

TUNA

A Saga of the Sea



A Collection of Easy-to-Prepare Recipes

Introduction

That can of tuna on your shelf has a story to tell . . . a story of the fish of the sea; of the men who catch them; of the fishing vessels that roam the ocean for months at a time; of the canneries where the prize of the fishermen is packed for consumer use; and of the nutrition, economy, versatility and flavor qualities that have made tuna America's most popular canned fish. We bring you this saga of the sea along with a collection of recipes featuring canned tuna in a whole array of tempting dishes including Oven Specialties, Salads, Top of the Range Favorites, Sandwiches and Soups, and Hors d'Oeuvres. Our recipe suggestions are deliberately practical and uncomplicated and are designed to appeal to the homemaker eager for flavorful and nutritional dishes that are easy to prepare. We hope you'll enjoy reading this booklet and will want to return again and again to the recipes as well as to the story of tuna.

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Terminal Island, California

*All recipes kitchen-tested by
the Home Economics
Department of*

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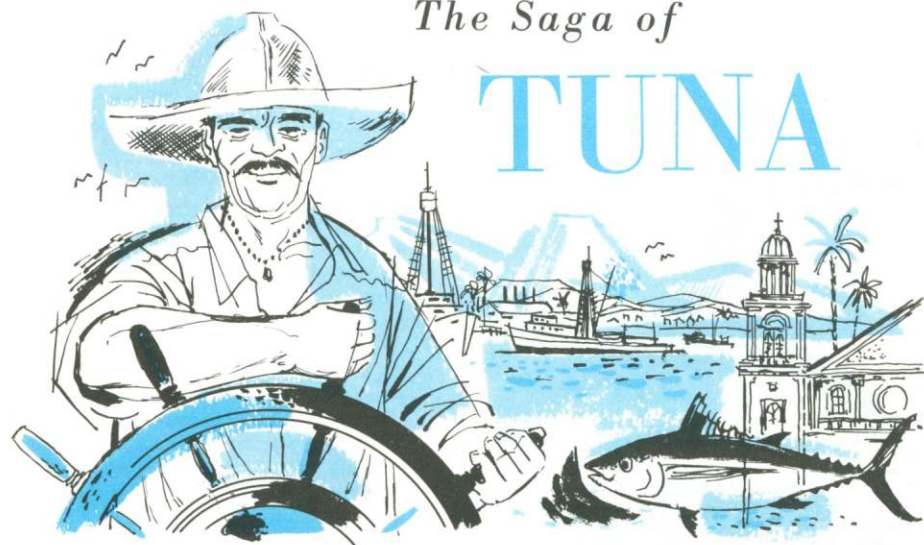


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The Saga of

TUNA



The history of canned tuna in this country is a short one, and dates back to 1903 when one cannery and a few fishing vessels were responsible for the first 700 cases processed at Los Angeles harbor. Although tuna had long been well known to southern California fishermen, they were never regarded as commercially valuable. West Coast canneries were engaged in packing other fish varieties, especially sardines, plentiful in Pacific waters. When in 1903 the sardines failed to appear and a crisis confronted both the fishermen and the canners, Albert P. Halfhill now recognized as the "father of the tuna industry," began canning other California fishes, among them tuna.

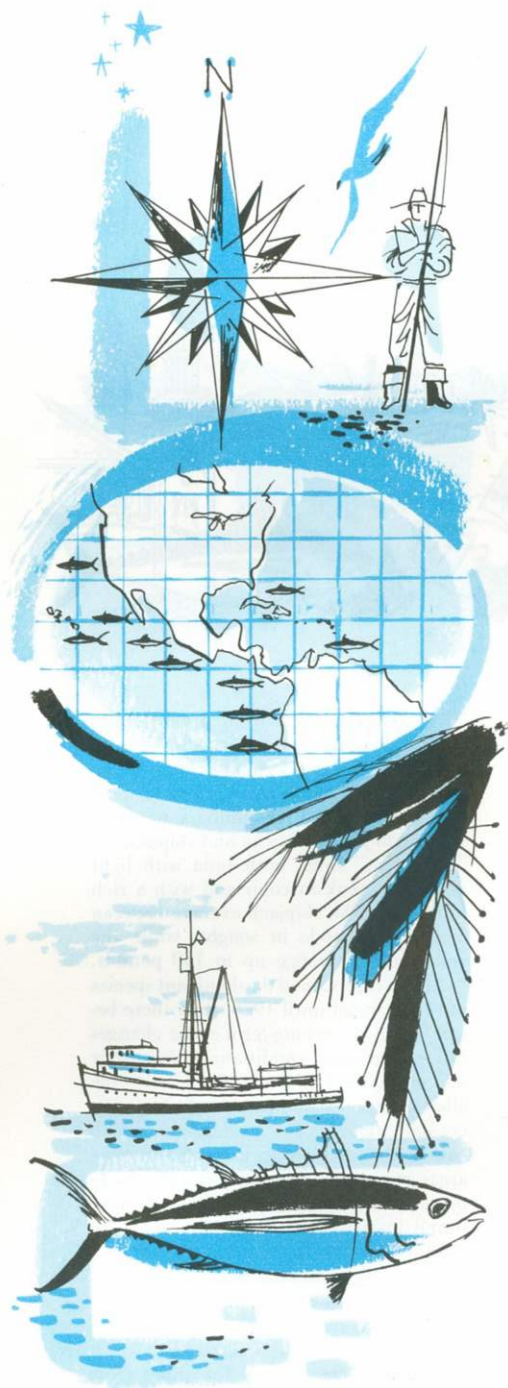
The tuna industry really came into its own during World War I when the food shortage and economic stress created a demand for a protein-rich food. Tuna was the answer, and canneries all along the California coast began packing it in substantial quantities.

At first, albacore was the only species packed. Albacore, or "white-meat" tuna, is a bullet-shaped tuna of snow-white flesh and bland flavor that grows to the size of

55 to 60 pounds. Within a few years, however, it was found that the runs of albacore were erratic, and it was necessary to find other types of tuna to meet the demand. By 1915, canners were beginning to pack yellowfin and skipjack, or "light-meat" tuna, both tuna with light flesh, rosy pink in color and with a rich full flavor. The skipjack average between 5 and 15 pounds in weight, while the yellowfin tuna range up to 150 pounds.

Albacore remained the dominant species of tuna canned until 1926 when there began one of those long-term cyclic changes in oceanographic conditions which occur off southern California. Suddenly the albacore disappeared completely from the coastal waters. The conditions which caused the albacore to leave the inshore areas caused the skipjack and yellowfin to move further north, and these tuna were found in the whole area from southern California to Northern Peru, a 3,500 mile stretch.

As a result, revolutionary changes were necessary in the fishing fleet which heretofore had consisted of small boats capable of venturing only a few miles from



port for trips of a day's duration. In 1927, for the first time, the catch south of the Mexican boundary exceeded the production off California. The day of the large boats and the long cruises was at hand. Many changes in methods of operation were made to increase the efficiency of the fishing vessels. Ice was carried in insulated fish holds so that the boats could remain at sea for longer periods; crews' quarters were enlarged; diesel engines replaced gasoline engines. By 1935 the tuna catch had reached a new high, and in the following years, the market for canned tuna continued to expand, requiring further improvements in the size, equipment and range of the large tuna clippers.

This transformation of the fishing fleet, which had transpired gradually during the 1930's, was sharply interrupted by the outbreak of war in the Pacific. The effect upon the industry was immediate, as the tuna clipper was precisely the vessel the Navy wanted for the job of supplying the troops in the isolated garrisons of the South Pacific. Some of the tuna clippers were taken directly from the fishing grounds and sent to the war zone. In the course of a few months, sixty per cent of the vessels were fighting the war.

With the clipper fleet gone to war, the production of tuna fell sharply and quickly. Into a vacuum of enormous demand and very short supply stepped the small boats. With new talents, new experience and increased activity came much new information. The albacore had not disappeared after all. The fish had returned and could be caught off the North American coast in heavy commercial quantities. The small-boat fleet equipped with radio and long-range navigational equipment met the tuna demand with white-meat albacore as long as the war lasted.

It wasn't until 1948 that the tuna clippers recovered sufficiently from their war losses to once again become the main producers of tuna. With the return of the larger boats, yellowfin and skipjack tuna reappeared on the market. Today, the primary types of tuna canned are the yellowfin and skipjack, or "light-meat" varieties, along with a much smaller percentage of albacore, or "white-meat" variety.

Nutrition and Tuna

...one of the
greatest of all
protein foods



Nutritionally, tuna is one of the greatest of all protein foods. Actually, it wasn't until the drastic meat shortage during the first World War that the attention of nutritionists, home economists and dietitians was directed to fish as an important protein source. A critical evaluation of experiments conducted during that period and since has indicated that fish protein has a high biological value which is probably somewhat above that of beef protein and equivalent to milk protein.

Fish protein supplies the body with a rich source of amino acids, the essential building blocks of body proteins. It has been proved that the daily requirements of essential amino acids are supplied by an average serving of canned tuna.

Noteworthy is the high content in canned tuna of vitamin B-12 and of the so-called "unidentified growth factors," which help to build body protein and vital red blood cells.

Tuna also provides a considerable portion of the daily minimum requirement of iodine, the element which prevents the development of goiter.

Another factor of tuna is the fluorine content which contributes to tooth development and helps protect against future dental decay.

Tuna also ranks high in phosphorus which builds strong bones.

Vitamins, which are all-important for maintenance of normal metabolism and growth, are present in substantial quantities.

Tuna is canned either in oils of vegetable origin or in water. Vegetable oils do not contain any cholesterol, and according to many medical authorities, vegetable oils do not increase the blood-

cholesterol so much as oils or fats of animal origin. Therefore, canned drained tuna can be consumed even by people on low cholesterol diets.

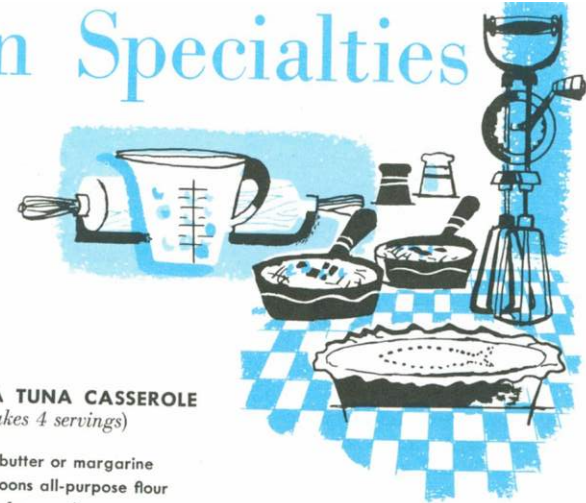
The value of tuna to the homemaker, however, extends far beyond its nutritional qualities. One of its greatest advantages is its versatility. Not only does tuna make a flavorful dish when served alone, but it lends itself in combination with so many other foods: to such "extenders" as macaroni products, rice and potatoes; or to egg dishes such as omelets and souffles; or to an endless number of vegetables. When combined with another food in casseroles and main-course dishes, a single seven-ounce can of tuna is ample for as many as four to six servings.

Salads, salad dressings, sandwich spreads, relishes and sauces, hors d'oeuvres, gelatin molds, casseroles, fish cakes, loaves, chowders, bisques, and pastries are some of the many ways in which tuna can be used to provide healthful meals. Hearty tuna casseroles make tasty and vitamin-rich cold weather fare; for Summer serving, a vegetable salad fortified with tuna makes an appetizing main course; tuna-salad sandwiches have long been warm-weather favorites; tuna is also ideal for snack time; and, of course, a supply of tuna on the pantry shelf safeguards against unexpected dinner guests.

