FISH

37. **Boiled Cod**.—Well wash the fish in salt and water, place it in hot water with a little vinegar or lemon juice and salt, simmer very slowly until cooked, skimming occasionally, and allowing 10 minutes to the pound and 10 minutes over. Drain well; serve on a hot dish and folded serviette, garnish with cut lemon and parsley and serve with oyster, anchovy or any suitable sauce.

4 lb. cod, salt, vinegar or little lemon juice, lemon and parsley

*(Enough for eight people)*

38. **Fish in Milk**.—Butter a pie-dish, place in a whiting (skinned) or any white fish, cover with milk and bake in a slow oven till the flesh will leave the bones. Place the fish on a hot dish, thicken the milk with a little flour, cook it thoroughly, add salt and pepper, pour over the fish and serve.

Fish (whiting, sole or any white fish), butter, little flour, salt and pepper, milk

39. **Fish Fried in Batter**.—Wash and dry the fillets in flour, place the flour in a basin, add salt, add the oil, then mix smoothly with the tepid water; beat it well, and if possible stand aside for some time; just before using add the beaten white of egg. Dip in each fillet, fry them in deep fat without using a basket. Drain well, garnish with fried parsley.

Fillets of whiting or plaice, 2 oz. flour, 1 tablespoonful oil or dissolved butter, 2 tablespoonfuls tepid water, white of 1 egg, salt and pepper

*(Enough for five or six people)*
40. **Fried Fillets of Plaice**.—Wash and thoroughly dry the fillets, dip them in flour seasoned with salt and pepper, beat up the egg, dip in the fillets, drain and roll them in the crumbs, shaking off any loose ones, fry a golden brown in hot fat, drain well, and serve garnished with lemon and parsley.

Fillets of plaice, a little flour, salt and pepper, egg and bread crumbs

(*Enough for three or four people*)

41. **Fried Sprats**.—Wipe the sprats in a cloth and roll them well in flour in which a little pepper and salt has been mixed and a few bread crumbs. When well rolled in this, fry them in hot lard, and dish them up with fried parsley. Send brown bread and butter and a lemon to table with them.

42. **Oyster Croquettes**.—Blanch and beard the oysters. Save the liquor in which they were blanched. Cut them in halves; take 2 oz. of butter, 2 oz. of flour, a bay leaf, and a little salt and pepper. Stir over the fire for 5 minutes, then add the liquor and sufficient milk to make it to a stiff paste; boil it over a slow fire, stirring all the time for 3 minutes. Add the oysters lightly, not breaking them, then spread out on a plate to cool. When cold, this mixture should be quite stiff. Have ready some puff paste, which should be rolled out in long strips about 3 inches wide. Put a spoonful of the mixture for each croquette, all down the paste, leaving a little space between each, then egg the paste and turn it over; cut it in a half-round. Any kind of fish croquette can be made this way. Egg and bread crumb them (or vermicelli can be used); fry in hot lard a nice golden brown; dish up in a napkin, decorated with fried parsley. Serve hot.
43. Cold Fish Soufflés.—For 6 small soufflé cases take \( \frac{1}{2} \) lb. of any kind of white fish which has been left. Remove it from skin and bones, add a tablespoonful of bread crumbs, a small teacupful of milk, the yolks of 2 eggs, and pepper and salt. Stir well together with a wooden spoon; whip the whites to a stiff froth, and add to the mixture lightly. Bake in a moderate oven for 20 minutes. Dish up on a dish paper and serve hot.

44. Scalloped Oysters.—Take 2 oz. of butter, 2 oz. of flour, a little salt and pepper, and sufficient milk to make it into a thick sauce. Take a dozen sauce oysters, beard them, cut them into halves, and add to the sauce 2 or 3 drops of lemon juice; butter the scallop shells, sprinkle them over with bread crumbs, fill the shells with the mixture, and then sprinkle brown bread crumbs over the top. Bake in a moderate oven for 5 or 10 minutes. Serve hot.

45. Cream of Cod (Hot).—Take 2 lb. of the tail of cod; take the fish from the bone and pound it into a mortar with \( \frac{1}{2} \) pint of béchamel sauce and 2 oz. of bread crumbs and 1 egg. Pass it through a wire sieve, then add the whites of 2 eggs whipped to a stiff froth; add a teacupful of whipped cream. Mix all these ingredients well together before putting in the whites of eggs. Have ready a well-buttered mould, and mix the whites slowly; place the mixture in the mould and steam for \( \frac{1}{2} \) hour. When done, turn out on a dish and serve with cardinal sauce, or Hollandaise sauce.

46. Scalloped Oysters.—Open the oysters, wash them in their own liquor, put them in a white-lined saucepan, strain the liquor over them, slowly heat but do not let them boil, take them out and remove their
beards, make the white sauce hot, put in the oysters, strain in the liquor, stand at the side of the fire for a few minutes. Butter some scallop shells, put some of the mixture in each, dividing the oysters equally, sprinkle over the bread crumbs, put on some small pieces of butter; bake in a moderate oven and serve hot.

