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Unusual and Inexpensive Fish Dishes : a Housewife Cookery Book

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A **HOUSE** *wife* *Cookery Book*

*Unusual and
Inexpensive*

**FISH
DISHES**

BY
ROSEMARY HUME

*Principal of the Cordon Bleu
School of Cookery*

Culinary History Pamphlets

*Produced in association with
British Trawlers, Hull*

Unusual and Inexpensive

FISH
dishes

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specially written for **HOUSEwife** *by Rosemary Hume*
Principal of the Cordon Bleu School of Cookery
produced in association with British Trawlers, Hull

A NUMBER of people do not seem to realise how many ways there are of cooking fish, nor perhaps that fish is so cheap and compares so favourably in food value with other main foods. This is especially true of the commoner kinds of fish, for example, cod and haddock.

These fish are good value as a buy (cod in particular), for not only do they 'boil', bake and fry well, but they also make up admirably into excellent dishes which are tempting even to those who are not very fond of fish.

There are many varieties of fish on the market at the present time that would add interest to our menus. The purpose of this booklet is to indicate some of these varieties and the way in which they can be prepared and cooked to make attractive dishes.

All dishes are enough for a family of four.

Presented with the August 1956 issue of **HOUSEWIFE**
the best monthly magazine for women, price 1s. 9d.



Fillets of Mackerel with Tomatoes made with vinegar, chopped mushroom, garlic and onion

FRIED COD 'PROVENCALE'

1-1½ lb. cod steak; seasoned flour; 1 medium-sized onion; ¼ lb. ripe tomatoes; 1 clove of garlic, chopped and then crushed with ¼ teaspoonful salt to a cream; sage, thyme, parsley; 3 oz. black olives, split and stoned; oil for frying.

Cut fish into 2 inch squares, first removing skin and bone. Roll the pieces in seasoned flour and fry briskly in a frying pan, in 3 to 4 tablespoonsful smoking hot oil, until a golden brown on both sides. Remove carefully, drain and keep hot. Pour off any remaining oil, wipe out the pan and pour back a good tablespoonful of the oil, making up with fresh if necessary. Have ready the onion, thinly sliced and the tomatoes, peeled, seeded and sliced.

Heat the pan, put in the onion, and cook for 3-4 minutes, add tomatoes, the garlic and enough of the chopped herbs (about a good teaspoonful) to flavour well.

After 2-3 minutes cooking over a fairly brisk fire, add the olives, a good seasoning of pepper and salt if necessary. Boil up and turn into a flat fireproof dish for serving.

FILLETS OF MACKEREL WITH TOMATOES

Resembles sole Meunière but with a sharper 'sauce' made with vinegar and chopped mushroom and onion. Garnish of sautéed tomatoes.

2-3 mackerel, filleted; seasoned flour; oil, onion, chopped; 1-2 oz. mushrooms, washed and chopped; 1 clove garlic, chopped; vinegar; 1 teaspoonful chopped parsley; ½ to ¾ lb. tomatoes, cut in slices and fried quickly.

Do not skin fillets. Wash and dry thoroughly, roll in seasoned flour. Heat a frying pan, put in two tablespoonsful oil or dripping. When smoking put in fillets and fry until brown on both sides. Arrange in a hot dish. Keep hot. Pour off any fat and wipe pan. Re-heat, add a tablespoonful of oil and the onion; after a minute or two add mushrooms and garlic.

Cook gently 3-4 minutes, season, sprinkle well with vinegar and add parsley. Spoon at once over the fillets and surround with the tomatoes.

NOTE: These may be fried before the fish, kept hot, and the pan wiped out before heating the oil.

CUTLETS OF FISH PIEMONTAISE

Fish cutlets well browned and served round rice, cooked with onion and celery, and the whole garnished with tomatoes. The dish so-called because of a thick grained rice which comes from Piedmont.

