

1975

Maine Sardine Recipes

Maine Sardine Council

Follow this and additional works at: http://digitalmaine.com/food_marketing

Recommended Citation

Maine Sardine Council, "Maine Sardine Recipes" (1975). *Agricultural and Seafood Marketing and Cook Books*. Book 15.
http://digitalmaine.com/food_marketing/15

This Text is brought to you for free and open access by the Economic and Community Development at Maine State Documents. It has been accepted for inclusion in Agricultural and Seafood Marketing and Cook Books by an authorized administrator of Maine State Documents. For more information, please contact statedocs@maine.gov.

A vibrant red background featuring a large wooden bowl of sardine salad, a glass of dressing, a tin of sardines, and lemon slices. The salad includes sardines, lettuce, tomatoes, onions, and lemon wedges. A glass of dressing is to the right, and a tin of sardines is in the bottom right corner. Two lemon slices are in the bottom left corner.

Maine Sardine Recipes

ATLANTIC BANKS SALAD

- | | |
|-------------------------------------|---|
| 2 cans (4 oz. ea.) Maine Sardines | 1 raw egg |
| 2 quarts greens, mixed | 3/4 cup lemon French dressing |
| Onion rings | 3 hard-cooked eggs |
| Tomato wedges | 1 cup potato chips, coarsely
broken (optional) |
| 1/4 cup grated Parmesan cheese | |
| 1/2 cup grated sharp Cheddar cheese | |

Drain Maine Sardines. Place greens, onion rings, and tomato wedges in shallow bowl and sprinkle with grated cheese. Add raw egg and French dressing. Toss thoroughly. Add sardines, hard-cooked eggs cut in wedges, and potato chips. Toss again, gently. Yield: 4 servings.

(Shown on cover)

Stir a couple of cans of drained, chopped Maine Sardines into six eggs. Beat lightly and scramble as usual. Serve for Sunday breakfast or a light lunch.



delicious . . .
nutritious . . .
SARDINES
from MAINE

Meaty sardines, caught in the cool, clear waters off the Maine coast, are on sale everywhere in the United States. Flavorful and nutritious, these versatile little fish are as adaptable to snacks and sandwiches as they are to main dishes and salads.

Since the days of the Indians, these succulent fish from the Maine waters have been a popular source of good food. Today, Americans consume 125,000,000 sardines every month, making the Maine Sardine industry one of New England's major seafood operations.

All Maine Sardines are carefully graded by trained technicians. A state law rigidly controls the purity and quality of the product of which Maine is so justly proud. Each can of Maine Sardines — no matter what the brand — must meet these high standards. The Maine Sardine deserves his position as the little brother of the Maine Lobster.

MAINE SARDINE PIZZA

- | | |
|-----------------------------------|-----------------------------|
| 1 package pizza mix | 2 green peppers, sliced |
| 2 cans (4 oz. ea.) Maine Sardines | 1 tablespoon minced parsley |
| 3 tablespoons salad oil | 1/2 teaspoon salt |
| 1 large clove garlic, minced | 1/8 teaspoon pepper |
| 1 can (8 oz.) tomato sauce | 1 teaspoon oregano |
| 4 tomatoes, sliced | 4 slices mozzarella cheese |
| 2 sweet onions, sliced | Parmesan cheese, grated |

Prepare dough according to package directions. Pat into 12" pizza pan. Drain Maine Sardines and mash 2 or 3 with 1 tablespoon salad oil, garlic and tomato sauce. Spread over pizza dough. Arrange tomato slices, onion, and green pepper on sauce and top with whole sardines. Combine parsley, seasonings, and remaining oil. Drizzle over sardines and vegetables. Dot with mozzarella cheese. Bake 30-35 minutes in a hot oven (450° F.) until crust is well browned. Sprinkle with Parmesan cheese. Yield: 6 servings.

Saute Maine Sardines in their own oil. Place on toasted slices of French bread, spread with curry mayonnaise. Garnish with pimienta strips, parsley and lemon wedges.