The economy value of tuna is another advantage. There is absolutely no waste in a can packed compactly and compressed to assure solid value to the consumer.

To be sure of the best in canned tuna, check the labels and buy tuna from California, tuna packed at its flavorful best. As appealing to children as to grown-ups, tuna is an all-around food for nutrition, flavor, versatility and economy.

Oven Specialties



CATALINA TUNA CASSEROLE

(Makes 4 servings)

- ¼ cup butter or margarine
- 2 tablespoons all-purpose flour
- 1 cup milk
- 1 egg yolk, well beaten
- 1 teaspoon lemon juice
- 1 6½-ounce can chunk-style tuna, drained
- ½ cup sliced ripe olives
- 1 10-ounce package frozen lima beans, cooked
- ½ teaspoon salt
- ½ teaspoon paprika

Melt butter or margarine over low heat. Add flour and blend. Gradually add milk and cook until thickened, stirring constantly. Add a little of hot mixture to egg yolk; mix well. Add to remaining hot mixture. Add remaining ingredients; mix lightly but thoroughly. Turn into greased 1-quart casserole; cover. Bake in moderate oven (375°) 15 minutes.

TUNA CASSEROLES BOURGEOISE

(Makes 4 servings)

- 1 7-ounce can solid-pack tuna
- 1 tablespoon all-purpose flour
- 1 cup chicken bouillon
- 3 egg yolks, beaten
- 1 cup light cream
- 2 tablespoons sherry
- 2 4-ounce cans sliced mushrooms, drained
- 2 teaspoons grated onion
- Dash nutmeg
- Paprika

Drain tuna and reserve oil. Blend tuna oil, flour, bouillon, egg yolks, cream and sherry. Add mushrooms, onion and nutmeg; mix well. Cook over low heat until

thickened, stirring constantly. Break tuna into pieces and add to sauce; mix lightly. Turn into 4 individual casseroles. Sprinkle with paprika. Bake, covered, in moderate oven (325°) 15-20 minutes.

TUNA HOLIDAY PIE

(Makes 1 9-inch pie)

- 3 6½-ounce cans chunk-style tuna
- ¾ cup chili sauce
- ½ teaspoon salt
- 2 tablespoons all-purpose flour
- 1½ cups milk
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1½ cups grated Cheddar cheese (about ½ pound)
- ½ teaspoon Worcestershire sauce
- 1 unbaked 9-inch pastry shell
- Paprika
- Chopped parsley

Drain tuna and reserve 3 tablespoons oil. Combine tuna, chili sauce and ½ teaspoon salt. Heat tuna oil over low heat; add flour and blend. Gradually add milk and cook until thickened, stirring constantly. Add 1 teaspoon salt, pepper, cheese and Worcestershire sauce; stir until cheese is melted. Combine cheese sauce and tuna mixture; turn into pastry shell. Sprinkle with paprika. Bake in hot oven (400°) 30-35 minutes, or until pastry is done and cheese is browned. Sprinkle with parsley to serve.

OVEN SPECIALTIES

DEEP-DISH TUNA PIE (Makes 6 servings)

- 2 7-ounce cans solid-pack tuna
- 3 tablespoons all-purpose flour
- 2 cups milk
- ½ teaspoon salt
- Pepper to taste
- 6 medium-sized carrots, sliced and cooked
- 12 small onions, cooked
- 1 cup cooked peas
- 1 recipe plain pastry

Drain tuna and reserve 3 tablespoons oil. Heat tuna oil over low heat; add flour and blend. Gradually add milk, salt and pepper. Cook over low heat until thickened, stirring constantly. Break tuna into pieces. Add tuna and vegetables to sauce; mix lightly.

Divide pastry into 2 portions. Roll out each portion to ⅛-inch thickness on lightly floured surface. Line 1-quart casserole with half of pastry. Fill with tuna-vegetable mixture. Cover with remaining pastry and seal edges. Cut slashes in top crust. Bake in hot oven (425°) 30 minutes, or until crust is golden brown.

FISHERMAN'S PIE (Makes 6 servings)

- 2 tablespoons butter or margarine
- 1 medium-sized onion, finely chopped
- ¼ cup finely chopped green pepper
- 3 tablespoons all-purpose flour
- 1½ cups milk
- 1 cup grated processed American cheese (about ¼ pound)
- 2 7-ounce cans solid-pack tuna, drained
- 3 hard-cooked eggs, chopped
- 2 4-ounce cans sliced mushrooms, drained
- Salt and pepper
- 2 cups seasoned mashed potatoes

Melt butter or margarine over low heat; add onion and green pepper and sauté until tender. Add flour and blend; gradually add milk and cook until thickened, stirring constantly. Add ½ cup cheese and stir until cheese is melted. Break tuna into pieces and add to cheese sauce. Arrange alternate layers of tuna-cheese sauce, eggs and mushrooms in a greased 2-quart casserole. Season with salt and pepper. Combine potatoes with remaining ½ cup cheese. Spread potato mixture over

other ingredients. Bake in moderate oven (350°) 30-40 minutes.

TUNA, CHEESE AND CAULIFLOWER CASSEROLE (Makes 4-6 servings)

- 1 medium-sized head cauliflower
- 1 7-ounce can solid-pack tuna
- 1 tablespoon butter or margarine
- ¼ cup all-purpose flour
- 2 cups milk
- ¾ cup grated processed American cheese
- ½ cup chopped celery
- 1 teaspoon salt
- Dash onion salt
- ¼ teaspoon pepper
- Paprika

Soak cauliflower, head down, in cold salted water 20 minutes. Separate into flowerets. Cook, covered, in boiling salted water about 10 minutes, or until tender. Drain. Place cauliflower in bottom of greased 1½-quart casserole.

Drain tuna and reserve oil; break tuna into pieces. Heat tuna oil with butter or margarine over low heat; add flour and blend. Gradually add milk and cook over low heat until thickened, stirring constantly. Add ½ cup cheese and stir until cheese is melted. Add celery, salt, onion salt, pepper and tuna. Pour over cauliflower; sprinkle with remaining cheese. Dust with paprika. Bake in moderate oven (375°) 30 minutes.

SCALLOPED TUNA AND POTATO CASSEROLE (Makes 4-6 servings)

- 4 medium-sized potatoes, pared and thinly sliced
- 1 4-ounce can sliced mushrooms, drained
- 1 6½-ounce can chunk-style tuna, drained
- 2 tablespoons finely chopped canned pimiento
- ½ cup grated Cheddar cheese
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 cup milk
- 2 tablespoons melted butter or margarine
- ½ cup fine dry bread crumbs
- Paprika

Alternate layers of potatoes, mushrooms, tuna, pimiento and cheese in a greased 2-quart casserole. Sprinkle with salt and pepper. Pour milk over tuna mixture. Combine butter or margarine and bread crumbs; sprinkle over other

ingredients. Dust with paprika. Bake in moderate oven (375°) 1 hour, or until potatoes are tender.

BLUE CHEESE AND TUNA CASSEROLE (Makes 6 servings)

- 2 7-ounce cans solid-pack tuna
- 2 tablespoons all-purpose flour
- 2 cups milk
- 1 cup crumbled blue cheese (about 5 ounces)
- 3½ cups cooked rice
- 1 No. 2 can tomatoes, drained
- 3 tablespoons chopped parsley

Drain tuna and reserve 2 tablespoons oil; break tuna into pieces. Heat tuna oil over low heat; add flour and blend. Gradually add milk and cook over low heat, stirring constantly, until thickened. Add cheese and stir until cheese is melted. Arrange alternate layers of rice, tomatoes, cheese sauce and tuna in a greased 1½-quart casserole. Bake in moderate oven (350°) 40 minutes. Sprinkle with parsley.

TUNA AU GRATIN (Makes 4 servings)

- 1 tablespoon butter or margarine
- ½ cup finely chopped green pepper
- 3 tablespoons finely chopped onion
- 2 tablespoons butter or margarine
- 2 tablespoons all-purpose flour
- 1 cup milk
- 1 7-ounce can solid-pack tuna, drained
- ½ teaspoon salt
- ⅛ teaspoon pepper
- ½ teaspoon Worcestershire sauce
- 1½ tablespoons chopped canned pimiento

Melt 1 tablespoon butter or margarine over low heat. Add green pepper and onion and sauté until tender. Melt 2 tablespoons butter or margarine over low heat; add flour and blend. Gradually add milk and cook until thickened, stirring constantly. Break tuna into pieces. Add tuna, salt, pepper, Worcestershire sauce, pimiento, green pepper and onion to sauce; mix well. Pour into 4 greased individual casseroles. If desired, sprinkle grated cheese over each casserole. Bake in moderate oven (375°) 15 minutes, or until bubbly.



TUNA CREOLE (Makes 4-6 servings)

- 2 tablespoons butter or margarine
- ½ cup chopped onions
- 1 medium-sized green pepper, diced
- 1½ cups canned tomatoes
- ½ cup water
- 1 1-pound eggplant or 1 No. 2 can okra
- 1 7-ounce can solid-pack tuna
- 2 tablespoons chopped parsley
- 1 teaspoon salt
- Paprika

Melt butter or margarine over low heat; add onions and green pepper and sauté until tender. Add tomatoes and water; heat to boiling point. Pare eggplant and cut into ½-inch cubes. If okra is used, drain. Combine eggplant or okra and tomato mixture. Break tuna into pieces and add to tomato mixture with oil, parsley and salt. Turn into a greased 2-quart casserole. Sprinkle with paprika. Cover and bake in hot oven (400°) 25-30 minutes.

ONE-DISH TUNA DINNER (Makes 4 servings)

- 14 small white onions, peeled
- 1 teaspoon salt
- 2 tablespoons butter or margarine
- Water
- 1½ cups milk
- 1 10-ounce package frozen peas
- 3 tablespoons all-purpose flour
- ¼ cup cold water
- 1 7-ounce can solid-pack tuna, drained
- 1 cup biscuit mix
- ½ cup milk

Combine onions, salt, butter or margarine and enough water to cover onions. Cook, covered, over medium heat until onions are tender. Add 1½ cups milk and peas. Heat to boiling point. Combine flour and ¼ cup water; blend. Add to onion mixture and cook, stirring constantly, until thickened. Break tuna into large pieces and add to onion mixture. Turn into greased 1½-quart casserole.

Combine biscuit mix and ½ cup milk; mix well. Turn out on lightly floured surface and knead 10 times. Roll out to ½-inch thickness and cut into 4 rounds. Place biscuit rounds over tuna mixture. Bake in very hot oven (450°) 20 minutes, or until biscuits are done.

OVEN SPECIALTIES

TUNA-BROCCOLI CASSEROLE

(Makes 4 servings)

- 1 6½-ounce can chunk-style tuna
- 2 tablespoons all-purpose flour
- 1 cup milk
- ½ teaspoon salt
- Dash pepper
- 1 10-ounce package frozen broccoli, cooked
- 3 tablespoons grated Parmesan cheese

Drain tuna and reserve 2 tablespoons oil. Heat tuna oil over low heat; add flour and blend. Gradually add milk and cook over low heat until thickened, stirring constantly. Add salt and pepper; mix well.

Arrange broccoli and tuna in greased 1-quart casserole. Pour sauce over ingredients in casserole. Sprinkle with cheese. Bake in moderate oven (350°) 15 minutes, or until cheese is golden brown.

