

Salmon Pot Pie

Ingredients:

2 to 3 tablespoons chopped onions
4 tablespoons cooking fat
4 tablespoons flour
2 cups milk
1/2 cup grated cheese
1 (14 3/4-ounce) can salmon drained, flaked,
bones removed
1 (15-ounce) can peas drained; (or substitute
frozen, thawed and drained)
salt to taste
pepper to taste
baking powder biscuits, unbaked
BAKING POWDER BISCUITS
2 cups flour
1 tablespoon sugar optional
1 teaspoon salt
4 teaspoons baking powder
4 tablespoons shortening softened (or butter or coconut oil)
1 cup milk



Directions:

Cook onion in fat; stir in flour. Add milk slowly, stirring constantly. Cook until thickened; add cheese, salmon and seasoning. Heat mixture through, stirring occasionally. Place in greased 2-quart baking dish; top with unbaked biscuits. Bake at 350° F for 30 minutes. (Mrs. J. C. Fox, Pleasant Grange No. 1615, Lancaster, OH)

NOTES: For the cream sauce you can substitute Cream of Mushroom soup, with only a half can or so of water, and then add less salt. You can also substitute French's Fried Onions crumbled; stir well into casserole ingredients.

BISCUIT DIRECTIONS

Sift flour, sugar, salt and baking powder into a bowl; cut in shortening with the batter whisks for the Bosch or by hand with a pastry cutter. Add 1 cup milk or enough to make dough easily handled and jog the machine to mix lightly. Roll 1/2 to 3/4-inch thick; place on baking sheet. Bake at 425° F for 15 minutes or till nicely browned: Brushing the tops with Eggbeaters adds an appetizing gloss to the baked biscuits, or sprinkle biscuits with grated Parmesan cheese for added flavor.