

# PANAMA BRAND TUNA RECIPES



LOS ANGELES TUNA CANNING CO.  
LONG BEACH, CAL.

6125-

## PANAMA BRAND TUNA RECIPES

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### Insist on Having Panama Brand Tuna

#### MANY REASONS

**Fish Cooked Same Day as Caught  
Packed Under The Most Ideal Sur-  
roundings and Sanitary Conditions**

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**SOLID PACK OF WHITE MEAT, NO SKIN, BONES OR WATER**

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**ALL WHITE HELP EMPLOYED IN OUR CANNERY**

**Elegant Blend of Salad and Pure Olive Oil**

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**READY TO SERVE: OR, TRY THESE RECIPES**

#### TUNA SALAD

Mince the contents of one can of **Panama Brand of Tuna**. Add a little celery, green pepper, olives and nuts chopped fine. Mix with mayonnaise dressing, place crisp lettuce leaves between thin slices of bread and fill sandwich with **Tuna**.

#### TUNA SALAD

Mince the contents of a large can of **Panama Brand Tuna**. Add finely chopped lettuce mixed with dressing prepared from the yolks of four hard boiled eggs, the yolks of two raw eggs, one tablespoonful of olive oil, one spoonful of sugar, one of mustard, one of salt, half cup of vinegar. Beat until smooth.

#### TUNA SALAD

One can of **Panama Brand Tuna**, pulp of three tomatoes, one cup of chopped celery. Season with salt and pepper and add mayonnaise dressing. Remove pulp from fresh firm tomatoes, fill with above mixture and serve on lettuce leaf.

#### TUNA ASPARAGUS SALAD

Marinate cold boiled asparagus in French dressing and place on top of **Panama Brand Tuna**. Serve with Mayonnaise dressing.

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### TUNA SALAD

Drain oil from **Tuna** and shred. To one large can of **Panama Brand Tuna** add one small cup chopped celery or cucumber, two tablespoonfuls grated onion, mix with Mayonnaise dressing. Serve on lettuce leaves and garnish with mayonnaise.

### TUNA A LA NEWBERG

One can **Panama Brand Tuna**, one tablespoon butter, one tablespoon flour, yolk of two eggs, and one cup of cream. Melt the butter, add the flour and cook till it thickens. Beat the yolks of the eggs till they are light, mix in the cream and pour it over the flaked **Tuna**, stir until heated well, but do not allow to boil.

### TUNA AU GRATIN

One can **Panama Brand Tuna**, one-half cup cracker crumbs, one-half pint cream sauce. Season well with salt, pepper, paprika, celery salt. First, layer of fish in baking dish, then layer of cheese, then layer of cracker crumbs. Sprinkle with chopped parsley. Pour over part of cream sauce on each layer. Bake in quick oven until it boils up in the middle and cracker crumbs are brown.

### TUNA A LA ROI

One large can of **Panama Brand Tuna**, one can tomatoes, one pinch salt and pepper, one slice of onion and one cup of cream. Cook the tomatoes with the salt and pepper and slice of onion at least one and a half hours. Strain through a colander. Shred the **Tuna** very fine. Add the cream, mix with tomatoes and let it come just to a boil, put in the butter, but do not cook. Serve on small piece of buttered toast on a warm dish.

### CREAMED TUNA

One can of **Panama Brand Tuna**, two tablespoonfuls butter, two tablespoonfuls flour, two cups of milk. Rub butter and flour together over stove, add milk and stir until it boils. Season with salt and pepper. Break **Tuna** in small pieces and add to above sauce. Serve on toast, crackers or in pattie shells.

### TUNA CROQUETTES

Mix one can of **Panama Brand Tuna**, two rolled crackers, one egg, and season with salt and pepper. Make into croquettes, dip into well beaten egg and roll in cracker crumbs, then fry in butter.

