

FISH AS FOOD

Speaking generally, fish is less sustaining than meat, yet in fishing hamlets where little or no animal food is taken, the health and vigour of the inhabitants are excellent.

The white fish, *viz.*: Sole, Whiting, Plaice, Haddock, Halibut, Turbot, Brill, Ling, Skate and Cod contain little or no oil in their tissues, and are therefore of less nutritive value, but more easily digested than the oily salmon, mackerel and herring. The delicate fibre of the sole and herring allow them to be easily digested; hence, their value in the diet of the sick and convalescent. Herring is said to be more nourishing than any other fish.

Oysters are very nourishing and easily digested in a raw state.

Fish that is not quite fresh may be improved by washing in vinegar and water.

BAKED FISH

Butter a tin and place the fish on it; sprinkling a little pepper and salt over it. Butter a sheet of kitchen paper, and cover the fish closely with it. Place in the oven, and when cooked, (it will take from 10 minutes to 30 minutes, according to size) take off the paper; place the fish on a dish and sprinkle over it chopped parsley; strain over it the liquid in which the fish was baked. Serve very hot.

Time about $\frac{1}{2}$ hour.

BOILED FISH

Put a saucepan or fish kettle of water on the fire to boil. Clean the fish thoroughly in cold water, and put it on to a strainer or dish. When the water is warm, put the fish in with a little salt. (There should be enough water to cover the fish.) Let it simmer gently, from 20 minutes to $\frac{3}{4}$ of an hour, according to size.