Ethel's Cookery

by Ethel Moore

Way out West, there's a state where the mountains reach for the sky, the salmon are lively in the rivers, and the potatoes come from the fields with a netted pattern on their russet skins. That probably gave you the clue to the name of the state because everyone knows that the famous Russet Burbank potatoes grow best in Idaho.

You can even get the tast combination of the mountain people's salmon and potatoes together in a batch of Salmon River-Potato Cakes, a main dish made with canned salmon and instant mashed potatoes that say Idaho on the label.

This is a hearty old-fashioned treat that the whole family will enjoy — it's definitely on the side of the budget, not against it.

We take instant mashed potatoes for granted today, but their origin is relatively recent. It was back during World War II that the government asked Idaho potato people to develop a form of potatoes that was less bulky to transport, yet would travel well and taste good.

Well, they filled the first two requirements quite readily but it took many years of patient research and effort to produce the delicious-tasting instant mashed potato granules we now enjoy.

Another main dish that goes well with the season is savory Fort Boise Tuna-Potato Cakes. With their staple ingredients on hand, you can make a fine main course for your meal even if the weather prevents you from going to the store. These fine potato main dishes are nourishing, filling, and a whole lot for the money.

Salmon River-Potato Cakes

Idaho instant mashed potatoes for 4 or 5 servings
1 can (1 pound) salmon, drained
2 eggs
2 tablespoons grated onion
½ cup chopped celery
¼ teaspoon salt
1-8 teaspoon pepper
2 tablespoons butter or margarine

Prepare instant mashed potatoes according to package directions, reducing water by ½ cup and omitting butter. In a large bowl combine potatoes, salmon, eggs, onion, celery, salt and pepper. Mix well.

Shape mixture into 12 patties. Melt butter in large skillet. Add 4 salmon patties and cook until well browned on each side, turning once. Keep warm in 250 degree F. oven. Brown remaining patties, adding additional butter if necessary.

YIELD: 6 servings.

Fort Boise Tuna-Potato Cakes

Idaho instant mashed potatoes for 4 or 5 servings
2 cans (6½ or 7 ounces each) tuna in vegetable oil
2 eggs
½ cup chopped onion
1 can (3 or 4 ounces) chopped mushrooms, drained
1 teaspoon Worcestershire sauce
1-8 teaspoon pepper
2 tablespoons butter or margarine

Prepare instant mashed potatoes according to package directions, reducing water by ½ cup and omitting butter. In a large bowl combine potatoes, tuna, eggs, onion, mushrooms, Worcestershire sauce and pepper. Mix well.

Shape tuna mixture into 12 patties. Melt butter in large skillet. Add 4 tuna patties and cook until well browned on each side, turning once. Keep warm in 250 degree F. oven. Brown remaining patties, adding additional butter if necessary.

YIELD: 6 servings.

THESE TWO main dishes, Salmon River Potato Cakes and Fort Blise Tuna-Potato Cakes, feature Idaho instant mashed potatoes.

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CHUCK STEAK FIRST CUT 69¢ lb.
BEEF SHORT RIBS POTTING 1.09 lb.
SHOULDER STEAK BONELESS 1.69 lb.
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LONDON BROIL SHOULDER 1.69 lb.
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U.S.D.A. CHOICE BONELESS BEEF BOTTOM ROUND OR TOP SIRLOIN ROAST 1.29 lb.
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Two Guys GREEN PEAS 1½-LB. BAG SAVE 16¢ 49¢
NEW LARGE SIZE Hawaiian Punch FRUIT JUICY RED SAVE 20¢ 69¢
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TWO GUYS LARGE Lemon Pie 59¢
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SAVE 20¢ WITH THIS COUPON — COUNTRY TIME LEMONADE DRINKS MAKES 16-QTS. 33-OZ. PKG. — 20c
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SAVE 20¢ WITH THIS COUPON — WISHBONE ITALIAN CALIFORNIA ONION OR FRENCH DRESSING 8-OZ. BTL. — 20c
SAVE 15¢ WITH THIS COUPON — HEFTY TRASH BAGS 10-CT. — 15c
SAVE 25¢ WITH THIS COUPON — PILLSBURY HUNGRY JACK POTATOES 24 SERVINGS 1-lb. BOX — 25c
SAVE 15¢ WITH THIS COUPON — GLAD SANDWICH BAG 100's — 15c
SAVE 15¢ WITH THIS COUPON — MIRACLE WHITE SUPER CLEANER 32-OZ. BTL. — 15c
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