*4 steaks halibut or turbot; 2 table-
spoonsful oil; 1 tablespoonful butter or
margarine; 1 teaspoonful mixed
chopped herbs, thyme, basil and
parsley; 1 clove of garlic, chopped
vegetable or light meat stock (a bouil-
lon cube will do); 6 oz. rice, thick
grained; 1 sliced onion; 1 stalk celery,
sliced; a nut of butter for finishing and
6 thick slices of tomato.*

Flour steaks and brown quickly all over in the hot oil and butter. Lift out and arrange carefully round a large fire-proof dish.

Sprinkle over the herbs and garlic and plenty of seasoning. Moisten with $\frac{1}{4}$ cup of the stock and put into a slow to moderate oven, Reg. 4, 360 degrees F. for 12-15 minutes.

Bring about 2 pints of the stock to the boil, add the washed rice and the onion and celery. Boil till just tender, about 12 minutes. Drain well (reserve stock for a soup or sauce).

Now fry the sliced tomato quickly in the remaining oil and butter that the fish was fried in. Remove dish from oven, stir a nut of butter into the rice with a fork, and pile up in the middle of the fish. Arrange boiled potatoes round fish.

Sprinkle the whole dish with some more chopped herbs if wished. Serve very hot.

FILLETS OF SOLE MEUNIÈRE

A classic way of cooking this fish.



Cutlets of Fish Piemontaise served with rice

*1-1½ lb. sole, filleted; seasoned flour;
2 oz. butter; 1 heaped teaspoonful
chopped parsley and a pinch of chopped
mixed herbs; salt and pepper; the juice
of half a lemon.*

Skin, wash and dry fillets thoroughly. Roll in the flour, shake to remove any surplus. Heat a frying pan, drop in a scant half of the butter. While still foaming lay in the fillets, skinned side uppermost. Cook fairly quickly until nicely brown, then turn and brown on the other side. Do not over cook.

Lift out straight into the serving dish, wipe out pan, re-heat, drop in remaining butter and when a light nut-brown quickly add the parsley, herbs, seasoning and lemon juice. While the mixture is still bubbling pour over the fish and serve at once.

If using for a main course the dish may be garnished with tomatoes, mushrooms, etc.

SKATE WITH 'BLACK' BUTTER (au beurre noir)

An excellent way of cooking skate.
1½ to 2 lb. skate; 'court-bouillon'



Skate served with 'Black' Butter

(See page 9), or water acidulated with vinegar. For the 'beurre-noir': 2 oz. butter; 2-3 tablespoonsful vinegar; 1-2 tablespoonsful chopped capers; 1 dessertspoonful chopped parsley; boiled potatoes.

Cut the skate into fairly large pieces, poach in the 'court-bouillon' 15-20 minutes. Drain and arrange on a hot dish. Heat a frying pan, drop in the butter and when a good nut brown quickly add vinegar, capers, parsley.

While still bubbling, pour over the fish. Arrange plainly boiled potatoes at each end of dish.

* * *

SPICED FISH

Haddock or other firm white fish is suitable for this dish. The fillets or pieces are marinated after frying in a spicy sauce, made from lemon juice, tomato ketchup and herbs. Serve hot or cold with boiled rice.

1½-2 lb. haddock fillet; 3-4 table-
spoonsful oil; 4-6 oz. plainly boiled
rice.

SAUCE. 4 large table-
spoonsful

tomato ketchup or home-made tomato sauce; 2 table-
spoonsful cider or wine or
mild vinegar; 2 cloves garlic, chopped
and crushed to a cream with a level tea-
spoon salt; a good pinch each of
ground black pepper, all spice (Jamaican
pepper) and coriander; a pinch of
saffron soaked in 1-2 table-
spoonsful
boiling water for ½ hour; 1 dessert-
spoonful finely chopped parsley; 1 tea-
spoonful chopped mint; 1 teaspoonful
sugar; grated rind of ½ a lemon; a
squeeze of lemon juice.