TUNA-ARTICHOKE CASSEROLE

(Makes 4-6 servings)

- 1 8-ounce jar artichoke hearts, drained
- 1 7-ounce can solid-pack tuna, drained
- 1 tablespoon butter or margarine
- 1 3-ounce can sliced mushrooms, drained
- 2 tablespoons butter or margarine
- 2 tablespoons all-purpose flour
- 1½ cups milk
- ½ teaspoon salt
- Dash pepper
- 1 tablespoon Worcestershire sauce
- ¼ cup grated Parmesan cheese

Arrange artichokes in a greased 1-quart casserole. Break tuna into large pieces and place over artichokes. Melt 1 tablespoon butter or margarine over low heat; add mushrooms and sauté 5 minutes. Spread mushroom mixture over tuna.

Melt 2 tablespoons butter or margarine over low heat; add flour and blend. Gradually add milk and cook until thickened, stirring constantly. Add salt, pepper and Worcestershire sauce; mix well. Pour sauce over ingredients in casserole. Sprinkle with cheese. Bake in moderate oven (375°) 20 minutes, or until bubbly.

BAKED TUNA IN WINE AND EGG SAUCE

(Makes 4-6 servings)

- 2 7-ounce cans solid-pack tuna
- 1 10-ounce package frozen peas, cooked
- 3 tablespoons all-purpose flour
- 1 cup milk
- ½ cup sauterne
- 1 tablespoon capers
- 2 hard-cooked eggs, chopped
- ¼ teaspoon basil
- Salt and pepper to taste

Drain tuna and reserve 3 tablespoons oil. Break tuna into large pieces. Turn tuna and peas into a greased 1½-quart casserole. Heat tuna oil over low heat; add flour and blend. Gradually add milk and cook over low heat until thickened, stirring constantly. Add sauterne and blend well. Add remaining ingredients. Pour sauce over ingredients in casserole. Bake in moderate oven (350°) 40 minutes.

SCALLOPED MACARONI, TUNA AND WALNUT CASSEROLE

(Makes 4-6 servings)

- 1 tablespoon salt
- 3 quarts boiling water
- 2 cups elbow macaroni (8 ounces)
- ½ cup butter or margarine
- ½ cup all-purpose flour
- 3 cups milk
- 1 7-ounce can solid-pack tuna, drained
- ¾ cup coarsely chopped walnuts
- 3 hard-cooked eggs, chopped
- 1¼ teaspoons salt
- ½ teaspoon dry mustard
- ½ teaspoon thyme
- ¼ teaspoon pepper
- 2 tablespoons finely chopped walnuts
- 2 tablespoons butter or margarine

Add 1 tablespoon salt to rapidly boiling water. Gradually add macaroni so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander.

Meanwhile, melt ½ cup butter or margarine over low heat; add flour and blend. Gradually add milk and cook until thickened, stirring constantly. Combine macaroni and sauce. Break tuna into pieces and add to macaroni mixture with

¾ cup walnuts, eggs, 1¼ teaspoons salt, mustard, thyme and pepper; mix thoroughly. Turn into greased 2-quart casserole. Top with 2 tablespoons walnuts and dot with 2 tablespoons butter or margarine. Bake in moderate oven (350°) 30 minutes.

TUNA FLORENTINE

(Makes 6 servings)

- 2 6½-ounce cans chunk-style tuna
- ¼ cup all-purpose flour
- 2 cups milk
- 1 teaspoon salt
- ¼ teaspoon pepper
- 3 tablespoons lemon juice
- ¼ cup butter or margarine
- Dash cayenne
- 3 egg yolks, well beaten
- 1 10-ounce package frozen chopped spinach, cooked
- ½ cup buttered bread crumbs
- Paprika

Drain tuna and reserve ¼ cup oil. Heat tuna oil over low heat; add flour and blend. Gradually add milk and cook over low heat until thickened, stirring constantly. Add salt and pepper. Stir in lemon juice, butter or margarine and cayenne. Add a little of hot mixture to egg yolks. Add egg mixture to remaining hot mixture and mix well. Cook over low heat until thickened, stirring constantly.

Arrange spinach in a greased 2-quart casserole. Combine tuna and sauce and pour over spinach. Sprinkle with crumbs and dust with paprika. Bake in moderate oven (375°) 25-30 minutes, or until golden brown.



PINEAPPLE-GLAZED TUNA PATTIES

(Makes 6 servings)

- 2 6½-ounce cans chunk-style tuna, drained
- ¼ cup fine dry bread crumbs
- 2 tablespoons finely chopped onion
- 1 egg, beaten
- ½ cup evaporated milk
- Dash pepper
- Dash thyme
- ¼ cup brown sugar, firmly packed
- 2 teaspoons vinegar
- ¼ teaspoon dry mustard
- 1 teaspoon cornstarch
- 1 teaspoon water
- ½ cup drained canned crushed pineapple

Combine tuna, bread crumbs, onion, egg, milk, pepper and thyme; mix well. Turn mixture into 6 lightly greased 3-inch muffin pans, filling about ¾ full. Round top with spoon. Bake in moderate oven (350°) 10 minutes.

Meanwhile, combine brown sugar, vinegar and mustard. Heat to boiling point over medium heat and boil 1 minute, stirring occasionally. Blend cornstarch and water. Add cornstarch mixture and pineapple to sirup; cook, stirring constantly, until thickened, about 3 minutes. Spoon pineapple glaze over patties. Bake 10 minutes. Remove from muffin pans with a spoon and serve.

INDIVIDUAL TUNA PIZZE

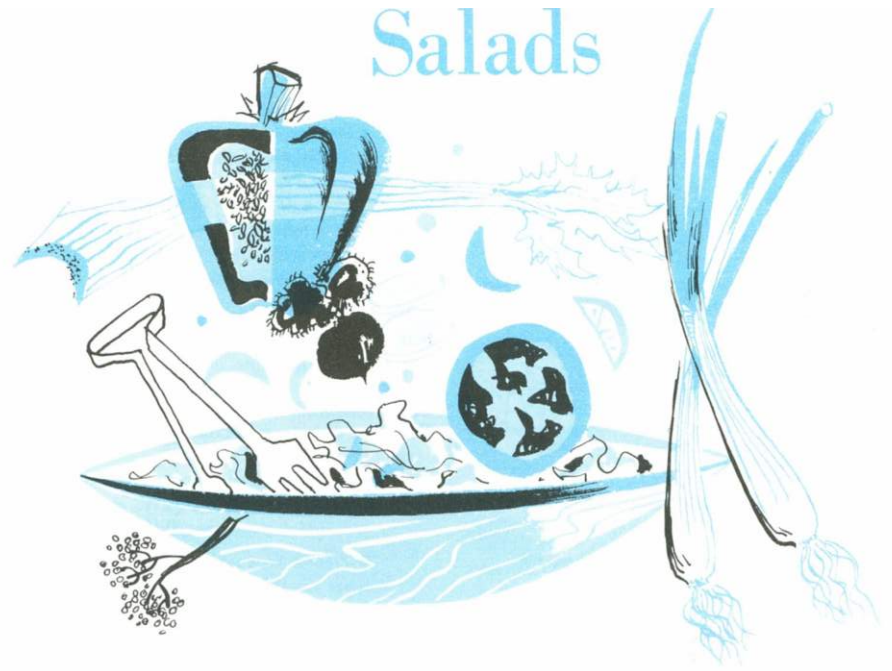
(Makes 4 servings)

- 4 English muffins
- 1 7-ounce can solid-pack tuna, drained
- ½ teaspoon oregano
- Salt and pepper to taste
- 3 tablespoons olive oil
- 1 6-ounce can tomato paste
- 3 tablespoons grated Parmesan cheese
- 8 slices Mozzarella cheese
- 1 teaspoon olive oil

Split muffins and break tuna into pieces. Arrange tuna on muffin halves. Combine oregano, salt and pepper, 3 tablespoons olive oil and tomato paste; mix well. Spread tomato mixture over tuna and sprinkle with Parmesan cheese. Top with Mozzarella cheese. Brush with 1 teaspoon olive oil. Broil 6-8 inches from source of heat 5-6 minutes, or until cheese is melted.



Salads



TUNA-CRANBERRY TOSSED SALAD (Makes 6 servings)

- 2 cups cranberries (about 1/2 pound)
- 1 cup sugar
- 1/3 cup hot water
- 2 7-ounce cans solid-pack tuna
- 1/3 cup vinegar
- 2 teaspoons celery seed
- 1/2 teaspoon salt
- Salad oil
- 1 1/2 cups orange chunks
- 3 cups spinach, broken into pieces
- 3 cups lettuce, broken into pieces

Combine cranberries, sugar and water; cook over high heat until mixture boils. Cool; drain cranberry mixture and reserve 1/2 cup liquid. Chill cranberries. Drain tuna and reserve oil; break tuna into pieces. Combine cranberry liquid, vinegar, celery seed and salt. Add enough salad oil to tuna oil to make 3/4 cup. Gradually add oil mixture to vinegar mixture, beating constantly.

Combine tuna, cranberries, orange chunks, spinach and lettuce; add cranberry salad dressing and toss lightly.

SEASPRAY SALAD (Makes 6 servings)

- 2 tablespoons unflavored gelatin
- 1/3 cup cold water
- 1/2 cup boiling water
- 1 3-ounce package cream cheese, crumbled
- 2 teaspoons prepared mustard
- 1 teaspoon salt
- 1/4 teaspoon paprika
- 3 tablespoons lemon juice
- 3/4 cup chopped celery
- 1/4 cup chopped green pepper
- 1/4 cup finely chopped onion
- 2 6 1/2-ounce cans chunk-style tuna, drained

Soften gelatin in cold water; add boiling water and stir until gelatin is dissolved. Combine gelatin mixture, cream cheese, mustard, salt, paprika and lemon juice; beat until blended. Chill until slightly thickened. Fold in remaining ingredients. Turn into 1-quart mold and chill until firm. Unmold and surround with crisp salad greens, if desired.



MOLDED TUNA-LIME SALAD (Makes 4-6 servings)

- 1 3-ounce package lime-flavored gelatin
- 1 cup hot water
- 1 3-ounce package cream cheese, broken into chunks
- 1 cup cold water
- ½ cup drained canned crushed pineapple
- 1 6½-ounce can chunk-style tuna, drained

Dissolve gelatin in hot water. Add cream cheese and stir until cheese is partially melted. Add cold water and mix well; chill until slightly thickened. Fold in remaining ingredients. Turn into 1-quart mold and chill until firm. Unmold to serve.

TUNA-VEGETABLE CLUB SALAD (Makes 4-6 servings)

- 1 7-ounce can solid-pack tuna, drained
- 1 cup cottage cheese
- 1 tablespoon finely chopped onion
- 1 teaspoon lemon juice
- ½ teaspoon salt
- 2 cups cooked green beans, chilled
- 2 cups cooked carrot slices, chilled
- Crisp salad greens
- 6 tomato wedges
- Radish slices

Break tuna into large pieces. Combine tuna, cottage cheese, onion, lemon juice and salt; mix well. For each serving, arrange tuna-cheese mixture, green beans and carrot slices on salad greens. Garnish with tomato wedges and radish slices.

WESTERN SALAD BOWL (Makes 4-6 servings)

- 1 7-ounce can solid-pack tuna, drained
- 1 small head romaine or lettuce
- 1 cup chopped celery
- 1 medium-sized cucumber, scored and sliced
- 8 radishes, sliced
- 1 tablespoon capers
- Salt and pepper to taste
- French dressing

Break tuna into large pieces. Break or tear half of romaine or lettuce into bite-size pieces. Add tuna and remaining ingredients; mix lightly. Line salad bowl with remaining romaine or lettuce and fill with salad.