MAINE SARDINE STUFFED PEPPERS

2 cans (4 oz. ea.) Maine Sardines 1/2 teaspoon turmeric (optional)
4-6 green peppers 2 cans (8 oz. ea.) tomato sauce
1 recipe favorite rice stuffing

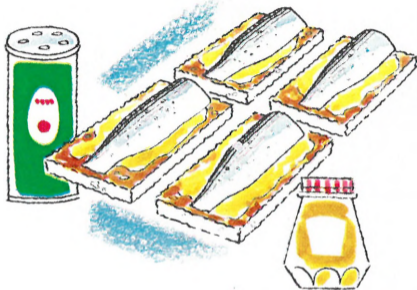
Drain Maine Sardines. Prepare peppers, boil 5 minutes and drain. Make rice stuffing, adding turmeric to water in which rice is cooked if desired. Reserve 1 or 2 whole sardines for garnish on each pepper shell; break up remaining sardines and fold into rice. Fill pepper shells and top each with 1-2 whole sardines. Place in greased baking dish. Pour tomato sauce over and around peppers. Bake in a moderately hot oven (375° F.) for 30 minutes or until tender. Yield: 4-6 servings.

A quick and delicious casserole is made by combining 2 cups of cooked noodles, 2 cans of Maine Sardines, drained, and a can of tomato soup. Add Worcestershire sauce and lemon juice to taste. Top with grated cheese and bread crumbs. Bake in a moderate oven until brown. Yield: 4 servings.

Maine Sardines

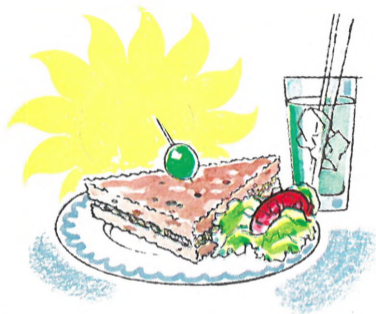


Drain Maine Sardines, mash and season sharply with lemon juice, Tabasco, and chili sauce. Spread on toast for a quick, high protein sandwich.



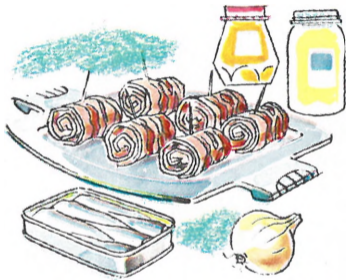
Drain Maine Sardines and roll in grated Parmesan cheese. Toast bread fingers on one side. Spread other side with prepared mustard, top with a sardine and broil until brown.



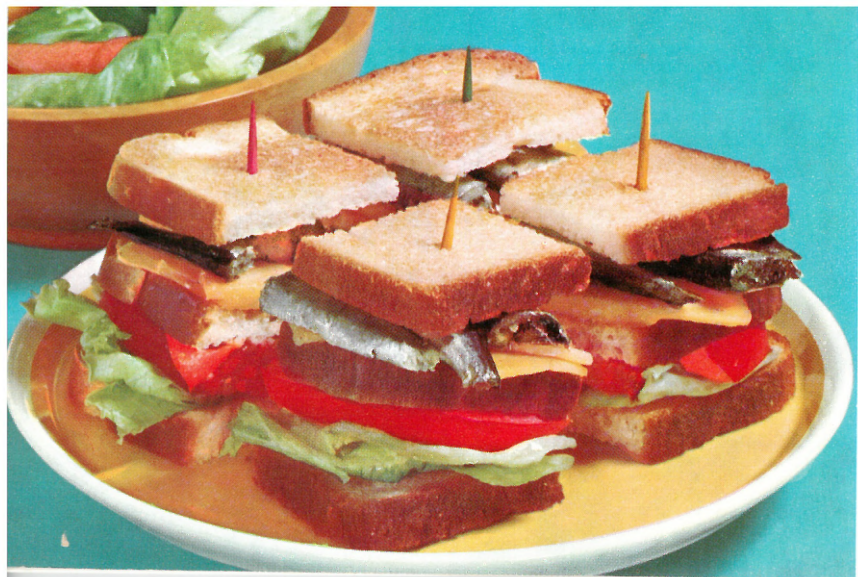


For a quick summer sandwich, peel and chop a cucumber and mix with equal amount of drained Maine Sardines. Season with horseradish, lemon juice and salt. Spread thickly on dark bread and serve with your favorite summer beverage.

QUICK TRICKS with



Drain Maine Sardines, mash and season with mustard, onion juice and mayonnaise. Spread on bacon strips, roll, fasten with picks, and broil until crisp.