Divide the fish into portions, wash
and dry thoroughly. Roll in seasoned
flour and fry at once in smoking hot oil
until well browned on both sides; lift
out, drain and put into a fireproof dish.
Mix ingredients for sauce together.

Taste and adjust seasoning, adding a
little more sugar if necessary. Bring up
to boiling point, then pour over the fish.
Leave to soak for some hours, then re-
heat or serve cold, with boiled rice.

* * *

FISH CROQUETTES

Cooked haddock bound with a
Bechamel sauce, shaped, crumbed and
fried in deep fat. Brown and crisp on
outside, soft and creamy inside.

8 oz. cooked flaked haddock.

BECHAMEL SAUCE. 1½ gills
milk; 1 slice onion; blade of mace; 1
bayleaf; 1½ oz. butter; 1½ oz. flour; 1
yolk; beaten egg and dried white
crumbs for coating; deep fat for frying.

First prepare sauce. Infuse onion,
mace and bayleaf in milk to flavour
well. Strain off and set aside. Melt butter
in the pan, add the flour and pour on
the milk. Stir until boiling, draw aside,
cool, add seasoning and the yolk.

Put the fish into a bowl and beat and

crush well. Work in the sauce by degrees. Leave until set and cold (overnight if possible). Shape into croquettes on a floured board, brush with beaten egg and roll in the crumbs.

Fry in smoking hot fat until brown.

* * *

FRIED FILLETS OF PLAICE

5-6 fillets of plaice; seasoned flour; 1 egg beaten with a pinch of salt and a tablespoonful of milk; dry white crumbs; deep or shallow fat; fried parsley and lemon quarters to garnish.

Skin fillets, wash and dry thoroughly. Roll each in the flour and shake well before drawing through the egg mixture. Brush off any surplus and put into the crumbs spread out on a sheet of paper. Hold the sides of the paper and shake and toss the fillet to ensure that it is well covered with crumbs. Put on to a plate or rack until all are done.

Heat fat bath, when smoking drop in the fillets carefully, fry until golden brown, lift out with a slice and drain. Put a large handful of perfectly dry parsley picked from its stalks into the frying basket, plunge into the fat and fry 1-2 minutes.

Dish fish, scatter over the parsley and surround with the lemon quarters.

A sauce may accompany if wished.

* * *

HADDOCK MOUSSE

Cold mousse of smoked haddock, served either in the dish, or turned out and garnished with sliced tomatoes and cucumber in place of aspic. In this case mix the eggs, coarsely chopped with the fish.

$\frac{1}{2}$ lb. smoked haddock, weighed when cooked, skinned and flaked; $\frac{1}{2}$ pint mayonnaise; $\frac{1}{2}$ gill cream, partially whipped; $\frac{1}{2}$ teaspoon gelatine; $\frac{1}{4}$ gill



Crumbed Fish Croquettes fried in deep fat

aspic; 2 hard boiled eggs; aspic jelly to finish and garnish.

Have ready the fish cooked and cold. Dissolve the gelatine in the aspic and mayonnaise, fold in the cream and lastly the fish. Turn into a soufflé dish to three parts fill.

Leave to set, then decorate the top with sliced hard boiled eggs. Fill to the top with aspic jelly just on the point of setting.

NOTE: Evaporated milk may be used in place of cream. If jelly is omitted use a teaspoonful gelatine and $\frac{1}{4}$ gill water or light stock.

* * *

CUTLETS OF COD DIMITRI

4 cod steaks or cutlets; $\frac{1}{2}$ gill white wine or water; squeeze of lemon juice; peppercorns, bayleaf and sliced onion.

FOR THE SAUCE: 1 oz. butter; good $\frac{1}{2}$ oz. butter; $1\frac{1}{2}$ gills milk; $\frac{1}{2}$ gill very strong fish stock made from the liquor from the fish.

GARNISH: Anchovy fillets and



Cutlets of Cod Dimitri with anchovies potatoes tossed in butter and chopped parsley.