TUNA, MUSHROOM AND GRAPEFRUIT SALAD (Makes 6 servings)

- 2 7-ounce cans solid-pack tuna
- 1 4-ounce can sliced mushrooms, drained
- ½ cup chopped celery
- 1 cup drained canned grapefruit sections
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- Dash pepper
- Dash paprika
- 1 teaspoon sugar
- Crisp salad greens

Drain tuna and reserve ¼ cup oil; break tuna into large pieces. Combine tuna, mushrooms, celery and grapefruit. Combine tuna oil, lemon juice, salt, pepper, paprika and sugar; shake well to blend. Pour dressing over tuna mixture; toss lightly but thoroughly. Chill. Serve on salad greens.

TUNA WALDORF SALAD (Makes 4-6 servings)

- 1 7-ounce can solid-pack tuna, drained
- 1 ¼ cups diced unpeeled apple
- 2 tablespoons lemon juice
- ¼ cup finely chopped celery
- 2 tablespoons chopped nut meats
- 3 tablespoons mayonnaise
- Salt to taste

Break tuna into large pieces. Combine tuna and apple; sprinkle with lemon juice. Add remaining ingredients; toss lightly but thoroughly. Chill. Serve with crisp salad greens, if desired.

TUNA-SPINACH SALAD (Makes 6 servings)

- 2 7-ounce cans solid-pack tuna
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- Dash pepper
- Dash paprika
- 1 teaspoon sugar
- 2 cups chopped spinach
- 1 small onion, finely chopped
- ½ teaspoon salt
- 1 tablespoon French dressing
- 2 hard-cooked eggs, sliced

Drain tuna and reserve oil; break tuna into large pieces and chill. Combine tuna oil, lemon juice, ¼ teaspoon salt, pepper, paprika and sugar; shake well to blend. Combine oil mixture and spinach; mix lightly. Chill 30 minutes.

Add tuna, onion, ½ teaspoon salt and French dressing to spinach mixture; toss lightly but thoroughly. Chill. Garnish with egg slices.

TUNA-MACARONI SWISS SALAD (Makes 6 servings)

- 1 tablespoon salt
- 3 quarts boiling water
- 2 cups elbow macaroni (8 ounces)
- 2 slices processed Swiss cheese
- Prepared mustard
- 2 cups spinach, broken into pieces
- ½ cup sliced radishes
- 2 small onions, thinly sliced
- 1 cup grated carrots
- 2 7-ounce cans solid-pack tuna, drained
- French dressing

Add 1 tablespoon salt to rapidly boiling water. Gradually add macaroni so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Rinse with cold water and drain. Chill.

Spread one slice of Swiss cheese with mustard. Top with remaining slice of cheese. Cut cheese into ½-inch squares.

Combine macaroni, spinach, radishes, onions and carrots. Break tuna into large pieces. Add tuna and cheese to macaroni mixture. Toss lightly but thoroughly. Chill. Just before serving, add enough French dressing to moisten. Toss lightly but thoroughly and serve.

TUNA SALAD MOLDS (Makes 6 servings)

- 1 3-ounce package lemon-flavored gelatin
- 1 cup hot water
- 1 cup cold water
- ½ cup mayonnaise
- 1 tablespoon lemon juice
- ½ teaspoon salt
- 1 7-ounce can solid-pack tuna, drained
- ⅓ cup chopped pimiento-stuffed green olives
- 1 cup diced celery
- ¼ cup chopped green pepper
- 1 medium-sized cucumber, pared and thinly sliced
- Crisp salad greens

Dissolve gelatin in hot water. Add cold water, mayonnaise, lemon juice and salt; mix well. Chill until slightly thickened. Break tuna into large pieces. Fold tuna, olives, celery, green pepper and cucumber into gelatin mixture. Turn into 6 individual molds and chill until firm. To serve, unmold on salad plates and fill center with additional tuna, if desired. Garnish with salad greens.

BANANA SPLIT TUNA SALAD (Makes 4 servings)

- 2 6½-ounce cans chunk-style tuna, drained
- ¼ cup finely chopped onion
- ½ cup finely chopped celery
- ⅔ cup mayonnaise
- ½ pound cranberries (about 2 cups)
- 1 small orange
- ¼ cup finely chopped celery
- ¼ cup chopped nuts
- ¼ cup sugar
- 4 bananas
- 4 large lettuce cups
- ¾ cup cottage cheese
- ¼ cup finely chopped green pepper

Combine tuna, onion, ½ cup celery and mayonnaise; mix well. Put cranberries and orange through food chopper. Combine cranberry-orange mixture with ¼ cup celery, nuts and sugar; mix well. Peel and split bananas lengthwise. Place 2 banana halves in each lettuce cup. Arrange mounds of tuna mixture, cranberry mixture and cottage cheese in center of bananas. Sprinkle with green pepper.

SALADS

TUNA-VEGETABLE SLAW

(Makes 4-6 servings)

- 1 7-ounce can solid-pack tuna, drained
- 1 cup shredded cabbage
- 1 cup cooked peas
- ½ cup diced celery
- ½ cup finely chopped green pepper
- ¼ cup diced carrot
- 1 tablespoon finely chopped onion
- ½ teaspoon salt
- ¼ cup mayonnaise
- 1 tablespoon lemon juice

Break tuna into large pieces. Combine tuna, cabbage, peas, celery, green pepper, carrot, onion and salt; mix lightly but thoroughly. Combine mayonnaise and lemon juice and blend well. Pour over tuna mixture and toss lightly.

FLAVORSOME MACARONI-TUNA SALAD WITH PINEAPPLE-CREAM DRESSING

(Makes 4-6 servings)

- 1 tablespoon salt
- 3 quarts boiling water
- 2 cups elbow macaroni (8 ounces)
- 1 No. 2 can crushed pineapple
- 1 7-ounce can solid-pack tuna, drained
- ½ cup finely chopped celery
- 3 egg yolks
- ½ cup sugar
- 2 tablespoons lemon juice
- 1 teaspoon grated lemon rind
- Dash salt
- ½ cup heavy cream, whipped
- Salt to taste

Add 1 tablespoon salt to rapidly boiling water. Gradually add macaroni so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Rinse with cold water and drain again. Chill.

Drain pineapple and reserve ½ cup pineapple sirup. Break tuna into large pieces. Combine macaroni, pineapple, tuna and celery; mix lightly but thoroughly. Chill.

Beat egg yolks and sugar together in top of double boiler. Add lemon juice,

lemon rind, pineapple sirup and dash salt; mix well. Cook over boiling water until mixture thickens and coats spoon, stirring occasionally. Cool. Fold in whipped cream; chill. Add dressing to salad and season with salt to taste. Mix lightly but thoroughly.

DAGWOOD TUNA SALAD

(Makes 6 servings)

- 1 7-ounce can solid-pack tuna, drained
- ½ cup chopped celery
- ¼ cup chopped pimiento-stuffed green olives
- ¼ cup chopped pecans
- ½ cup mayonnaise
- Salt and pepper to taste
- 6 medium-sized tomatoes
- Crisp lettuce
- Parsley

Break tuna into large pieces. Combine tuna, celery, olives, pecans, mayonnaise, salt and pepper; mix lightly but thoroughly.

Cut each tomato, crosswise, into 3 slices. Spread bottom and middle slices with tuna mixture. For each salad, arrange bottom slice on lettuce; cover with middle slice and top with stem end. Garnish with parsley. Chill before serving.

TUNA-AVOCADO SALAD

(Makes 4 servings)

- 1 7-ounce can solid-pack tuna, drained
- 2 teaspoons prepared mustard
- 1 tablespoon chopped pickled onions
- 2 teaspoons lemon juice
- 1 tablespoon chopped parsley
- ½ cup mayonnaise
- ½ teaspoon anchovy paste
- 1 teaspoon prepared horse-radish
- 1 tablespoon chopped capers
- 2 medium-sized ripe avocados

Break tuna into large pieces. Combine tuna, mustard, pickled onions, lemon juice and parsley. Combine mayonnaise, anchovy paste, horse-radish and capers; mix well. Add to tuna mixture and toss lightly but thoroughly. Cut avocados in half and remove seeds. Fill each half with tuna mixture. Serve with crisp salad greens, if desired.

HOT TUNA-POTATO SALAD

(Makes 4 servings)

- 6 slices bacon
- ½ cup sugar
- 6 tablespoons vinegar
- 2 tablespoons water
- 1 teaspoon celery seed
- Dash salt and pepper
- 1 egg, well beaten
- 1 7-ounce can solid-pack tuna, drained
- 4 medium-sized potatoes, cooked, peeled and cut into large pieces
- ¾ cup chopped celery
- ½ cup chopped onions

Cook bacon over medium heat until lightly browned; remove bacon and drain on absorbent paper. Reserve drippings. Add sugar, vinegar, water, celery seed, salt and pepper to bacon drippings. Heat to boiling point and boil 5 minutes. Add a small amount of hot mixture to egg and mix well; add egg mixture to remaining hot mixture. Blend thoroughly and remove from heat.

Break tuna into large pieces. Combine tuna, potatoes, celery and onions and turn into a greased 1½-quart casserole. Pour vinegar mixture over ingredients in casserole and mix lightly. Crumble bacon and sprinkle over other ingredients. Bake in moderate oven (350°) 30 minutes.

SWEDISH FISH SALAD

(Makes 6 servings)

- 2 7-ounce cans solid-pack tuna, drained
- ½ pound shrimp, cooked, shelled and deveined
- 2 hard-cooked eggs
- 2 teaspoons grated onion
- ½ cup chopped celery
- ½ cup mayonnaise
- 2 tablespoons milk
- 2 tablespoons lemon juice
- Paprika
- Crisp salad greens

Break tuna into large pieces. Chop shrimp. Cut eggs in half and remove yolks; chop egg whites. Combine tuna, shrimp, egg whites, onion and celery; toss lightly but thoroughly. Chill.

Sieve or finely chop egg yolks. Combine mayonnaise, milk, lemon juice and egg yolks; blend well. Pour dressing over tuna mixture and toss well. Sprinkle with paprika. Serve on salad greens.

TUNA ASPIC RING

(Makes 6 servings)

- 1 tablespoon unflavored gelatin
- ¼ cup cold tomato juice
- 1½ cups hot tomato juice
- 2 tablespoons lemon juice
- ¼ cup chopped green pepper
- ¼ cup chopped celery
- ½ cup slivered blanched almonds
- 2 6½-ounce cans chunk-style tuna, drained
- 2 medium-sized tomatoes

Soften gelatin in cold tomato juice. Add hot tomato juice and stir until gelatin is dissolved. Add lemon juice; mix well. Chill until slightly thickened. Fold in green pepper, celery, almonds and ½ cup tuna.

Cut tomatoes into thin slices. Arrange over bottom of 1-quart ring mold. Pour gelatin mixture over tomatoes. Chill until firm. Unmold and fill center with remaining tuna.

TUNA-RELISH MOLD

(Makes 4-6 servings)

- 1 3-ounce package lemon-flavored gelatin
- 2 cups hot water
- 2 tablespoons finely chopped onion
- ½ teaspoon salt
- 1 6½-ounce can chunk-style tuna, drained
- ¾ cup chopped celery
- ¾ cup chopped carrots
- ¼ cup chopped sweet pickles
- Mayonnaise

Dissolve gelatin in hot water. Add onion and salt. Chill until slightly thickened. Fold tuna, celery, carrots and pickles into gelatin mixture. Turn into 1-quart mold and chill until firm. Unmold and serve with mayonnaise.



