into uniform pieces, chopped pimiento and seasonings. Pour into greased baking dish, cover with buttered bread crumbs and brown in a moderate oven. Celery or can peas may be added if desired. If fresh mushrooms are used; saute them in butter before adding to tuna.

TUNA FISH SALAD

Mix one can of tuna fish with equal parts of diced celery, and add to the following dressing thinned with cream. (Dressing.) Put through chopper 2 small sweet green peppers, 1 can pimientos, 1 small onion. Make French dressing, 8 tablespoons vinegar $\frac{1}{2}$ pint olive oil, 8 tablespoons catsup or chili sauce, 4 tablespoons sugar, 4 teaspoons salt, $\frac{1}{2}$ teaspoon paprika, $\frac{1}{4}$ teaspoon mustard. Mix all together and beat well. Before using add 2 hard boiled eggs, chopped fine.

BELLE ISLE TUNA

Buy by the dozen

PACKED IN
HIGH-GRADE SALAD OIL

DELICIOUS FOR
SALAD

PREPARED READY
TO SERVE