Trim fish, wash and dry. Place in a buttered fireproof dish, just cover with a mixture of white wine and water and lay slices of onion round, 5-6 peppercorns and $\frac{1}{2}$ bayleaf. Cover with buttered paper and poach in a slow oven 20 minutes. Meantime soak anchovies to remove excess salt and divide fillets in two lengthways.

Prepare potatoes by cutting in quarters after peeling, and trim off the sharp edges, or use small whole new potatoes. Boil gently for 7-10 minutes, drain, toss well in butter, and if not completely tender cover and continue cooking for a few minutes. Finish with plenty of chopped parsley and a squeeze of lemon juice.

Strain off liquor from fish and reduce to just over two tablespoons. Melt a good half of the butter in a saucepan, add flour off the fire and the milk. Return to fire, stir until thickening, stir in stock, reduce to a coating consistency.

Adjust seasoning and add the remaining butter, off the fire. Dish the fish on a hot dish, carefully remove skin and bone them, spoon over sauce, arrange anchovy fillets crossways on top and put the potatoes round.

BAKED STUFFED HADDOCK

Roasted with bacon fat, with herb and lemon stuffing, and served with a brown mushroom gravy. Makes a very good main course.

2½-3 lb. haddock ; bacon fat.

STUFFING: 5-6 large tablespoonsful fresh white breadcrumbs ; 1 table-spoonful chopped onion ; 1 oz. butter or margarine ; 1 tablespoonful chopped parsley ; 1 good teaspoonful chopped thyme or marjoram ; grated rind and juice of half a lemon ; 1 large egg ; salt and pepper.

GRAVY: 2 oz. mushrooms ; 1 table-spoonful flour ; about 1½ cups of 'court-bouillon' or vegetable stock ; a squeeze of lemon juice.

Ask the fishmonger to prepare the fish for baking, i.e. to curl it, and fasten the tail in its mouth. Then wash and dry it thoroughly. Put the crumbs into a bowl, soften the onion in the butter without colouring, then add to the crumbs with the herbs, lemon rind and juice. Season well and bind with the beaten egg. The mixture should be lightly moist, but not too wet. Fill this into the haddock and sew up the opening or skewer securely.

Heat 3-4 tablespoonsful bacon fat or dripping in a roasting tin, put in the fish, baste, then cook in a moderately hot oven, Reg. 5-6, 380-400 degrees F. for about 40-45 minutes, basting occasionally. Lift on to the serving dish.

Pour off the fat, leaving a tablespoon-

ful in the tin. Have ready the mushrooms chopped, well washed first, but neither peeled nor stalked. Add them to the pan, cook a minute or two, stirring constantly then add the flour and after a few minutes the stock. Bring to the boil, season and cook rapidly 2-3 minutes.

Now pour a little round the haddock. Serve the remaining gravy separately with plainly boiled potatoes.

BOILED COD WITH EGG, SHRIMP OR OYSTER SAUCE

At one time this dish was considered a delicacy and always appeared on the

LEFT

Delicious boiled cod with a separate egg, oyster or shrimp sauce with 'court bouillon'

CENTRE

Garlic flavoured Cod 'Provencale' (recipe page 3). Served in tomato stew with olives

RIGHT

Creamed fish with Bechamel Sauce and lemon is an adaptation of a Tunisian recipe — a change from the usual fish pie



table at the beginning of the season. Now owing to modern methods of refrigeration good cod is available all the year round.

2-2½ lb. steak of cod.

'COURT-BOUILLON' or special stock for boiling fish: *3 pints water; 2 sliced carrots; 1 onion stuck with a clove; a stalk of celery; 3-4 parsley stalks; 2 sprigs thyme and a bayleaf tied together; 5-6 peppercorns; a teaspoonful salt; 2 tablespoonsful vinegar.*

Prepare stock by putting all the ingredients together into a pan. Cover and simmer 25-30 minutes. Cool slightly

before putting in the fish tied in a piece of muslin. If more convenient the stock may be strained before doing so.