The Fishing Fleet

Tradition of the Southern Seas



The pride of the tuna fleet is the tuna clippers, sturdy and picturesque vessels, which have the distinction of being the most expensive commercial fishing craft operated in the world. Today there are approximately two hundred high seas clippers in the tuna fishery, and together they account for more than seventy per cent of the yellowfin and skipjack landings.

The tuna clippers are large craft ranging from 64 to 150 feet in length with carrying capacities from 40 to 600 tons, and are capable of 10,000 mile voyages lasting three to four months. Sometimes called bait boats, the clippers are distinguished by their large bait tanks aft and a raking stem and raised deck forward. Their holds are divided into water-tight compartments in which live bait such as sardines and anchovettas are carried to the fishing grounds on the outward voyage and frozen tuna on the return trip. Besides refrigerated holds for brine-freezing



the fish at sea, the clippers are equipped with radar, radio direction finders, automatic pilots, depth-sounding devices, radio telephones and evaporators for converting salt water to fresh water. Over 10 per cent of the fleet carry airplanes for spotting bait and schools of tuna. In addition, the clippers have ample living quarters for crews of ten to eighteen men along with a galley and separate chapel for religious worship.

On the tuna clipper, fishing is done with hooks and lines and live bait. The success of the live bait method of fishing results from the feeding habits of tuna, since feeding tuna on locating small fish such as the anchovetta become avaricious and rush to capture them. Hence, when the tuna clipper locates a school of tuna, a fisherman called a "chummer" immediately dips the live bait from the tanks and throws it overboard to attract the tuna to the vessel. The tuna strike, and the fishing begins.

Searching out the mighty Tuna!



Racks along the sides of the clipper are lowered to permit the fishermen to stand at water level. This system, plus the leather pole-sockets strapped around the fishermen's waists, allows for additional leverage when hauling up the tuna. All the fishing is done with stout bamboo poles to which short lines are fastened. To the lines are attached barbless hooks concealed by feathered lures. The instant the tuna strikes, the line is whipped back and the tuna flies off the barbless hook and onto the deck. Live bait is continually cast over the side to hold the school in the vicinity of the vessel, and the fishing continues as long as the school remains.

To cope with the different weights of fish, a system of multiple pole fishing has been developed. Yellowfin tuna, for instance, range up to 150 pounds in weight, and it is necessary to vary the number of fishermen according to the size of the fish. This is done by changing the number of lines attached to a single lure. For a 30-

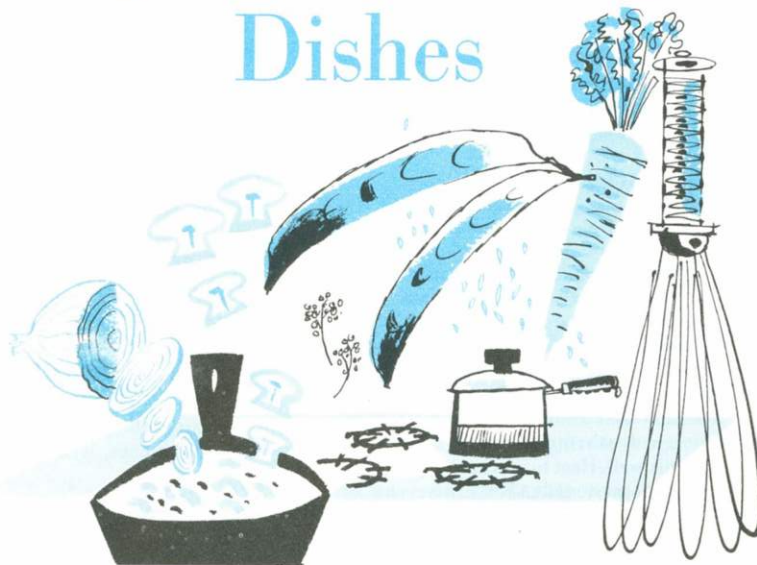
pound fish, a one-man pole is ample. For a 30 to 50 pound fish, two men are required; if above 50 pounds, three men are used; and in some instances fish are taken by four-pole teams.

Supplementing the tuna clippers, approximately 110 purse seiners and thousands of trollers or jig boats operate more or less continuously in the tuna fishery.

The purse seiner is a special type of fishing craft having a wide stern equipped with a turntable capable of handling a purse seine or net weighing many tons. The net, which is about 400 fathoms in length and 35 fathoms deep and costs as much as \$30,000, is employed to enclose schools of fish so they can be brailled aboard the fishing vessel. Upon locating a school of fish, a small power boat with one end of the net attached is let go and the purse seiner circles the school, playing out the net at the same time. When the two ends of the net are brought together, a purse line running through metal rings attached to the lead line is drawn in until the bottom of the net is closed and the fish are trapped.

Whereas the tuna clippers and purse seiners catch yellowfin and skipjack tuna, the trollers are responsible for the albacore landings. Trollers are relatively small craft seldom exceeding 60 feet in length and may fish for other species during portions of the year when albacore are not available. This fleet is capable of tremendous expansion and as many as several thousand small vessels can be equipped with trolling lines when the fish are running in large numbers. Two methods of fishing are used in the albacore fleet . . . trolling and live bait fishing with bamboo poles.

Top of the Range Dishes



TUNA AND RICE, CALIFORNIA STYLE (Makes 4 servings)

- 1 7-ounce can solid-pack tuna
- 1 10½-ounce can condensed tomato soup
- ½ cup milk
- 1 slice bacon, diced
- ¼ cup chopped onion
- 1 tablespoon all-purpose flour
- ¼ teaspoon paprika
- ¼ teaspoon marjoram
- Dash Worcestershire sauce
- 3 cups cooked rice

Drain tuna and reserve oil; break tuna into large pieces. Combine soup, milk, tuna and tuna oil; mix well. Heat to boiling point over medium heat. Meanwhile, cook bacon and onion until bacon is crisp. Add flour and brown well. Combine tuna mixture, onion-bacon mixture and seasonings; mix thoroughly. Cook over low heat 5 minutes, stirring occasionally. Serve over rice.

TUNA AND BAVARIAN RED CABBAGE (Makes 4 servings)

- 2 tablespoons butter or margarine
- 1 medium-sized head red cabbage, shredded
- 1 teaspoon salt
- Dash pepper
- 1 tablespoon sugar
- 2 tablespoons vinegar
- 1 7-ounce can solid-pack tuna, drained
- 1 cup sour cream
- ½ teaspoon salt
- Dash nutmeg
- Paprika

Melt butter or margarine; add cabbage, 1 teaspoon salt, pepper, sugar and vinegar. Cover and cook over medium heat until cabbage is almost tender, about 10 minutes. Break tuna into pieces and add to cabbage mixture; cook 8 minutes. Meanwhile, beat sour cream until light and fluffy; add ½ teaspoon salt and nutmeg and mix well. Serve cabbage-tuna mixture topped with sour cream and sprinkled lightly with paprika.

TOP OF THE RANGE DISHES

CURRIED TUNA

(Makes 6 servings)

- 2 7-ounce cans solid-pack tuna
- ½ pound mushrooms, sliced
- ½ cup finely chopped onions
- 1 medium-sized apple, cored, pared and diced
- 3 tablespoons all-purpose flour
- ¼ teaspoon salt
- Dash pepper
- 1 teaspoon curry powder
- ½ cup milk
- 1 cup chicken bouillon

Drain tuna and reserve 5 tablespoons oil; break tuna into large pieces. Heat tuna oil over low heat; add mushrooms, onions and apple and sauté until tender. Add flour, salt, pepper and curry powder; blend well. Gradually add milk and bouillon and cook over low heat until thickened, stirring constantly. Add tuna and mix well. Heat to serving temperature, stirring occasionally. Serve over rice or noodles, as desired.

TUNA AND CHEESE BEANBURGERS

(Makes 6 servings)

- 1 tablespoon butter or margarine
- 1 medium-sized onion, finely chopped
- 1 1-pound can red kidney beans, drained
- 2 cups soft bread crumbs
- 1 egg, well beaten
- ½ cup chopped sweet gherkins
- 1 6½-ounce can chunk-style tuna, drained
- Salt and pepper to taste
- All-purpose flour
- ¼ cup fat
- 6 slices processed American cheese

Melt butter or margarine over low heat; add onion and sauté until tender. Mash kidney beans; add onion, bread crumbs, egg, gherkins, tuna, salt and pepper; mix well. Shape tuna mixture into 6 patties and dredge with flour. Melt fat; cook patties in hot fat over medium heat until browned on both sides. Place one slice cheese over each patty; cover and cook until cheese is melted.

TUNA-CRANBERRY RAGOUT

(Makes 6 servings)

- 2 tablespoons butter or margarine
- 2 tablespoons all-purpose flour
- 1 chicken bouillon cube
- 1½ cups boiling water
- 2 7-ounce cans solid-pack tuna, drained
- ½ teaspoon Worcestershire sauce
- Dash nutmeg
- ½ cup canned whole cranberry sauce
- 1 tablespoon sherry

Melt butter or margarine over low heat; add flour and cook until golden brown, stirring occasionally. Dissolve bouillon cube in water. Gradually add chicken bouillon to flour mixture; cook until thickened, stirring constantly. Break tuna into large pieces. Add tuna, Worcestershire sauce and nutmeg to sauce. Cook over low heat ten minutes, stirring occasionally. Add cranberry sauce and sherry; mix well. Heat to boiling point. Serve in toast cups, if desired.

TUNA SCOTCH IN CHAFING DISH

(Makes 4-6 servings)

- 1 chicken bouillon cube
- ½ cup boiling water
- 4 egg yolks
- ¼ cup sherry
- 1 tablespoon chopped parsley
- 1 tablespoon finely chopped onion
- 1 cup heavy cream
- Dash cayenne
- ½ teaspoon paprika
- Salt and pepper to taste
- 1 7-ounce can solid-pack tuna, drained
- 1 3-ounce can mushroom caps, drained
- 12 fresh or frozen oysters
- Buttered toast

Dissolve bouillon cube in boiling water in top of chafing dish. Beat egg yolks and sherry together; add parsley and onion. Add a little of hot bouillon to egg yolks; mix well and add to remaining hot bouillon. Heat to boiling point over direct heat, stirring constantly. Place over hot water pan; add cream and seasonings. Cook 3 minutes, stirring constantly. Break tuna into large pieces and add to sauce with mushrooms and oysters; heat thoroughly. Serve over toast.

TUNA STEW

(Makes 4-6 servings)

- 6 medium-sized carrots, cut into one-inch pieces
- 6 medium-sized stalks celery, cut into one-inch pieces
- 8 small white onions
- 1 cup water
- 1 teaspoon salt
- Milk
- 1 7-ounce can solid-pack tuna
- 2 tablespoons butter or margarine
- 2 tablespoons all-purpose flour
- 1 cup grated processed American cheese (about ¼ pound)
- Pepper to taste

Combine vegetables, water and salt; cover. Heat to boiling point and simmer 15-20 minutes, or until vegetables are just tender. Drain liquid and reserve. Add enough milk to vegetable liquid to make 1 cup.

Drain tuna and reserve oil; break tuna into large pieces. Melt butter or margarine over low heat; add tuna oil. Add flour and blend. Gradually add milk mixture and cook over low heat until thickened, stirring constantly. Add cheese and stir until cheese is melted. Add tuna, vegetables and pepper to sauce. Mix lightly and heat to serving temperature, stirring occasionally.

