

1931

## Simple Fish Dishes

The Sea Fisheries Association of Saorstát Éireann limited

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### Recommended Citation

The Sea Fisheries Association of Saorstát Éireann limited, "Simple Fish Dishes" (1931). *Cookery Books*. 73.

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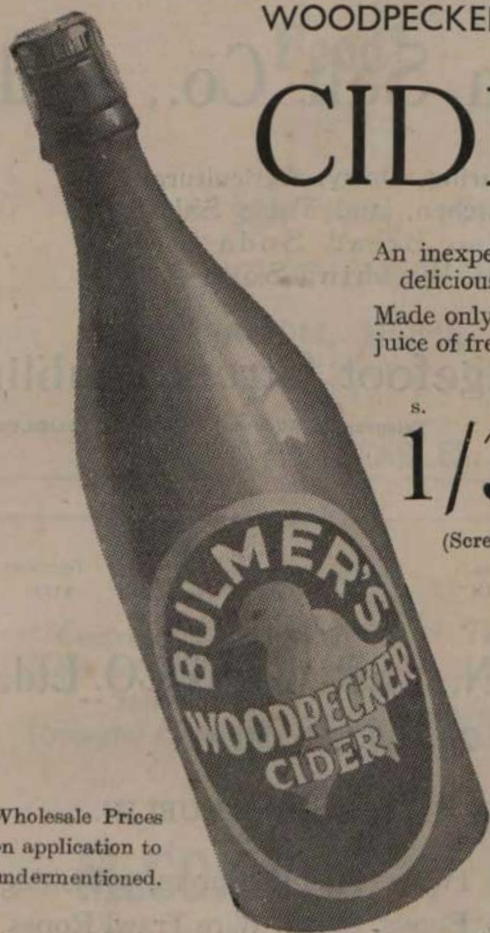
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#### Carrageen Fish Pudding.

Line pie-dish with breadcrumbs. Remove bone from 3 thinly sliced cutlets of cod, hake or any white fish and place on breadcrumbs. Add small piece of margarine or butter, pepper, salt and mustard to taste. Soak  $\frac{1}{2}$  breakfast cup of Carrageen for 10 minutes in water, drain and remove stems. Place in saucepan with one pint of milk and a little water. Boil slowly for 20 minutes. Beat in one egg and pour over fish. Bake for 30 minutes (or steam in basin for one hour). Serve with Carrageen fish sauce.

#### Carrageen Fish Sauce.

Soak 1 breakfast cup of Carrageen in water for 10 minutes. Drain and cut off stems. Add with salt to one pint of milk or white stock. Bring to boil and simmer slowly for 15 minutes. Add 1 oz. butter and serve hot or cold.

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# SIMPLE FISH RECIPES

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