Fish

ROAST OYSTERS

Arrange the oysters on the half-shell in a pan of coarse salt. Squeeze a little lemon-juice over each. Sprinkle with very little fine buttered bread-crumbs and place on each oyster bits of butter the size of a pea. Put under the grill until lightly browned. The flame must be over the oysters and care taken that they are not over-cooked.

A. A. B., Chef, Mount Royal Club.

RAIE AU BEURRE NOIR

Boil a piece of skate slowly in well salted water. When done, remove the skin and sprinkle with some blanched, that is, parboiled, capers. Pour over the fish a good quantity of butter which has been well browned in a frying pan; then a little boiling vinegar. Shake the platter once to mix the sauce together.

It may not commonly be known that the skate, so neglected in this country, takes very well the place of the delectable raie of Europe.

H. S., Chef, Ritz-Carlton Hotel.
SALMON TIDNISH
(Canadian)

Scrape the fish and wash it. Rub in a tablespoon of salt; place the fish in a baking pan and score it across 4 or 5 times. Mix 1 cup of fine bread-crumbs, a dessert-spoon of minced parsley, 1/8 teaspoon of whole black pepper ground, 2 dessert spoons of salt, milk to moisten well, rub over the fish, and put good-sized lumps of butter in the gashes. Cover the bottom of the pan with milk and put in a rather hot oven, basting every 10 or 15 minutes with the milk, which must be renewed in the pan often. When cooked lift from the pan onto a tin sheet, then slide carefully into the dish on which it is to be served; garnish with lemon and hard-boiled eggs, the gravy in the pan served with it. A piece of halibut may be cooked in the same manner.

AUBERGINE AUX CREVETTES

Scoop out one egg-plant, leaving shell about half an inch thick; parboil this and the shell for ten minutes. Chop the pulp and season with salt and pepper. Cut up an onion, brown in 1/4 cup of butter, add one cup of chopped, cooked, shrimp meat, fry for five minutes, then add the chopped egg-plant; cook all together for ten minutes more.
Add 1 egg and ½ cup of bread-crumbs, fill shell with the mixture, cover with bread-crumbs, dot with butter, and brown in the oven.

**LOBSTER BEAUGENCY**

(St. James’s Club specialty)

Boil a medium-sized lobster for 20 minutes; when cool, split in two. Remove flesh from shells and cut in dice. Fry in butter, add a glass of sherry. Add 2 tablespoonsful of cream sauce and ½ pint of cream, let it boil slowly for 10 minutes; in the meantime have 2 yolks of eggs, a few spoonful of cream, an ounce of butter, mix slowly with the lobster and season to taste. Fill shells to the brim with this preparation and bake in oven.

**SCALLOPS EN BROCHETTE**

Alternate scallops and thin slices of bacon on skewers; place upright on the rack in the oven; bake until the scallops are well browned. Served on slices of buttered toast.

**FILET OF SOLE FLORENTINE**

After removing the skin put the fish in a plate with a slice of onion, a little parsley, and a spoonful of butter, ½ cup of white wine, salt, pepper, and
cook for 10 minutes slowly; when cooked remove the fish, take a long porcelain dish in which you lay some boiled spinach fried a minute in butter with a suspicion of minced onion. Put the fish on top of this spinach, add the juice of the fish in the plate to a good white sauce, a spoonful of grated cheese, a pinch of cayenne, and cover the fish with this sauce, put in oven, brown nicely and serve in the same dish.

Any fine white fish may be similarly treated.

**SALMON TERIYAKI**

*(Japanese)*

Mix well together \( \frac{1}{2} \) cup of Japanese Shoyu, and 1 tablespoonful of Mirin; put a salmon on the grill, and when nearly done spread the sauce on the salmon with a brush freely, then put back on the grill and cook until it browns. When that side is done, cook the other side the same way.

**Note.**—Japanese Shoyu is made of wheat and beans; it may be obtained in New York or in any city where there is a large Japanese Colony. Mirin is cooking wine. These are most important ingredients for Japanese cooking. Chinese sauce may be used instead of Shoyu which may be obtained at any Chinese restaurant. Sauterne may be used instead of Mirin in which case add 1 teaspoonful of sugar.
FILET OF SOLE MARGUERY

Poach the filet of sole or flounder in fish stock; pour over the dish a rich white wine sauce garnished with shrimps and mussels and glaze in a very hot oven.

CODFISH WITH GREEN PEPPERS

(Italian)

Remove the skin and bones from one-half pound of salted codfish which has been soaked. Cut the codfish into small squares. Then dip it again into fresh water, and put the squares onto a napkin to dry. The fish may either be left as it is, or, before proceeding, you may roll it in flour and fry it in lard or oil.

