

the other side. Remove with the fingers any bones left. With small fresh fish a fillet of fish may be lifted off the bones by making a slit down the backbone, too, and, starting from the head end, lifting the flesh carefully off the backbone with the fingers.

5. Wipe fish with a cloth wrung out in cold, salted water. never leave fresh fish soaking in water, or place fillets or steaks of fish in water to clean. Otherwise, the soluble juices, which give fish flavour, will be lost in the water.

## COOKING FISH

1. Bake or broil fish *quickly* to keep the flavour, allowing from 8 to 10 minutes per inch thickness of fish, with a temperature of 450° to 500° F. Juices "set" on contact with high temperatures, and long slow cooking is not required, for fish have little connective tissue requiring softening. Lower the temperature after the first 10 minutes, for thick whole fish, and if a dry-meated variety of fish is used, sprinkle with some oil or cooking fat to prevent the outside from becoming too dry.
2. Allow from 8 to 10 minutes per pound of fish for boiling, increasing to 10 or 15 minutes per pound if a very thick piece of fish is boiled. (See Boiled Fish.) Steaming requires longer. Turn very thick pieces for quicker steaming.
3. When using frozen fish it is best to cook it while still frozen; in this way the escape of the juices is avoided. Allow a slightly longer cooking time than when using unfrozen fish.

## OVERCOMING ODOURS

1. Clean hands, after handling raw fish, by rubbing them with salt and then rinsing.
2. Kill cooking odours by burning orange peel, coffee, or sugar in a pan. Cut the burnt sugar from the pan by adding some vinegar and cooking them together.
3. Dishes which have held fish should be washed in water with a generous quantity of dry mustard or washing soda added.