Bring up to the boil, then poach or simmer very gently 20-30 minutes with the lid on the pan. Lift out fish carefully, drain, untie muslin and dish on a napkin. Garnish with parsley or fennel. Serve the appropriate sauce separately.

Strain stock. Reserve for future use.

EGG SAUCE: *Scant ¼ pint milk; a slice of onion; blade of mace; 4 or 5 peppercorns; ½ a bayleaf for flavouring; 1 oz. butter; ¾ oz. flour; 2-3 hard-boiled eggs.*

Infuse the flavourings in the milk 5-7 minutes, strain off into a jug. Melt butter, add flour off the fire, mix and pour on the milk. Blend together well, replace on heat and stir continually until sauce boils. Leave to simmer 4-5



minutes, then season and add the eggs coarsely chopped.

FOR SHRIMP SAUCE: Add a packet of frozen shrimps to the sauce in place of the eggs.

FOR AN OYSTER SAUCE: Use the strained 'court-bouillon' in place of milk. Finish with a spoonful of cream and 6-8 sauce oysters.

* * *

CREAMED FISH WITH LEMON

1½-2 lb. cod fillet; 1 small lemon; ½ oz. butter; pepper, salt, pinch of ground mace or nutmeg; 1 dessertspoonful chopped parsley; 1-2 tablespoonsful capers; 1 oz. grated cheese.

BECHAMEL SAUCE: *½ pint milk; a slice of onion and carrot; ½ bayleaf; a sprig of thyme; 2-3 parsley stalks and 3-4 peppercorns; 1½ oz. butter; 1½ oz. (scant weight) flour.*

Cook the fish in the oven with very little liquid. Drain well, then free from skin and put into a bowl. Boil the lemon, in its skin in water, for about 20-30 minutes adding a pinch of bi-carbonate of soda. Meantime prepare sauce. Put vegetables, herbs and peppercorns into the milk. Cover pan and infuse on gentle heat till milk is well flavoured. Strain and cool slightly. Make the roux in the pan, pour on the milk and stir until boiling. Beat this sauce by degrees into the fish, adding the ½ oz. of butter in small pieces, the seasoning and spice. Finish with the parsley and capers (these may be coarsely chopped if wished).

Spread the mixture out in a buttered fire-proof flat dish or plate not more than 1½ inches thick. Drain lemon and cut into thin rounds, using a serrated knife. Cut these rounds in half and lay



Tunisian Fish Flan, a savoury

over the surface of the fish. Scatter over the grated cheese. Put to brown in a moderate to hot oven, Reg. 5, approximately 380 degrees F., about 20 minutes.

The dish should be well crisp brown.

* * *

TUNISIAN FISH FLAN

3 tomatoes; ¼ cupful finely sliced onions; 1 tablespoonful butter; 1 dessertspoonful flour; 1 teacupful milk; 2 eggs; salt, pepper and grated nutmeg; grated cheese; 1 cupful flaked cooked fish; fresh or smoked cod, haddock, salmon; flaky or short crust pastry.

Roll out pastry and line into a plain or fluted flan ring. Bake it 'blind' to form a case. Meantime scald and skin tomatoes, cut in half, pip and set on one side. Soften the onions in the butter, mix in the flour and add the milk. Stir until boiling, draw aside add seasoning and the beaten eggs.

When the flan is cooked, remove the



dish. Good hot or cold

ring and the paper and rice, which has kept the shape. Arrange the tomatoes and fish on the bottom. Season very well and pour in the sauce. Fill to the top. Scatter over the grated cheese and bake in a moderate oven, Reg. 5, 380 degrees F., until well set, and a golden brown, about 30-40 minutes.

NOTE: This quantity of filling is enough for a 7 inch flan ring. The amount of pastry required is 6 oz. flour and other ingredients in proportion.

FILLETS OF SOLE MORNAY

Poached fillets sprinkled with cooked sliced mushrooms, and coated with a Mornay (cheese) sauce.

