

Deviled Salmon

Bonnie Chronister

The Pennsylvania State Grange Cookbook (1992)

Servings: 6

*1 can (16 ounce) salmon
milk
2 tablespoons butter
2 tablespoons flour
1 teaspoon Worcestershire
sauce
8 drops hot sauce
2 cups bread cubes
1 tablespoon onion, grated
2 tablespoons green bell
pepper, chopped
1/4 teaspoon salt
2 hard-boiled eggs,
chopped
1/2 cup dry bread crumbs
2 tablespoons butter,
softened*

Preheat the oven to 375 degrees.

Drain the salmon, reserving the liquid. Add enough milk to the reserved liquid to measure one cup. Flake the salmon.

In a saucepan over medium heat, melt two tablespoons of butter. Stir in the flour. Add the liquid gradually, stirring constantly.

Add the salmon, Worcestershire sauce, hot sauce, bread cubes, onion, green pepper, salt and chopped eggs. Cook until thickened, stirring constantly. Spoon into a greased baking dish.

In a small bowl, mix the bread crumbs and two tablespoons of melted butter. Sprinkle over the salmon mixture.

Bake for 20 minutes or until golden brown.

Per Serving (excluding unknown items): 197 Calories; 11g Fat (50.6% calories from fat); 8g Protein; 16g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 373mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 2 Fat; 0 Other Carbohydrates.