

Fish Casserole

When one thinks of fish and casserole, one often associates it with 1950s and the rise in popularity of tuna casserole. However, the dish can be traced back to the mid 1800s as an entirely honorable way to use up fresh or salted fish, such as cod. During, and immediately following WWI, Canadians were encouraged to buy fresh fish*, so that meat, which was less perishable, could be shipped to troops and allies overseas. Casserole style recipes were not only a cheap way to feed your family, but ensured that no food was wasted.

*Canned tuna first appeared on the market in 1903, and also provided a cheap meal alternative.

Fish Macaroni

Cold fish

Milk

Salt & Pepper

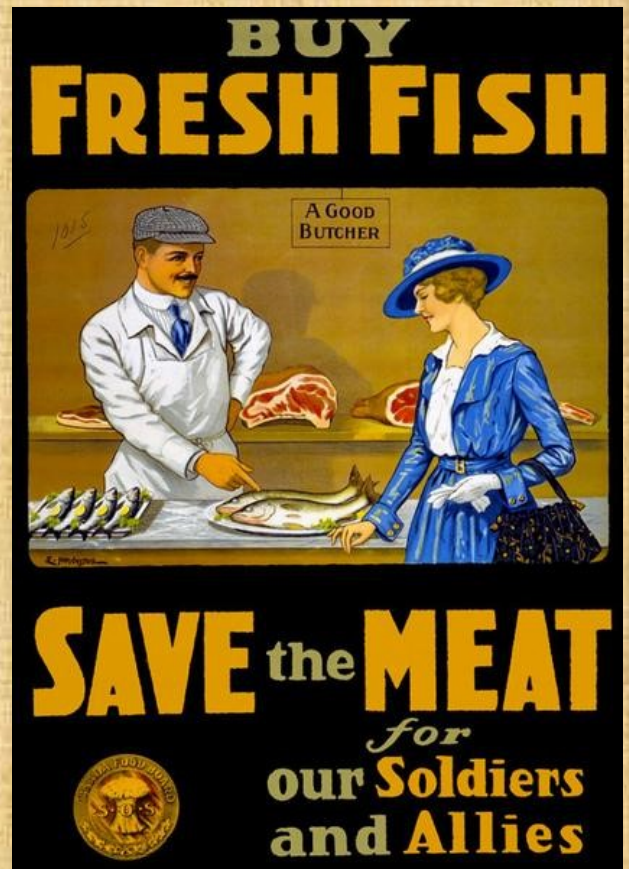
Cooked macaroni

Butter

Chopped Parsley

Grated Cheese

Free the fish from skin and bone; add salt, pepper, and chopped parsley. Mix this with the cooked macaroni, adding a little milk and butter. Turn into a dish and grate cheese thickly over the top. Bake in a hot oven till cheese begins to color. This will be in about three-quarters of an hour.



Recipe Credit: *Helps to Overcome the High Cost of Living*, Zam-Buk Co. and C.E. Fulford, Ltd., 1916.

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