

**THE KNOXVILLE JOURNAL
KNOXVILLE, TENNESSEE
14 FEBRUARY 1936
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**GOOD SEA FOOD
COMES IN CANS.**

**Available Everywhere and
at Every Season of Year.**

Many times we envy people living along the coast who have sea food directly from the catch; but there is little need of this, since many kinds of fish are canned as they come fresh from the water and are thus made available no matter where we live or what season of the year it may be.

Curried sea food is scrumptious and often associated with "ritzy" restaurants and hotels, but in reality it is a simple dish that can be made at home and still retain the elegance we associate with it elsewhere.

The foundation is a delicious rich, creamy, smooth white sauce, with beaten uncooked egg stirred into the sauce the last minute. This sauce should have some cream or undiluted evaporated milk used in the making. The amount of curry powder to add varies with the individual taste, but it is always wise to err on the side of lesser amounts—just enough to blend with the fish, but not enough to overshadow the individual flavors of the fish used.

As for a combination of canned fish, you will find oysters, shrimp, clams and lobster are excellent together, or salmon, crab meat and shrimp: in fact, most any combination that is a favorite with the family. Add the fish to the hot sauce so it will heat through thoroughly, and if desired a little sherry may be added at the same time.

Serve on well-cooked, fluffy rice and serve with condiments.

And speaking of condiments brings to mind the description used by Aleister Crowley: "Curries, with their vast partitioned platter of curious condiments to lackey them, speak for themselves. They sting like serpents, stimulate like strychnine; they are subtle, sensual like Chinese courtesans, sublime and sacred, inscrutably inspiring and intellectually illuminating, like Cambodian carvings."

Simple condiments to use are chopped peanuts, chopped candied ginger, shredded fresh cocoanut, and chutney of some kind.