

flesh into small flakes, shell half a pint of shrimps (for two mackerel), and mix them with the fish; simmer the shells and mackerel trimmings for twenty minutes, with just sufficient water to cover them. Strain the liquid into a fresh saucepan, and add to it enough new milk to make your quantity of sauce. Thicken this to the consistency of thick cream with corn flour, and flavor it delicately with essence of anchovies, soy, walnut, and mushroom catchup, grated lemon peel and nutmeg, cayenne, white pepper, and salt if required; stir into this sufficient lemon juice to give an agreeable acid, and mix well with the fish. Put this mixture into china or silver scallop shells, or on a flat dish, and cover thickly with fine bread crumbs; moisten these slightly with liquid butter and brown in a quick oven or before a clear fire. Scald a few capers in their own vinegar, and just before serving the scallop drain and sprinkle them over. The remains of any cold fish may be served like this with great advantage; also tinned salmon, etc. Cod, fresh haddock, and soles are best flavored with oysters instead of shrimps.

81. Red Mullet (called the Sea-Woodcock).

Clean, but leave the inside, fold in oiled paper, and gently bake in a small dish. Make a sauce of the liquor that comes from the fish, with a piece of butter, a little flour, and a little essence of anchovy. Give it a boil; and serve in a boat, and the fish in the paper cases.

82. Mullet with Tomatoes—Ingredients— $\frac{1}{2}$ doz. red mullet, pepper, salt, and chopped parsley, 5 or 6 tablespoonfuls of tomato sauce.

Butter a baking dish plentifully, lay on it side by side half a doz. red mullet, sprinkle them with pepper, salt, and chopped parsley, then add about five or six tablespoonfuls of tomato sauce, cover the whole with a sheet of well-oiled paper, and bake for about half an hour.

83. Sturgeon (Fresh)—Ingredients—Sturgeon, egg, bread crumbs, parsley, pepper, salt.

Cut slices, rub egg over them, sprinkle with crumbs of bread, parsley, pepper, salt; fold them in paper, and broil gently. Sauce: butter, anchovy, and soy.

84. Turbot en Mayonnaise—Ingredients—Some fillets of turbot, oil, tarragon vinegar, salt and pepper, eggs, cucumbers, anchovies, tarragon leaves, beets, capers, aspic jelly.