

## FLUFFY MACKEREL PUDDING

2 stalks celery  
1 medium green pepper  
8 ounces drained, canned  
mackerel, flaked  
1 tablespoon dehydrated  
onion flakes  
2 teaspoons prepared  
mustard

1 teaspoon salt  
½ teaspoon cayenne pepper  
⅛ teaspoon mace  
Dash of ground cardamom  
2 medium eggs, slightly  
beaten  
2 medium eggs, hard-cooked,  
and sliced

Put celery and green pepper through a food grinder (or chop finely in blender). Combine with mackerel, onion flakes, mustard, salt, pepper, mace, and cardamom; mix well. Blend in raw eggs. Divide evenly into 4 (8 ounce) heatproof cups. Bake at 350°F. (moderate oven) for 35 to 40 minutes. Garnish each with ½ sliced egg. Makes 4 luncheon servings.

## MACKEREL SOUP

2 cups tomato juice  
½ medium cucumber,  
chopped  
2 tablespoons dehydrated  
onion flakes

1 packet instant beef broth  
and seasoning mix or  
1 beef bouillon cube  
½ teaspoon basil  
8 ounces drained, canned  
mackerel

Combine all ingredients, except mackerel, in a saucepan. Cook over low heat, stirring frequently, for 15 minutes, or just until mixture comes to a boil. Add mackerel. Cook 4 minutes longer. Divide evenly. Makes 2 luncheon servings.