ORANGE TUNA AND RICE

(Makes 4 servings)

- 3 tablespoons butter or margarine
- 1 tablespoon all-purpose flour
- 3 teaspoons grated orange rind
- 1 teaspoon grated lemon rind
- 1 tablespoon sherry
- ¾ cup milk
- ¼ teaspoon salt
- 1 7-ounce can solid-pack tuna, drained
- 3 cups cooked rice

Melt butter or margarine over low heat; add flour and blend. Add 2 teaspoons orange rind, lemon rind, sherry, milk and salt. Cook over low heat 5 minutes, stirring constantly. Break tuna into large pieces and add to sauce; cook 5 minutes, stirring constantly. Add remaining 1 teaspoon orange rind to rice and toss lightly. Serve tuna sauce over rice mixture.

TUNA CASTILIAN

(Makes 6 servings)

- ¼ cup olive or salad oil
- 1 cup rice
- 2 small onions, sliced
- ½ cup chopped green pepper
- 1 teaspoon salt
- ¼ teaspoon cayenne
- 1 clove garlic
- 1 No. 2 can tomatoes
- 1 8-ounce can tomato sauce
- 1 cup water
- 1 4-ounce can sliced mushrooms
- 2 7-ounce cans solid-pack tuna, drained

Combine olive or salad oil and rice; cook over high heat until rice is golden brown. Add onions, green pepper, salt, cayenne, garlic, tomatoes, tomato sauce, water and mushrooms. Cover and cook over low heat until rice is tender, about 30 minutes. Remove garlic. Break tuna into pieces and add to rice mixture; mix well. Heat to serving temperature.

GERMAN GREEN BEANS AND TUNA

(Makes 4 servings)

- 3 tablespoons butter or margarine
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- 1 cup water
- 1 teaspoon grated onion
- 1 10-ounce package frozen green beans
- 1 7-ounce can solid-pack tuna, drained
- 1 cup light cream or top milk

Melt butter or margarine over low heat; add flour and salt and blend. Gradually add water and cook, stirring constantly, until thickened. Add onion and green beans and cook, covered, until beans are tender, about 25 minutes. Break tuna into large pieces. Add tuna and cream or top milk to green bean mixture. Heat to serving temperature, stirring occasionally.





TUNA-CELERY CURRY ON RICE

(Makes 4 servings)

- 1 cup rice
- 1 10½-ounce can condensed cream of celery soup
- ½ cup milk
- ½ teaspoon curry powder
- 1 7-ounce can solid-pack tuna, drained
- 1 teaspoon grated onion

Cook rice according to package directions. Meanwhile, combine soup, milk and curry powder; mix well. Break tuna into large pieces and add to soup mixture with onion. Heat to boiling point, stirring occasionally. Serve over rice.

SAVORY TUNA ON SPAGHETTI

(Makes 4-6 servings)

- 2 7-ounce cans solid-pack tuna
- ½ cup all-purpose flour
- 2 cups buttermilk
- ¼ cup finely chopped onion
- 2 3-ounce cans sliced mushrooms, drained
- 1 tablespoon chopped chives
- 2 tablespoons chopped parsley
- ½ teaspoon paprika
- 2 medium-sized tomatoes, peeled
- Salt to taste
- 1 tablespoon salt
- 3 quarts boiling water
- 8 ounces spaghetti

Drain tuna and reserve ¼ cup oil; break tuna into large pieces. Heat tuna oil over low heat; add flour and blend. Gradually add buttermilk and cook over low heat until thickened, stirring constantly. Add onion, mushrooms, chives, parsley and paprika; mix well. Cut tomatoes into eighths. Add tomatoes and tuna to sauce. Season with salt to taste. Cook over low heat 10 minutes, stirring constantly.

Meanwhile, add 1 tablespoon salt to rapidly boiling water. Gradually add spaghetti so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Serve sauce over spaghetti.

SEA FOOD NEWBURG

(Makes 6 servings)

- 3 tablespoons butter or margarine
- 3 tablespoons all-purpose flour
- 1 cup light cream
- ½ cup milk
- ½ teaspoon paprika
- ½ teaspoon salt
- Pepper to taste
- 1 7-ounce can solid-pack tuna
- ½ pound shrimp, cooked, shelled and deveined
- ½ pint oysters, drained
- 1 tablespoon sherry

Melt butter or margarine over low heat; add flour and blend. Gradually add cream, milk, paprika, salt and pepper; cook over low heat until thickened, stirring constantly.

Drain tuna and reserve oil; break tuna into large pieces. Heat tuna oil; add tuna, shrimp and oysters and cook over medium heat 5 minutes, stirring occasionally. Add cream sauce and sherry; mix well. Serve over rice or noodles, as desired.

SPAGHETTI WITH PICKLE-TUNA SAUCE

(Makes 4-6 servings)

- 1 tablespoon salt
- 3 quarts boiling water
- 8 ounces spaghetti
- ¼ cup butter or margarine
- ¼ cup all-purpose flour
- 2 cups milk
- ¼ cup drained prepared horse-radish
- 2 tablespoons finely chopped sweet fresh cucumber pickles
- 1 6½-ounce can chunk-style tuna, drained
- Salt and pepper to taste
- Paprika

Add 1 tablespoon salt to rapidly boiling water. Gradually add spaghetti so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander.

Meanwhile, melt butter or margarine over low heat; add flour and blend. Gradually add milk and cook until thickened, stirring constantly. Add horse-radish, pickles and tuna; mix well. Season with salt and pepper. Heat to serving temperature, stirring occasionally. Serve over spaghetti and dust with paprika.

TUNA POMPONS WITH SPAGHETTI

(Makes 4-6 servings)

- 2 6½-ounce cans chunk-style tuna
- 2 tablespoons chopped onion
- 1 No. 2 can tomatoes
- 1 6-ounce can tomato paste
- 1 teaspoon oregano
- 1 teaspoon salt
- Pepper to taste
- 2 eggs
- ¾ cup fine dry bread crumbs
- ¼ teaspoon marjoram
- 2 tablespoons butter or margarine
- 1 tablespoon salt
- 3 quarts boiling water
- 8 ounces spaghetti

Drain tuna and reserve 2 tablespoons oil. Heat tuna oil over low heat; add onion and sauté until golden brown. Add tomatoes, tomato paste, oregano, 1 teaspoon salt and pepper; mix thoroughly. Cover and cook over low heat 20 minutes, stirring occasionally.

Combine tuna, eggs, ½ cup crumbs and marjoram; mix well. Shape tuna mixture into 8 balls. Roll in remaining crumbs. Melt butter or margarine and add tuna balls; cook over medium heat until lightly browned. If desired, add browned pompons to tomato sauce and cook 5 minutes.

Meanwhile, add 1 tablespoon salt to rapidly boiling water. Gradually add spaghetti so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Serve tuna pompons with spaghetti and sauce.

TUNA CHOP SUEY WITH RICE

(Makes 4 servings)

- 1 cup rice
- 1 7-ounce can solid-pack tuna
- 1 10½-ounce can condensed cream of chicken soup
- ½ cup milk
- 1 No. 2 can Chinese vegetables, drained
- 2 teaspoons soy sauce

Cook rice according to package directions. Drain tuna and reserve oil; break tuna into large pieces. Combine tuna, tuna oil, soup, milk and vegetables; mix well. Heat to serving temperature. Add soy sauce and mix well. Serve with rice.

SPANISH TUNA SAUCE AND EGGS

(Makes 4-6 servings)

- 2 slices bacon, diced
- 1 medium-sized onion, chopped
- 1 tablespoon all-purpose flour
- 1 No. 2 can tomatoes
- 1 medium-sized green pepper, chopped
- 1 cup chopped celery
- 1 teaspoon salt
- Dash pepper
- 1 7-ounce can solid-pack tuna, drained
- 6-8 hard-cooked eggs

Pan-fry bacon until crisp; drain on absorbent paper. Reserve drippings. Add onion to bacon drippings and cook over low heat until tender. Add flour and blend. Add tomatoes, green pepper, celery, salt and pepper. Break tuna into large pieces and add to tomato mixture; mix well. Cover and cook over low heat 20 minutes, stirring occasionally. Crumble bacon and add.

For each serving, cut eggs in half lengthwise and arrange on serving dish. Pour tuna sauce over eggs.

SWEET-SOUR NEPTUNA

(Makes 6 servings)

- 3 tablespoons butter or margarine
- 1 No. 2 can crushed pineapple
- 1½ cups diced green peppers
- 2 tablespoons cornstarch
- 2 teaspoons soy sauce
- 2 tablespoons lemon juice
- ½ cup sugar
- 1½ cups chicken broth or bouillon
- 2 7-ounce cans solid-pack tuna, drained
- ½ teaspoon salt
- Dash pepper
- Chinese noodles

Melt butter or margarine over low heat. Drain pineapple and reserve sirup. Add pineapple to butter or margarine and sauté 5 minutes. Add ½ cup pineapple sirup and green peppers; cover and cook over low heat 10 minutes. Combine cornstarch and remaining pineapple sirup; blend. Add cornstarch mixture, soy sauce, lemon juice, sugar and broth or bouillon to pineapple-pepper mixture. Cook over medium heat until thickened, stirring constantly. Break tuna into large pieces and add to sauce with salt and pepper; mix well. Heat to serving temperature. Serve over Chinese noodles.



Sandwiches and Soups



TUNA-BROCCOLI BISQUE (Makes 4-6 servings)

- 3 tablespoons butter or margarine
- 2 tablespoons all-purpose flour
- 1 teaspoon onion salt
- 1/4 teaspoon pepper
- Dash nutmeg
- 1 quart milk
- 1 7-ounce can solid-pack tuna, drained
- 1 10-ounce package frozen chopped broccoli, cooked

Melt butter or margarine over low heat; add flour, onion salt, pepper and nutmeg and blend. Gradually add milk and cook, stirring constantly, until slightly thickened. Break tuna into large pieces and add to milk mixture with broccoli. Cook over low heat 15 minutes, stirring occasionally.

TANGY TUNA SANDWICH SPREAD (Makes 4-6 servings)

- 1 6 1/2-ounce can chunk-style tuna
- 1/4 cup chopped parsley
- 2 tablespoons finely chopped sweet gherkins
- 2 tablespoons lime juice
- 3 tablespoons mayonnaise
- 8-12 slices buttered bread

Combine tuna, tuna oil, parsley, gherkins, lime juice and mayonnaise; mix lightly. Spread on bread to make sandwiches.

TOASTED TUNA-CURRY FILLING (Makes about 2 cups filling)

- 1 7-ounce can solid-pack tuna, drained
- 1/2 cup chopped celery
- 1/4 cup chopped almonds
- 1/2 cup shredded coconut, toasted
- 1/2 cup mayonnaise
- 1/2 teaspoon curry powder
- Toast slices or crackers

Break tuna into pieces. Combine tuna, celery, almonds, coconut, mayonnaise and curry powder; mix well. Spread on toast or crackers and broil 3-4 inches from source of heat 2-3 minutes.

BAKED TUNA SANDWICHES (Makes 6 servings)

- 6 slices white bread
- 3 tablespoons butter or margarine
- 1/4 cup finely chopped onion
- 2 tablespoons finely chopped parsley
- 2 tablespoons all-purpose flour
- 1 1/2 cups milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 7-ounce cans solid-pack tuna, drained
- 1 tablespoon lemon juice
- 1/2 cup grated processed American cheese

Arrange bread on bottom of greased 9 x 13 x 2-inch baking dish. Melt butter or margarine over low heat. Add onion and parsley and sauté until onion is tender. Add flour and blend. Gradually add milk and cook over low heat until thickened, stirring constantly. Add salt and pepper. Break tuna into large pieces and add to sauce with lemon juice; mix well. Pour sauce over bread. Sprinkle with cheese. Bake in moderate oven (375°) 30 minutes.