1-1½ lb. sole filleted; 1 slice onion; 6 peppercorns; 1 bayleaf; ¼ gill water; 1 oz. butter; scant 1 oz. flour; ½ pint milk; 1 oz. finely grated cheese; 2 oz. mushrooms.

Skin, wash and dry the fillets and fold the ends under neatly. Lay in a fireproof dish with the onion, peppercorns, bay-

leaf and water and poach in the oven for 10-12 minutes. Melt the butter, remove the pan from the heat and blend in the flour and the milk. Add salt and pepper and, stirring continually, return to the fire and bring slowly to the boil. Strain liquid from fish, add to sauce and continue cooking for 2-3 minutes.

Arrange the fish on a clean hot dish and spoon over the mushrooms, previously sliced and cooked in a nut of butter and a squeeze of lemon juice for 2-3 minutes in a covered pan. Remove the sauce from the stove and beat in the cheese a little at a time. Adjust the seasoning. Coat the fish with the sauce, sprinkle with a little extra grated cheese and brown lightly under the grill or in the oven.

* * *

ORLYS OF WHITING

These are strips of whiting dipped in batter and fried until crisp. Serve with a tomato sauce, or either of the sauces given with the boiled cod.

2-3 filleted whiting according to size; seasoned flour; deep fat.

FRITTER BATTER: *6 tablespoonsful plain flour; piece of yeast the size of a large hazel nut; salt, pepper; warm water.*

Sieve flour into a bowl, dissolve yeast in about ¼ cupful of warm water. Stir into the flour, add more water to make a thick cream. Season and stand in a warm place 20-30 minutes.

Meantime, wash and dry the fillets thoroughly. Cut each into the strips lengthwise, and roll in seasoned flour.

Heat fat until a blue haze rises from the surface. Drop the pieces of fish into the batter, one at a time, and turn over with a fork to coat them completely. Lift out each piece and drop carefully

into the fat bath. Fry until a golden brown, lift out, drain and serve very hot.

* * *

KEDGEREE

May be made with smoked or plain fish.

1-2 oz. butter ; 8 oz. cooked, flaked, smoked haddock ; 6 oz. boiled rice, well dried ; 2 hard-boiled eggs ; 1 raw egg and 2-3 tablespoonsful cream or creamy milk.

Melt two-thirds of the butter in a pan, put in the fish and shake over the fire until thoroughly hot. Add the rice, and hard boiled eggs coarsely chopped and seasoning.

Shake and stir over the heat with a fork for a few minutes. Add the raw beaten egg and enough cream or milk to moisten nicely. Re-heat, stirring occasionally and turn out.

* * *

COD FLAMANDE

Cod cutlets or pieces of cod fillet cooked in the oven with slices of lemon and onions, well moistened with cider and vinegar. Can be served hot or cold.

4 cod steaks or cod fillet cut into 4-5 portions ; 2 large onions ; 1 lemon ; 2-3 sprays of parsley ; about ¼ pint cider ; 2-3 tablespoonsful vinegar ; salt and pepper (freshly ground if available) ; chopped parsley.

Trim, wash and dry fish. If using fillet, skin before dividing into portions and bone and skin steaks if wished. Set aside. Slice onions thinly, put into a pan, cover with cold water, bring to the boil, then drain ; turn the onions into a bowl, grate over the rind of the lemon, then with a sharp or serrated edged knife cut away all the pith.

Cut the lemon into four, then slice



Cod Flamande cooked in cider and vinegar

each quarter thinly. Add to the bowl. Pick the leaves from the parsley sprays, and add with the stalks, chopped, or snipped finely with the scissors. Mix well together with a fork.

Butter a fireproof dish. Spread half this mixture on the bottom, lay the pieces of fish on the top, and salt and pepper well. Cover with remaining mixture and season again. Mix the cider and vinegar together to taste, the mixture should be pleasantly sharp, and pour into the dish. The liquid should come about two thirds up the side of the contents of the dish.

