

*FLAKED COD.*

One pound of cold fish, one ounce of butter, one ounce of flour, half-pint of milk, one pint of shrimps. Season with lemon, parsley, pepper and salt. Melt the butter in an enamelled pan. Remove from the fire and with a wooden spoon stir in the flour. Add the milk gradually; replace on the fire and bring to a boil, stirring all the time. Flake the cod, pick the shrimps and stir both in the sauce. Add the seasoning and make the fish thoroughly hot. Pour on to a hot dish and garnish with lemon and parsley.—[A. M. G.]

*KEDGEREE.*

Ingredients: One-quarter of a pound of rice, one-half of a pound of cooked fish, one egg, one ounce of butter and one tablespoonful of chopped parsley. Boil the rice and then drain on a sieve. Boil the egg for ten minutes and put into cold. Remove the skin and bones from the fish. Melt the butter in a saucepan, add the fish, rice and white of egg, cut into dice, season with pepper and salt. When thoroughly hot, pile in the centre of a dish and garnish with chopped parsley and the yolk of the egg rubbed through a sieve. Serve very hot.—[A. M. G.]

*OYSTER MACARONI.*

Boil macaroni in a cloth to keep it straight. Put a layer in a dish, season with butter, salt and pepper; then a layer of oysters. Alternate until dish is full; mix some grated bread with a beaten egg, spread over the top and bake.—[A. M. G.]

*LOBSTER SAUCE.*

*Served with Cod.*

Chop up heaped up dessertspoonful lobster meat not too finely, and mix it with half-a-pint prepared white fish sauce. Beat it up and add a teaspoonful of anchovy essence. A little cream may be added if liked.—[A. M. G.]