

Help for the Housewife

The real reason is probably the fact that the average Canadian and American housewife unlike her European sisters, is unaccustomed to buying, handling and cooking fish. If she were, she would no longer regard fish merely as a side-dish or a compulsory diet, but as an appetizing food-staple. To assist her, the following hints on preparing fish for the table are given; on pages 15 and 16 she will find a few useful recipes for cooking various of the commoner varieties of fish.

General Hints

Fish may be divided into two classes, viz.: oily and non-oily. Of the two, oily fish are the more nutritious; they comprise such kinds as salmon, trout, mackerel and herring. Haddock, cod, hake, pollock and halibut are non-oily fish. Of the two kinds, the latter is the more suitable for invalids and persons of weak digestion.

In buying fish see that the eyes are bright and prominent and the flesh firm, not flabby.

Canned fish should never be allowed to remain in the can after opening. It should be used at once.

In preparing fresh fish for cooking it should not be allowed to stand in water for a long time. It spoils the flavour, and the food substances are likely to be dissolved.

How to Fry Fish

There are three ways of preparing fish for frying, viz., first, dipping in milk and flour; second, coating with prepared batter; and third, egging and crumbing. The last is considered the best, but is also the most expensive.

The pan used for frying should contain sufficient fat to thoroughly cover the fish. Dripping, lard, or oil can be used for frying purposes.

The fat must be quite hot, in fact, be smoking, before the fish is put in. Hot fat hardens the outside, preventing the fat from entering the fish, which would spoil the flavour and make it indigestible.

Only a small quantity of fish should be fried at a time, and the fat should be allowed to become thoroughly hot before the next lot is put in.

As soon as the fish is brown on both sides, drain it on paper or a cloth to absorb all the fat. It should then be dished up on a folded paper and placed on a hot dish.

When the frying is ended, allow the fat to cool a little, then strain it to remove any

loose crumbs or bits of batter. It will then be quite fit for future use.

How to Boil Fish

Clean and wash the fish in plenty of cold water. Add a little salt to the water; this helps to clean it. It also keeps the fish firm.

The fins should be cut off and the eyes taken out, if the fish is small.

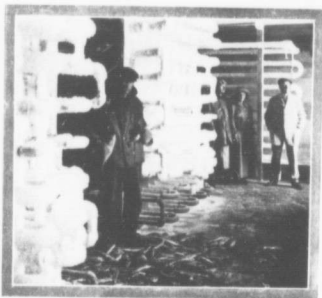
Put the fish into warm water; add sufficient salt and vinegar to taste. Vinegar helps to keep the fish firm and white.

Allow about ten minutes for each pound of fish, and fifteen minutes over, if large. A moderate-sized fish usually takes from fifteen to twenty minutes to cook. Fish must not be allowed to boil fast; the slower, the better. When cooked, it should have a creamy appearance, and come easily from the bones. When done, lift out carefully, drain and place on a hot dish. Serve with melted butter, parsley, caper, egg or anchovy sauce. Once cooked, boiled fish should be served promptly.

The water in which fish is boiled should not be thrown away. It can be used as stock for soups, fish sauces and stews.

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