Cover with buttered paper, and put into a moderate oven, Reg. 4, 350-360 degrees for 45-50 minutes. Remove paper, dust well with chopped parsley and serve hot or cold.

* * *

INDIAN FISH

Cod cut and fried in oil with chunks of potato, then put into a sauce made



Fillets of Sole Mornay with mushrooms

of onions and flavoured with ginger.

1½ lb. cod in the piece; ¼ lb. potatoes, weighed when peeled; oil for frying; 4 medium sized onions, chopped; a small teaspoonful freshly grated root ginger, or a good pinch of ground ginger, and the same of curry powder; a level tablespoonful of flour.

Remove skin and bone from cod and cut into pieces the size of a walnut. Set aside and make a small quantity of stock, about ¼ pint from the bone and trimmings with vegetables to flavour. Cook 15-20 minutes, strain and set aside. Roll pieces of cod in seasoned flour, fry quickly in smoking hot oil until brown and crisp. Drain and put into a deep dish or casserole. Have ready the potatoes cut in the same sized pieces, or if small new ones, quarter them. Fry in the same way, and add to the fish. Set aside.

Cook the onions in water to cover until tender, then drain and return to pan, or if preferred soften in oil or

butter without browning. Add the ginger, curry powder and flour, moisten with ¼ pint of the prepared stock, bring to the boil, simmer gently 5-6 minutes, adding seasoning. Pour carefully over fish and potatoes, cover, cook gently in oven. Reg. 4, 20-30 minutes.

This dish is improved in flavour if made a little time before it is wanted. The final cooking in the oven may then be carried out before serving.

The 'court-bouillon' or stock mentioned in the recipe on page 9 may be used in place of making fish stock above.

* * *

FISH CREAMS MARGOT

¼ lb. cutlet of cod:

BECHAMEL SAUCE: *1½ gills milk; 1 slice onion; blade of mace; 3-4 peppercorns; 1 oz. butter; 1 oz. flour; 1 egg; 1 yolk.*

SAUCE: *½ pint fish stock; ½ gill rich milk; 1 oz. butter; 1 oz. flour; tablespoonful of cream; tablespoonful 'picked' shrimps.*

First prepare the Béchamel sauce, as in recipe for croquettes and allow to cool. Skin and bone fish and mince it twice. Add the Béchamel sauce, beating well, add egg and yolk and season to taste.

Butter some small moulds, put a round or slice of cooked mushrooms on bottom of each and fill with the fish cream to the top. Cover each mould with a twist of buttered paper and cook gently for about 15 minutes in a moderate oven, standing them in a tin of hot water.

With the skin and bones of the fish prepare a good stock, flavoured with vegetables, herbs and a squeeze of lemon juice. Strain. Melt the butter, add the flour away from the fire, stir until smooth and then blend in the stock. Stir

until thickening over a gentle heat, then add the milk and bring to the boil. Simmer about 5 minutes, add the cream and shrimps and adjust the seasoning.

Turn out the fish creams, and spoon over the sauce.

* * *

HERRINGS WITH MUSTARD

¼ lb. onions; ½ pint water; ½ oz. flour; 4 herrings; 2 oz. butter; 1 oz. grated cheese; 1 large teaspoonful French mustard.

Slice onions finely. Melt 1½ oz. of the butter in a stewpan, put in the onions, cover and simmer until soft. Have the

herrings split and boned, lay them in a buttered dish, season well with salt and freshly ground black pepper, cover with a piece of buttered paper and cook in the oven 15-20 minutes.

Melt the remaining butter in a saucepan, add the flour off the fire, with the mustard, seasoning, and a pinch of sugar. Pour on the water, stir until boiling, simmer 4-5 minutes, add the milk and half the cheese off the fire.

Take the herrings from the oven, remove the paper and scatter the onions over the dish. Spoon over the sauce, sprinkle with the rest of the cheese and glaze under the grill.

