

# Salmonettes M

DEAR HELOISE:

Your recipe for salmonettes is my husband's favorite. You guessed it! I loaned the recipe out and now it's lost!

Would you please reprint it in your column? Thanks. — P.D.A.

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How can I refuse, besides I'm glad to oblige and do anything I can do to make for a happier marriage.

This is a delicious way to fix that canned salmon or tuna, plus it's so simple and quick, and one that your family will love!

All you need, in ingredients, are:

Approximately 14 ounces of canned salmon or tuna.

1 egg.

½ cup sifted flour

1 HEAPING teaspoon baking powder

Drain the salmon or tuna liquid into a measuring cup. Put the fish into a mixing bowl and flake, then add the egg. Mix well with a fork. Add the flour and mix again. It will be thick, but that's all right.

You can add pepper at this stage, but I find it doesn't need any salt. Use ¼ cup of the liquid and add that heaping teaspoon of baking powder to it. Beat with a fork until it foams up. It should reach the ¾-cup mark. If it doesn't, then your powder is probably old.

Pour this into the mixture and mix well. It will now be thin, but that's the secret.

Using two teaspoons, scoop

## Hints From Heloise

the mixture out with one spoon and with the other, push the mixture into a deep fryer half full of hot oil.

Don't worry about the shapes. Seems the crookeder the better. So nice and crunchy when they come out.

Why these tasty little morsels practically cook themselves. They'll float on top of the oil and then just turn themselves over. They're done in just a few seconds. So keep an eye on 'em!

Now you CAN'T mix these ahead of time to cook later. You have to cook them within about 15 minutes of mixing, otherwise the baking powder won't perform its magic.

You can vary the taste too by adding grated onion, garlic, or whatever your tastebuds demand.

They're great served with a dip at parties or for a family treat. Pour a hot cream sauce over them or even barbecue sauce, chili sauce, or catsup for a little zing!

I even like them served cold the next day. — Heloise

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## Evans and Novak

# NSC Blunder

WASHINGTON — The prospect of humiliating defeat on the AWACS deal is traced inside the administration to President Reagan's decision to denature his National Security staff instead of using it as a last line of protection against errors of Cabinet departments.

Persian Gulf security for the industrialized democracies is the obvious first cost of losing the sale of the AWACS radar planes to Saudi Arabia. Other costs are mounting fast: a move bruited about the Senate to block Britain from selling its Nimrod radar aircraft to the Saudis; ominous reports from Riyadh that the Saudis may reduce oil production if the AWACS deal fails, inflating energy costs from the West.

Reagan's senior advisers, staggered that such ill fortune could suddenly descend on the president, are contemplating restoration of the NSC staff to its muscular state of past administrations. Enlarged in power by President Kennedy and Nixon, the NSC system coordinated national security and protected the president from parochial de-