MAINE SARDINE CLUB SANDWICHES

2 cans (4 oz. ea.) Maine Sardines
12 slices toast
Lettuce

Mayonnaise
4 slices American cheese
2 tomatoes, sliced

Drain Maine Sardines. Spread toast lightly with mayonnaise. Place lettuce on four slices toast. Top each with tomato slices and second piece of toast. Place cheese on second slice and top with Maine Sardines and final piece of toast, adding more mayonnaise if desired. Fasten with toothpicks and cut each sandwich into quarters. Yield: 4 sandwiches.

• • • • •

Place 8 tomato slices on bed of salad greens. Spread with prepared mustard. Top with thin slice Bermuda onion. Place 3 drained Maine Sardines on each. Garnish with sliced stuffed olives and lemon wedges. Pass French dressing.



MAINE SARDINES DELUXE

3 cans (4 oz. ea.) Maine Sardines	1/2 cup thin cream
2 tablespoons lemon juice	1/2 cup cooked green peas
1 teaspoon minced onion	Toast
1/8 teaspoon black pepper	Lemon slices
1 can frozen fish bisque	

Drain Maine Sardines and sprinkle with lemon juice, onion and pepper. Let stand. Thaw soup and mix with cream. Add peas. Arrange toast in individual baking dishes. Spoon a little soup-sauce over toast. Add Maine Sardines and cover with remaining sauce. Bake in moderately hot oven (400° F.) 10 minutes. Serve at once, garnished with lemon. Yield: 4 servings.

Make French toast, using your favorite batter but eliminating the sugar. Grill Maine Sardines until bubbly and place on French toast. Pour your pet cheese sauce over all and serve with curls of crisp bacon for a Sunday night supper goodie.

Maine Sardines **ARE PACKED IN A VARIETY OF OILS AND SAUCES**

Sardines in pure soy bean oil are most popular with Americans. They have a high nutritional value and the oil tends to lower the cholesterol count. A smooth, golden mustard sauce with plenty of zip is also available with Maine Sardines. This pack is extremely popular with those who like more highly spiced foods. Sardines in flavorful tomato sauce are well liked as a salad or as a sandwich filling.

Choose from any of the more than sixty brands of quality-controlled Sardines from Maine. Most Maine Sardines are packed in the familiar flat 4-ounce can. A few varieties, however, are put up in 12-ounce cans.

Muscle and Bone Building Index

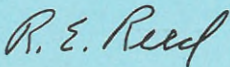
Nutritive Value of Snack Foods per 1 kilogram SOURCE: UNITED STATES DEPARTMENT OF AGRICULTURE HANDBOOK #8	Phosphorus (mg)	Food Energy (calories)	Carbohydrate (grams)	Vitamin A I. U.	MUSCLE BUILDING			BONE BUILDING			Muscle-Bone Building Index
					Protein (grams)	Fat (grams)	Muscle Building Index (protein to fat ratio)	Calcium (mg)	Iron (mg)	Bone Building Index (Calcium and iron ratio to minimum daily requirements)	
Maine Sardines ***	5860	2140	12	220	257	110	2.3	3860	27	3.8	6.1
Tuna ***	3510	1980	0	800	290	82	3.5	80	14	.8	4.3
Pink Salmon ***	2860	1430	0	700	205	62	3.3	1870	8	1.5	4.8
Luncheon Meat ***	1610	2890	15	0	149	243	0.6	90	22	1.2	1.8
Frankfurters	490	2480	20	0	140	200	0.7	60	12	.9	1.6
Hamburger	1580	3640	0	0	220	300	0.7	90	28	1.5	2.2
Bologna	1120	2210	360	0	148	159	0.9	90	22	1.2	2.1
Peanut Butter	3930	5760	210	0	261	478	0.5	740	19	1.4	1.9
Boiled Ham	920	3020	0	0	228	227	1.0	90	27	1.4	2.4
Min. Daily Requirements*		3200		5000	70			800	10		

* 25 Year old male, normally active (Cornell Extension Bulletin 670)

** Solids, drained

*** Canned

The Maine Sardine Council is an agency of the State of Maine. All canners belong to it and must abide by the high standards of quality set by the State.

A handwritten signature in dark ink, reading "R. E. Reed". The signature is written in a cursive style with a large, sweeping "R" and a long, trailing "d".

Richard E. Reed
Executive Secretary
The Maine Sardine Council
15 Grove Street
Augusta, Maine