PRINCIPAL WAYS OF COOKING FISH

BOILING

This term is applied to cooking whole or large pieces of fish but is misleading as no fish should really be allowed to boil. Barely simmering or poaching (see below) is the correct temperature. 'Boiled' fish, however, is a traditional English dish; cod, skate, turbot or halibut and salmon are the most suitable. They should be accompanied by an appropriate sauce, egg, shrimp, oyster or parsley sauce for cod and turbot; Hollandaise, shrimp or green sauce for salmon. Skate is best served with a butter sauce.

When cooking a thick steak or piece of fish one should make a special stock or 'court-bouillon'; this adds flavour and keeps the colour of the fish. This stock should not be thrown away after use, but strained and kept in a cool place. It will keep several days, and may be used again for poaching or as a basis for a soup or sauce. Times of cooking

are approximately the same as for poaching small whole fish. Allow approximately 12 minutes per lb. for a thick steak of fish.

* * *

POACHING

The term poaching means cooking in liquid just below boiling point. This may be carried out either on top of the stove or in the oven according to the type of fish being cooked and the dish for which it is intended. For example fillets of fish are invariably poached in the oven as the liquor provides the basis for a good sauce to finish the dish.

When poaching fillets always skin them and fold each end underneath. Have the side that came nearest the bone uppermost as this is whiter in appearance.

Sprinkle fish with salt, but do not

pepper as this discolours it. Add instead 5-6 peppercorns to the poaching liquid.

The amount of liquid is usually given in a recipe, and should be just enough barely to cover. Certain fish, cod and haddock, for example, need less liquid than sole or plaice.

The liquid may be water with a few drops of lemon juice, cider and water, or white wine and water. Proportions are a wineglassful ($\frac{1}{3}$ gill) of cider or wine to $\frac{1}{2}$ gill of water.

All poaching should be done in a very moderate oven, Reg. 4 or 350 degrees F.

APPROXIMATE TIMES

FILLETS Haddock, plaice, sole 10-15 minutes.
Cod, hake, etc. 15-20 minutes.

SMALL WHOLE FISH
Whiting, haddock, 25-35 minutes,
sole, trout, etc. according to size.

Fillets or steaks when cooked will be white in appearance, and firm to the touch. If the backbone in a cutlet can be easily removed it is a sure indication the fish is done.

All fish to be poached should be first washed and dried (see frying).

* * *

FRYING

For most fried foods a deep fat bath is the simplest and most economical provided care is taken to have fat at correct temperature and to keep it well strained and clean.

Here are a few simple rules:—

1. Fats to use:
Vegetable oils. Lard.
Fats such as Spry. Clarified dripping.
2. Have a proper pan and basket. Fill it approximately two-thirds full with the chosen fat.
3. Heat when everything is prepared

and the food ready to be fried, not before. A light blue haze should rise from the surface when frying fish coated with crumbs or batter. For food already cooked, i.e. fish cakes, a stronger haze is desirable.

4. If using the frying basket, dip first into the liquid fat.
5. Drain fried food on a rack or on crumpled kitchen paper before dishing. Avoid covering or keeping it warm in the oven with the door closed; it will lose its crispness at once. If it has to be kept for a time it is better to leave it out on a rack to cool and when wanted put into a hot oven for 5 minutes.
6. Allow fat to cool and then strain through a muslin placed in a strainer. Store in a cool place.
7. Avoid over-heating. After frying it is some times necessary to put in a crust of bread to prevent this.

All food to be fried must have a coating of some kind; such as flour, batter, egg and dry white crumbs.

It is convenient to have a jar of these crumbs in the kitchen ready for use. To prepare, rub stale white bread through a sieve. Lay the crumbs on paper and put in a warm place, the stove rack for example, for a day or two until perfectly dry, then store in an airtight jar.

These give a much better coating both in flavour, colour and texture than the browned bread raspings.

It is most important that all fish to be coated should be thoroughly dried in a cloth. This ensures that when the piece is rolled in flour a light film adheres instead of a sticky mass; this is especially important when frying in shallow fat. The cloth should be kept specially for the purpose.