TUNA A LA PAYSANNE (Makes 6 servings)

- 2 7-ounce cans solid-pack tuna
- 1 cup chopped onions
- ¾ cup finely chopped celery
- ¼ cup chopped parsley
- 2 6-ounce cans tomato paste
- ½ teaspoon paprika
- 1 loaf French or Italian bread
(about 12 inches long)
- 1 clove garlic, crushed
- 2 tablespoons butter or margarine

Drain tuna and reserve 2 tablespoons oil. Heat tuna oil over low heat; add onions, celery and parsley and sauté until onions are tender. Add tomato paste and paprika. Break tuna into pieces and add to tomato mixture; mix well. Cook over low heat until thoroughly heated.

Meanwhile, cut a slit in the top of bread and remove center with fork. Combine garlic and butter or margarine; spread outside of loaf with garlic butter. Fill loaf with tuna mixture and bake in hot oven (400°) 15 minutes.

BROILED TUNAFURTERS IN ROLLS (Makes 6 servings)

- 2 eggs, slightly beaten
- 2 6½-ounce cans chunk-style tuna, drained
- 3 tablespoons fine dry bread crumbs
- Salt and pepper to taste
- Dash garlic salt
- 8 frankfurter rolls
- Butter or margarine, softened
- Chili sauce

Combine eggs, tuna, bread crumbs and seasonings; mix well. Divide into six portions. Shape into rolls about 4½ inches long. Broil tunafurters 3-4 inches from source of heat 4-5 minutes on each side, or until lightly browned. Split rolls and spread with butter or margarine. Place tunafurter in each roll and serve with chili sauce.

SOUTHERN TUNA SANDWICHES (Makes 6 servings)

- ¾ cup corn meal
- ¾ cup cold water
- 1 teaspoon salt
- 1 ¾ cups boiling water
- 1 7-ounce can solid-pack tuna, drained
- ¼ cup chopped celery
- ½ cup grated Cheddar cheese
- ¼ cup sweet pickle relish
- ¼ cup mayonnaise
- 1 egg, well beaten
- Fine dry bread crumbs
- Fat

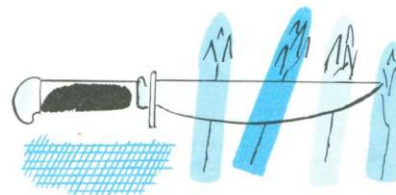
Combine corn meal and cold water; mix well. Add corn meal mixture and salt to boiling water. Cook over medium heat, stirring occasionally, until corn meal is done, about 30 minutes. Turn into loaf pan or a 2-cup square dish. Cool; chill until corn meal is firm.

Meanwhile, break tuna into pieces. Add celery, cheese, pickle relish and mayonnaise; mix well. Cut corn meal into 12 slices. Spread tuna mixture on 6 slices; cover with remaining 6 slices to make sandwiches. Dip sandwiches into egg; coat with bread crumbs. Melt fat to depth of ½-inch. Fry sandwiches in hot fat (375°) until browned on both sides. Drain on absorbent paper. Serve with tomato sauce, if desired.

TUNA OPEN-CLUB SANDWICH (Makes 4 servings)

- 2 7-ounce cans solid-pack tuna, drained
- 4 large lettuce leaves
- 4 slices Swiss cheese
- 3 medium-sized tomatoes, thinly sliced
- 8 slices crisp cooked bacon
- 4 slices buttered toast
- Thousand Island dressing

Break tuna into pieces. Arrange layers of lettuce, Swiss cheese, tomato slices, bacon and tuna on toast. Serve with Thousand Island dressing.



TUNA AND ASPARAGUS SANDWICH SPREAD (Makes about 3 cups spread)

- 2 6½-ounce cans chunk-style tuna, drained
- 1 cup diced canned asparagus tips
- 2 tablespoons finely chopped green pepper
- ¼ cup grated cabbage
- ¾ cup mayonnaise
- Salt and pepper to taste
- Buttered bread slices

Combine tuna, asparagus, green pepper and cabbage; mix lightly but thoroughly. Add mayonnaise and salt and pepper; mix well. Spread on bread to make sandwiches.

TUNA-CHEESE SANDWICH SPREAD (Makes about 1½ cups spread)

- 1 7-ounce can solid-pack tuna
- 1 8-ounce package cream cheese, softened
- 1 tablespoon lemon juice
- 1 small onion, grated
- ½ clove garlic, finely chopped
- ½ teaspoon paprika

Drain tuna and reserve oil. Combine tuna oil and cheese and blend. Break tuna into pieces. Add to cheese mixture; mix well. Add remaining ingredients and beat until thoroughly blended.

CALIFORNIA TUNA SANDWICHES (Makes 4-6 servings)

- 1 6½-ounce can chunk-style tuna
- 2 hard-cooked eggs, chopped
- ½ cup finely chopped celery
- 2 tablespoons sweet pickle relish
- Mayonnaise
- 8 to 12 slices buttered toast

Combine tuna, tuna oil, eggs, celery and pickle relish; mix lightly. Add enough mayonnaise to moisten. Spread on toast to make sandwiches.

TUNA AND CHEESE SOUFFLE SQUARES (Makes 4 servings)

- 2 tablespoons butter or margarine
- 1 cup grated processed Cheddar cheese
(about ¼ pound)
- Dash pepper
- 2 eggs, separated
- 1 6½-ounce can chunk-style tuna, drained
- ¼ cup finely chopped celery
- 4 slices bread
- 4 sweet gherkins, sliced

Melt butter or margarine; add cheese and pepper. Cook over low heat, stirring constantly, until cheese is melted. Beat egg yolks until thick and lemon-colored; gradually add cheese, stirring constantly. Beat egg whites until stiff but not dry; fold egg whites into cheese mixture. Combine tuna and celery; mix well. Toast bread on one side; arrange gherkins on untoasted sides of bread. Spread tuna mixture over gherkins and top with cheese-egg sauce. Broil 3-4 inches from source of heat about 5 minutes, or until cheese is browned and puffy.

TUNA SANDWICH ROLLS (Makes 8 servings)

- 1 6½-ounce can chunk-style tuna, drained
- 3 tablespoons mayonnaise
- 2 tablespoons sweet pickle relish
- ¼ teaspoon paprika
- 8 slices bread
- 8 slices bacon

Combine tuna, mayonnaise, pickle relish and paprika; mix well. Trim crusts from bread. Spread each slice with tuna mixture. Roll up jelly-roll fashion; wrap each roll with slice of bacon. Fasten with toothpicks. Broil 3-4 inches from source of heat until bacon is done on all sides.



SANDWICHES AND SOUPS

CATALINA CHOWDER

(Makes 6-8 servings)

- 7 cups chicken broth
- 8 ounces wide egg noodles (about 4 cups)
- 2 cups chopped water cress (1 large bunch)
- 2 tablespoons chopped parsley
- 2 tablespoons chopped scallions
- 2 7-ounce cans solid-pack tuna, drained
- 3 cups milk
- Salt and pepper to taste

Heat chicken broth to boiling point. Gradually add noodles so that broth continues to boil. Cook, uncovered, stirring occasionally, until noodles are almost tender.

Add water cress, parsley and scallions. Cook over low heat 20 minutes. Break tuna into large pieces. Add tuna and milk to soup. Season with salt and pepper. Heat to serving temperature over low heat, or chill and serve cold.

Note: If a richer soup is desired, substitute 1 cup light cream for 1 cup of milk.

CALIFORNIA CHOWDER

(Makes 6-8 servings)

- 3 slices bacon, diced
- 2 medium-sized onions, chopped
- 1 stalk celery, chopped
- 1 bay leaf
- 2 tablespoons chopped green pepper
- 7 cups chicken stock or bouillon
- 8 ounces shell macaroni (about 3½ cups)
- 2 7-ounce cans solid-pack tuna, drained
- 1 quart milk
- Dash cayenne

Cook bacon over medium heat until lightly browned; add onions and cook until tender. Add celery, bay leaf, green pepper and chicken stock or bouillon; heat to boiling point. Gradually add macaroni so that stock continues to boil. Cook, uncovered, stirring occasionally, until macaroni is tender. Break tuna into pieces. Add tuna and remaining ingredients to stock; cook over low heat 15-20 minutes. Remove bay leaf. Garnish with chopped parsley, if desired.



SPLIT PEA AND TUNA SOUP

(Makes 6 servings)

- 1½ quarts hot water
- 4 slices bacon, diced
- 1½ cups split peas
- 1 large onion, chopped
- 1 medium-sized carrot, finely chopped
- Salt and pepper to taste
- 1 7-ounce can solid-pack tuna, drained

Combine water, bacon, peas and onion; heat to boiling point over medium heat. Cover and cook over low heat 1½ hours. Add carrot and salt and pepper and cook, covered, 1 hour. Break tuna into pieces and add to soup mixture. Heat to serving temperature.

FRESH TOMATO AND TUNA BISQUE

(Makes 6-8 servings)

- 2½ cups chicken stock or bouillon
- 1 large onion, chopped
- 1 stalk celery, chopped
- 1 bay leaf
- Dash pepper
- Dash thyme
- Dash oregano
- 6 large tomatoes, peeled and quartered
- 3 cups milk
- ¼ cup all-purpose flour
- Salt to taste
- 1 7-ounce can solid-pack tuna, drained
- Chopped parsley

Combine stock or bouillon, onion, celery, bay leaf, pepper, thyme and oregano. Cook, covered, over low heat, until celery and onion are tender. Strain stock and add tomatoes; cook until tomatoes are tender. Add 2½ cups milk and heat to boiling point. Combine remaining ½ cup milk and flour; blend. Add to tomato mixture. Cook over low heat, stirring constantly, until thickened. Season with salt. Break tuna into large pieces and add to tomato mixture. Heat to serving temperature, stirring occasionally. Garnish with parsley.

TUNA CHOWDER

(Makes 6 servings)

- 2 7-ounce cans solid-pack tuna, drained
- 1 cup diced pared potatoes
- 1 cup cooked tomatoes
- 1 medium-sized onion, sliced
- ½ teaspoon celery seed
- 2 cups boiling water
- ¼ cup butter or margarine
- ¼ cup all-purpose flour
- 3 cups milk
- 2½ teaspoons salt
- ¼ teaspoon pepper
- Parsley, finely chopped

Break tuna into pieces. Combine potatoes, tomatoes, onion, celery seed and water. Heat to boiling point; cook, covered, over medium heat about 20 minutes, or until potatoes are tender. Add tuna.

Meanwhile, melt butter or margarine over low heat; add flour and blend. Gradually add milk and cook, stirring constantly, until thickened. Add salt and pepper. Combine white sauce and tuna mixture; mix well and heat to serving temperature, stirring occasionally. Sprinkle with parsley.