2 doz. oysters, ½ pint white sauce, 1 oz. butter, bread crumbs
(Enough for six or seven people)

47. **Boiled Mackerel.**—Clean the mackerel. Let them lie in salt and water for an hour. Put them in a fish kettle with sufficient cold water to nearly cover them, also a handful of salt and a teacupful of vinegar. Bring to the boil, then let them simmer a few minutes until done; drain well. Dish them on a napkin, serve hot with fennel or brown caper sauce.

48. **Fried Fillets of Haddock.**—Fillet a haddock, cut it into small fillets, and sprinkle pepper and salt over it, and dip it in egg and bread crumbs; fry in hot lard, drain the fish, and dish up on a napkin with fried parsley, anchovy, or cardinal sauce.

49. **Fried Fillets of Sole or Plaice.**—Fillet 2 nice soles, not too large, and double the fillets, flour them over, dip them in egg in which has been put a little salt and pepper, then into bread crumbs; fry a nice golden colour. When drained from fat, dish them on a napkin. Serve with fried parsley around and maître d'hôtel butter. Lift the sole and place a pat of the butter in.

50. **Fish Cakes.**—Remove all bones and skin, flake the fish finely, mash the potatoes, mix them together, add the butter and flavourings, form in small cakes,
using a little flour; coat with egg and bread crumbs, fry in hot fat, garnish with fried parsley.

\[ \frac{1}{2} \text{ lb. each of cold fish and potatoes, } \frac{1}{2} \text{ teaspoonful anchovy, } \frac{1}{2} \text{ teaspoonful chopped parsley, little butter, salt and pepper, egg and bread crumbs} \]

(Enough for ten or twelve cakes)

51. **AN ECONOMICAL FISH CAKE.**—Any cold fish and cold potatoes, margarine, salt, pepper and white sauce if any be to hand. Take all bones away from the fish, mash the potatoes, then mix the fish and potatoes together in a basin, adding a small piece of margarine, the sauce, pepper and salt. Coat the cakes with egg and bread crumbs, and fry in boiling fat. If there be no sauce add a little flour and milk.

52. **BAKED FILLETS OF PLAICE.**—Fillet the plaice, skin the fillets, if large cut in half lengthways, roll up, place on a greased tin, squeeze over each a little lemon juice and bake slowly for 15 to 20 minutes, dish on a hot dish, make a sauce with the butter, flour and milk, coat the fillets with it, garnish with coraline, pepper and chopped parsley.

\[ 1 \text{ plaice, } \frac{1}{2} \text{ oz. butter, } \frac{1}{2} \text{ oz. flour, } 1 \text{ gill milk, little lemon juice, salt and pepper, chopped parsley} \]

(Enough for three or four people)

53. **BROILED MACKEREL.**—Split the mackerel down the centre, brush it over with salad oil, or hot dripping, season with pepper and salt, boil over a clear fire for 10 minutes. When done, dish it up on a hot dish and put on a pat or two of maître d’hôtel butter down the centre. Serve hot.

54. **FILLETS OF MACKEREL.**—Fillet the mackerel and cut each fillet into 2 pieces nicely shaped. Put them in the oven with a tiny piece of butter on each and a little
pepper and salt. Bake for 10 minutes. Dish up on mashed potato, and pour over caper sauce.

55. Fricassée of Fish.—Remove skin and bones from fish and roughly flake it, make a white sauce with butter, flour, milk and cream, season well and add lemon juice, make a border of mashed potato, using a rose tube and forcing bag, place the mixture in the centre, garnish with lemon and parsley. Another suitable garnish is the flaked yolk of hard-boiled egg.

1 lb. cold cooked fish, 1 oz. butter, 1 oz. flour, 1 gill milk, 1 gill cream, lemon juice, salt and pepper, mashed potatoes

(Enough for four or five people)

56. Scalloped Fish.—Remove skin and bones from fish and flake it, make a white sauce and flavour it nicely, add it to the fish, butter some scallop shells, put in some of the mixture, sprinkle over some bread crumbs, put small pieces of butter on the top, bake till a nice brown in a quick oven; a little grated cheese can be sprinkled over before baking if liked.

Any cold fish, little butter, few bread crumbs.

For Sauce

1 oz. butter, ½ pint milk, 1 oz. flour, salt and pepper.

57. Sole Knots.—Skin and fillet a sole, cut each fillet in half lengthways, tie each piece in a knot, dip in seasoned flour, coat with egg and bread crumbs, fry a golden brown in hot fat, drain on paper, dish on fancy paper and garnish with fried parsley. Serve with tomato or any suitable sauce.

1 sole, flour, pepper and salt, egg and bread crumbs, parsley

(Enough for four people)