

Salmon

In the early part of the 21st century, canned seafood such as salmon and tuna gained popularity. Not only was it an inexpensive meal alternative, but it also had a long shelf life. Recipes like the ones below, show that even back then, people were looking for quick last minute dinner ideas!

Emergency Salmon

Put a can of salmon in a pot of boiling water and boil for twenty minutes. Turn out on a hot platter and serve with egg or parsley sauce.

Salmon Loaf

One can of salmon, pour off the liquor* and keep it; put salmon in a bowl after removing bones and beat with fork, add 1 cup of milk, 2 eggs (well beaten), 1 cup bread crumbs, salt and pepper to taste. Put into mould and steam for 1 1/2 hours. Serve hot with sauce in side dish.

Sauce for Salmon Loaf

Add 1 pint milk to liquor*, bring to boil, then mix 2 small tablespoons of corn starch. Pepper and salt to taste, and add before serving a well beaten egg.

*refers to the liquid it was canned in; not alcohol



Post Card Credit: Oxford County Archives Postcard #27, ca. 1910s (note: woman is not fishing for salmon)

Recipes Credit: *Aunt Hanna's War-Time and Peace Time Recipes*, Toronto, ca. 1918.