Then take two good-sized green peppers, roast them on top of the stove, remove the skins and seeds, wash them, dry them, and cut them in narrow strips. When this is done put three generous tablespoons of olive-oil into a saucepan with one onion cut up, and fry the onion over a slow fire. Take two big tomatoes, skin them, remove the seeds and hard parts, and cut them into small pieces. When the onion has taken a good colour, add the tomatoes, then add the peppers and a little salt and pepper. If the sauce is too thick, add a little water. When the peppers are half cooked,
add some chopped-up parsley and the codfish. Cover up the saucepan and let it simmer until the fish is cooked.

**HERRING ROES, BAKED**

*(Manx)*

Eight fresh soft roes, 3 tablespoonsful of thick brown sauce, 1 tablespoonful of lemon-juice, a few drops of anchovy essence, 1½ ozs. of butter, 4 coarsely chopped button mushrooms, 1 very finely chopped shallot, ½ a teaspoonful of finely chopped parsley, lightly browned breadcrumbs, 8 round or oval china or paper soufflé cases.

Brush the inside of the cases with clarified butter. Heat 1 oz. of butter in a small stew-pan, put in the mushrooms, shallot, and parsley, fry lightly, then drain off the butter into a sauté pan. Add the brown sauce, lemon-juice, and anchovy essence to the mushrooms, etc., season to taste, and when hot pour a small teaspoonful into each paper case. Re-heat the butter in the sauté pan, toss the roes gently over the fire until lightly browned, then place one in each case, and cover them with the remainder of the sauce. Add a thin layer of bread-crumbs, on the top place 2 or 3 morsels of butter, and bake in a quick oven for 6 or 7 minutes. Serve as hot as possible.
CREAMED FISH

One and a half cups of flaked halibut, or any cold boiled fish. 2 cups milk, \( \frac{1}{4} \) cup butter, 1 tablespoon of flour, bit of bayleaf, dash of mace, sprig of parsley, 1 small onion, \( \frac{1}{2} \) cup of buttered bread-crumbs, salt, pepper, 1 tablespoon of sherry.

Scald the milk with the onion, bay-leaf, mace, and parsley; remove the seasonings, melt the butter, add the flour, salt, pepper, and gradually the milk. Put the fish in a deep buttered dish (or in individual dishes). Pour over it the sauce and cover with the buttered crumbs. Just before taking from the oven make an opening in the crust of crumbs and put in a tablespoon of sherry.

MOUSSELINE OF FISH

One lb. of raw halibut chopped very finely (any firm white fish can be used).

Mix the whites of 4 eggs beaten stiff, 1 cup of bread-crumbs, very fine, 1 cup of cream, \( \frac{1}{4} \) lb. of almonds cut in fine strips, a pinch of mace, a little bit of onion juice or, if preferred, \( \frac{1}{4} \) teaspoonful of lemon-juice, salt and pepper. Steam in a mould or bake in a pan of water or in individual moulds for three-quarters of an hour. Serve with a rich cream, or mushroom, or lobster sauce.
This is good cold in summer with a cucumber sauce or light mayonnaise.

**HADDOCK MOBILE**

Bone a good sized haddock and cut in pieces 4 inches square, place them side by side in a deep buttered pan, add salt and pepper; arrange 1 lb. of tomatoes, cut in thick slices, on the pieces of fish, cover with a thick layer of biscuit crumbs, put good sized lumps of butter at frequent intervals on the crumbs, baste it often with ¼ of a cup of butter in a cup of water. Serve with a thin tomato sauce.

**KEDGAREE**

Put 1 oz. of butter in a stew-pan; when melted, add 4 oz. of boiled rice (cold), stir for a minute, then add 8 or 10 oz. of cooked white fish which should be flaked and free from bones, then add any kind of fish sauce with the cut-up whites of 2 eggs hard boiled, and when quite hot, pile on a hot dish and sprinkle over it the 2 yolks of the eggs which have been passed through a sieve.

This is a good breakfast dish.

**PICKLED SALMON**

Salmon, ½ oz. of whole pepper, ½ oz. of whole allspice, 1 teaspoonful of salt, 2 bay-leaves, equal
quantities of vinegar and the liquor in which the fish was boiled.

After the fish comes from table and the bones have been removed, lay it in a deep dish. Boil the liquor and vinegar with the other ingredients for 10 minutes, let them stand to get cold, then pour them over the salmon, and in 12 hours it will be ready for use.