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### TUNA CROQUETTES

Mix one can of **Panama Brand Tuna** with a white sauce, season with pepper and salt and a little chopped parsley, if desired. Shape into cylindrical balls, roll in crumbs, then an egg, then crumbs again and fry in deep lard.

### TUNA CROQUETTES

Mix one large can of **Panama Brand Tuna** with two large tablespoons of white sauce; season with salt, pepper and cayenne, and a little chopped parsley. Form into croquettes, roll them in egg and bread crumbs in the usual way, place them in a well greased paper bag, and cook for twenty minutes in a very hot oven.

### TUNA CUTLETS (Will Serve Six)

One large can **Panama Brand Tuna**, one egg, one ounce butter, one-half pound crackers rolled fine, pepper and salt. Pour the oil off the **Tuna** and beat it. Mix all together and form into cutlet shape. Dip into the beaten egg, then into the cracker. Fry in very hot lard until brown. Garnish with parsley.

### DEVILED TUNA

Make one pint of cream sauce and add one-fourth of teaspoonful of cayenne, one teaspoonful lemon juice, one teaspoonful mustard, one tablespoonful of sherry wine, contents one small can of **Panama Brand Tuna**. Make the sauce thick and serve hot.

### ESCOLLOPED TUNA

Butter a baking dish, cover the bottom with cracker crumbs, put on a layer of **Panama Brand Tuna**, salt and pepper to taste, then a layer of cracker crumbs, and so on alternately until the dish is filled, the last layer on top being the crumbs. Put on bits of butter and pour on a cup of milk. Bake about twenty minutes.

### TUNA FRITTERS

Make a batter of a pint of milk, four eggs, a pinch of salt, one large teaspoonful of baking powder and sufficient flour to make batter thicker than batter cakes. Stir in the **Panama Brand Tuna**.

### TUNA ITALIAN

Mince one small can of **Panama Brand Tuna**, add quarter of pound of grated cheese, one onion and a little celery and parsley chopped fine. Season and serve with Mayonnaise dressing.

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### TUNA LOAF

Three cups **Panama Brand Tuna**, one cup stale bread crumbs, one teaspoonful onion juice, three eggs, juice of half a lemon. Flake the **Tuna** fine, mix with the juices and crumbs, moisten with the well beaten eggs. Place in a buttered pan and steam one hour. May be served hot or cold.

### TUNA PATTIES

Take four cupfuls of mashed potatoes, add cream and a lump of butter, salt and pepper. Stir until potatoes are light and white. Add one large cup of **Panama Brand Tuna**, shape into patties and fry to a nice brown.

### TUNA PEPPERS

Make a tomato dressing flavored with chopped green peppers and celery. Mix with cracker crumbs. Shred one can of **Panama Brand Tuna**. Fill peppers with **Tuna**, covering with dressing. Place slice of lemon on top. Put in slow oven for 15 minutes, then serve.

### TUNA PUFF BALLS

One can **Panama Brand Tuna**, one tablespoon butter, three-fourths cup of flour, one cup boiling milk, two eggs. Make a white sauce of milk, flour and the butter, add salt and pepper to taste, stir in the **Tuna**, and the well beaten eggs, fry fritter fashion in hot olive oil or other fat.

### TUNA RARE BIT

Toast bread very brown of even thickness, dip in milk, place in pan with melted butter, cover one-half inch thick with **Panama Brand Tuna**. Moisten with cream in quantity of a tablespoonful to each slice of toast. Cover **Tuna** one-fourth inch thick with grated cheese and a dash of white pepper, place in oven until cheese is melted. Serve hot.

### TUNA RICE AND CURRY

One can **Panama Brand Tuna**, one cup rice, one onion, one tablespoon curry. Cool the rice in a double boiler, slice the onion and brown in olive oil or butter, make a common milk gravy with sweet milk and flour, to it add the browned onion and curry, cook about five minutes after adding the onion, then mix in the can of **Tuna**, keep stirring till heated thoroughly. Make a mound of the rice on a platter and put the gravy over it.