CAULIFLOWER AND TUNA SOUP

(Makes 4-6 servings)

- 3 tablespoons butter or margarine
- 2 small onions, thinly sliced
- 1 small clove garlic, finely chopped
- 1 large head cauliflower, sliced or chopped
- 1 cup hot water
- 1 teaspoon salt
- 3½ cups milk
- 3 tablespoons all-purpose flour
- 1 7-ounce can solid-pack tuna, drained
- 1 cup chopped cooked spinach
- Dash nutmeg
- ½ cup light cream or top milk

Melt butter or margarine; add onions, garlic and cauliflower. Cook over low heat 5 minutes; add water and salt. Cook, covered, over medium heat until vegetables are tender. Put through sieve or food mill. Add 3 cups milk to sieved mixture; heat thoroughly. Combine remaining ½ cup milk and flour; blend. Add to vegetable mixture and cook, stirring constantly, until thickened. Break tuna into large

pieces. Add tuna and remaining ingredients to vegetable mixture. Heat to serving temperature, stirring occasionally.

TUNA, CHEESE AND VEGETABLE CHOWDER

(Makes 4-6 servings)

- 3 tablespoons butter or margarine
- ¼ cup chopped onion
- 1 cup finely chopped carrots
- 1 cup finely chopped celery
- 2 chicken bouillon cubes
- 2 cups boiling water
- 3 cups milk
- 1½ cups grated Cheddar cheese (about ½ pound)
- 3 tablespoons all-purpose flour
- 1 7-ounce can solid-pack tuna, drained
- 1 cup cooked peas

Melt butter or margarine; add onion, carrots and celery and sauté until onion is tender. Dissolve bouillon cubes in water and add to vegetable mixture. Cover and cook over medium heat until vegetables are tender, about 35 minutes. Add 2½ cups milk and cheese; cook until cheese is melted. Combine remaining ½ cup milk and flour; blend. Add to vegetable mixture. Cook, stirring constantly, until thickened. Break tuna into pieces; add tuna and peas to vegetable mixture. Heat to serving temperature, stirring occasionally.



TUNA AND CHESTNUT SANDWICH FILLING

(Makes about 2 cups filling)

- 1 6½-ounce can chunk-style tuna, drained
- ½ cup chopped boiled chestnuts
- ½ cup chopped celery
- 2 hard-cooked eggs, chopped
- ¼ cup sliced pimiento-stuffed green olives
- ½ cup mayonnaise
- Salt and pepper to taste
- Buttered bread slices

Combine tuna, chestnuts, celery, eggs, olives, mayonnaise and salt and pepper; mix well. Spread on bread to make sandwiches.



Hors d'oeuvres

Spreads Canapes



TUNA-MUSHROOM TIDBITS (Makes 16 appetizers)

- 1 6½-ounce can chunk-style tuna, drained
- ¼ cup light cream
- ½ teaspoon salt
- Dash cayenne
- Dash Tabasco
- 16 large mushrooms
- Fine dry bread crumbs
- Grated processed American cheese

Combine tuna, cream, salt, cayenne and Tabasco; mix well. Remove stems from mushrooms. Wash mushroom caps. Broil mushrooms rounded-side up 3-4 inches from source of heat 5 minutes. Turn and fill with tuna mixture. Sprinkle with bread crumbs and cheese. Broil 5 minutes, or until cheese is melted and lightly browned.

TUNA CREAM DIP (Makes about 2 cups dip)

- 1 6½-ounce can chunk-style tuna, drained
- 1 tablespoon prepared horse-radish
- 1½ teaspoons onion salt
- 1 teaspoon Worcestershire sauce
- 1 cup sour cream

Combine tuna, horse-radish, onion salt and Worcestershire sauce; mix well. Fold in sour cream. Sprinkle with chopped parsley, if desired. Serve as dip for potato chips or crackers, as desired.

TUNA-AVOCADO SPREAD (Makes about 1½ cups spread)

- 1 medium-sized ripe avocado, peeled
- 1 6½-ounce can chunk-style tuna, drained
- 3 tablespoons lime juice
- 1 teaspoon prepared horse-radish
- ½ teaspoon salt

Mash avocado. Add remaining ingredients; mix well. Spread on crisp crackers or potato chips, as desired.

GOURMET'S HOT TUNA CANAPE (Makes about 2½ cups spread)

- 1 6½-ounce can chunk-style tuna, drained
- 3 hard-cooked eggs, chopped
- 3 tablespoons finely chopped green pepper
- ½ cup chopped anchovies
- 1 medium-sized tomato, chopped
- ¼ teaspoon Worcestershire sauce
- 3 tablespoons chili sauce
- 3 tablespoons mayonnaise
- Toast rounds

Combine tuna, eggs, green pepper, anchovies, tomato, Worcestershire sauce, chili sauce and mayonnaise; mix well. Spread on toast rounds. Broil 3-4 inches from source of heat 5 minutes.

TASTE-TEMPTING TUNA CANAPE*(Makes about 1 1/4 cups spread)*

- 1 6 1/2-ounce can chunk-style tuna, drained
- 3 tablespoons mayonnaise
- 1 tablespoon finely chopped celery
- 1 tablespoon chili sauce
- 1 tablespoon catchup
- 1 tablespoon lemon juice
- Salt to taste
- Dash Worcestershire sauce
- 1 medium-sized cucumber, peeled, scored and thinly sliced
- Toast rounds

Combine tuna, mayonnaise, celery, chili sauce, catchup, lemon juice, salt and Worcestershire sauce; mix well. Place one cucumber slice on each toast round and top with tuna mixture. If desired, garnish with strips of green pepper. Broil 3-4 inches from source of heat 5-7 minutes.

HOT TUNA-MUSHROOM CANAPE*(Makes about 1 1/2 cups spread)*

- 1 6 1/2-ounce can chunk-style tuna, drained
- 1/2 cup canned condensed cream of mushroom soup
- 1 tablespoon finely chopped canned pimiento
- 1 tablespoon finely chopped green pepper
- 1/4 teaspoon salt
- Dash paprika
- Toast rounds
- Grated cheese

Combine tuna, soup, pimiento, green pepper and seasonings; heat to serving temperature, stirring occasionally. Spread on toast rounds and sprinkle with cheese. Broil 3-4 inches from source of heat 5-7 minutes, or until cheese is lightly browned.

TUNA BITES*(Makes about 12 hors d'oeuvres)*

- 1 7-ounce can solid-pack tuna, drained
- 1 cup French dressing
- 3 medium-sized sweet gherkins, cut in 1/2-inch slices

Break tuna into pieces. Pour French dressing over tuna and chill 1 hour. To serve, place 1 gherkin slice and 1 tuna chunk on a toothpick.

TANGY TUNA CANAPE*(Makes about 1 1/4 cups spread)*

- 1 6 1/2-ounce can chunk-style tuna, drained
- 1 tablespoon finely chopped celery
- 3 tablespoons mayonnaise
- Horse-radish butter*
- Toast rounds
- Chopped parsley

Combine tuna, celery and mayonnaise; mix well. Spread horse-radish butter on toast rounds and top with tuna mixture. Garnish with parsley.

*To Make Horse-Radish Butter: Combine 1/2 cup softened butter or margarine and 3 tablespoons prepared horse-radish; blend.

TUNA-PINEAPPLE CANAPE SPREAD*(Makes about 2 cups spread)*

- 1 6 1/2-ounce can chunk-style tuna, drained
- 1/2 cup drained canned crushed pineapple
- 1 tablespoon pineapple sirup
- 1/4 cup chopped celery
- 1/4 cup mayonnaise
- Salt to taste

Combine all ingredients; mix well. Spread on toast rounds or crackers, as desired.

TUNA-WALNUT CANAPE SPREAD*(Makes about 1 1/2 cups spread)*

- 1/2 cup chopped walnuts
- 1/4 cup mayonnaise
- 1 6 1/2-ounce can chunk-style tuna, drained

Combine all ingredients; mix well. Spread on toast rounds or crackers, as desired.

TUNA-AVOCADO CANAPE SPREAD*(Makes about 1 1/2 cups spread)*

- 1 medium-sized ripe avocado half
- 1 6 1/2-ounce can chunk-style tuna, drained
- 2 tablespoons lemon juice
- Salt and pepper to taste

Peel and mash avocado. Add tuna, lemon juice, and salt and pepper; mix well. Spread on toast rounds or crackers, as desired.



The Canning of Tuna



A tuna boat returning from a fishing expedition heads straight for the docks behind the canneries for unloading. The unloading operation begins immediately, and is accomplished by means of huge buckets which are lowered by derricks into the holds of the vessels, are filled with tuna, and dumped into carts for transportation within the cannery proper.

On their arrival at the cannery the fresh or thawed frozen fish are eviscerated, washed and placed in wire mesh baskets in which they are cooked in steam retorts at a temperature of 218° for three to six hours depending on the size of the fish. After cooking, the fish are cooled for ten to twelve hours and then moved to the cleaning tables where bones, skin and dark meat are removed. Only the big lateral muscles of the tuna, called loins, are processed so that the can of tuna that results consists of the most edible meat. Between 2.2 and 2.3 pounds of raw fish make one pound of canned fish. The meat is then chopped to size and packed in cans. Before the cans are sealed, salt and salad oil are added. The sealed cans are then taken to a retort and cooked for ninety minutes in a pasteurization process.

All of the tuna canneries are spotlessly clean, with stainless steel fixtures throughout. Careful inspection accompanies each process, and government inspectors are spotted throughout the various west coast canning areas to guarantee that only the best of the tuna is packed.

Practically speaking, all of the tuna sold in the United States is in canned form. The canned product falls into two general types. The white meat tuna is canned only from albacore. The other types of tuna, such as yellowfin and skipjack, are classified as light-meat tuna.

In the United States only six species of tuna are entitled to be labeled "tuna" when canned. These species are the yellowfin, the skipjack, the albacore, the bluefin, the Oriental tuna and the little tuna. The related species of bonito and Pacific yellowtail cannot legally be marketed as tuna.

There are three principal grades of canned tuna; the solid-pack tuna which consists of three large pieces of loins with a small percentage of smaller pieces to fill out the can; the chunk-size tuna; and the flake or grated tuna which consists of the small pieces which result from breaking up of the tuna in the process of making the other two grades. The popular can size is the 7-ounce can for the solid-pack tuna, and the 6 1/2-ounce can for the chunk-size and flake or grated tuna.

Another pack of canned tuna called "Tonno" is a favorite in some sections of the country. Tonno, which is the Italian word for tuna, differs from solid-pack tuna only in that it is packed in pure olive oil rather than in another vegetable oil.



The men who devote their lives to catching tuna are a hardy and courageous lot. The fishing settlements along the California coast differ markedly from other communities, since most of the fishermen are descendants of European sea-coast dwellers and many Old World customs still prevail. Religious festivals play an important role in their lives, and whole villages join in festivities commemorating the fisherman's patron saint.

The honorable and highly respected occupation of fishing has long been very much a family tradition with sons following their fathers out on the high seas generation after generation. Commercial tuna fishing is a dangerous trade, and a thorough knowledge of both sea and fish are prerequisites of the tuna fisherman. Since the tuna is a fish of the open ocean, the clippers plough the seas for as long as two or three months travelling thousands of miles before returning with a full load. The adult tunas are known to school together in large formations which move rapidly from place to place searching for food, and it's a wise skipper who can find the fish in a few weeks' time.

The gear of the tuna clipper fisherman testifies to the hazards of his task. Wearing hip boots, he stands at water level on racks lowered from the sides of the clipper with just a knee-high railing separating him from the waters. Around his waist is strapped a leather pole-socket in which he keeps his sturdy bamboo pole. On his head he wears a metal helmet to protect him from the thrashing of the sometimes 150-pound fish as it's hauled into the boat.

For once a school of tuna is sighted, the patient fishermen are given a test of strength and courage. The fishing is very fast and continues without a break until either the clipper is loaded or the school is fished out. A crew of twelve fishing with pole and line have been known to land as much as sixty tons of fish during a five to six hour period.