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### TUNA SANDWICH

To one can of **Panama Brand Tuna** add enough of salad dressing to thoroughly moisten. Serve between thin slices of bread and butter and crisp lettuce leaves. Cover the **Tuna** with sweet pickles and olives, cut into small pieces.

### TUNA SANDWICH

Shred the contents of can of **Panama Brand Tuna**. Add a little celery, green pepper, olives and nuts finely chopped. Mix with mayonnaise dressing, placing crisp lettuce leaves between thin slices of bread, spreading the mixture upon them.

### SPICED TUNA

Empty the contents of one large can of **Panama Brand Tuna** into a deep bowl, cover it with hot spiced vinegar and let stand over night. Serve with catsup and thin slices of bread and butter. This makes a nice luncheon dish. Saratoga chips may be added to the above.

### STEAMED TUNA

One cup **Panama Brand Tuna**, one-half cup cream or milk, two hard boiled eggs, one raw egg, two cups mashed potatoes. Salt and pepper, dash of cayenne, tablespoonful chopped parsley, teaspoonful lemon juice, two tablespoonfuls melted butter. To the hot mashed potatoes add the cream and butter, stir in the **Tuna**, then the hard boiled eggs chopped fine, follow with raw egg well beaten and seasoning. Steam for half an hour in a buttered pudding bowl. Serve with cream of tomato sauce.

### TUNA BOUDINS

One half cup cold mashed potatoes, one small can **Panama Brand Tuna**, one-half cup soft bread, one egg, one teaspoon onion juice. Salt and pepper to taste. Mince the **Tuna**, mix thoroughly with the other ingredients, and press through a colander. Moisten with the eggs. Fill buttered molds with the mixture, set them in a pan of hot water and bake half an hour. Serve with white sauce garnished with hard boiled eggs cut in rings.

### TUNA COCKTAIL

Two tablespoonfuls Cocktail sauce, two tablespoonfuls **Panama Brand Tuna**, few drops lemon juice, pepper, salt and a little dash of paprika. A most delicious appetizer.

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### TUNA TURBOT

Drain contents of a can of **Panama Brand Tuna** from oil and mince fine with fork. Add a few drops of onion juice. Pour one cup hot milk over one and one-half cups of soft, stale bread crumbs and add to **Tuna**.

Make a white sauce, using two tablespoons butter, one and one-half tablespoons flour, one cup hot milk, one-fourth teaspoon salt and a few grains of pepper.

Combine the sauce and **Tuna** mixture and fold in egg well beaten. Bake in a moderate oven from twenty to thirty minutes.

### TUNA OMELETTE

Contents of one small can **Panama Brand Tuna**. Beat up yolks of six eggs, add one tablespoon milk for each egg and a pinch of cornstarch which has been dissolved in two tablespoons milk. Beat whites stiff and stir in. Pour into hot greased frying pan. As eggs begin to set sprinkle with grated or finely chopped **Tuna**. When egg is browned take cake turner lift up and turn over one-half over the other. Remove at once and serve.

### TUNA OMELETTE

One small can of **Panama Brand Tuna**. Stir three tablespoons cornstarch into three pints milk. Strain through fine sieve. Add yolks eight well beaten eggs and just before it goes into oven stir in whites beaten stiff. Bake quickly and fold over finely chopped **Tuna**.

### Horseradish Sauce

Blend in a saucepan two tablespoons of butter and the same of flour. Add one and one-half cups of milk. Stir until boiling, season with salt, pepper and lemon juice; add just before serving the yolks of two eggs and two level tablespoons grated horseradish.

### Mushroom Sauce

One rounding tablespoon of butter, one rounding tablespoon of flour, one-half pint of soup stock or water, one-half teaspoon of onion juice, one-half teaspoon of salt, one-eighth teaspoon of white or black pepper, one tablespoon of Worcestershire sauce, one-half pint of canned mushrooms.

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