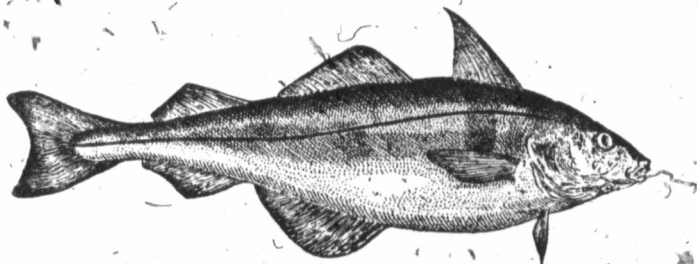


CANADA'S CHIEF SEA FISH.



HADDOCK.

HADDOCK—This favourite fish is taken in great quantities on the Atlantic Coast. About 26,000 tons are landed annually, of which the greater part is consumed fresh. Haddock is not as well known as it deserves. Much of it is smoked and appears on the market in the form of Finnan Haddie. This may be bought whole or in fillets. The fillets have the skin and bone removed and are necessarily higher in price, as there is no waste.

HADDOCK, BOILED.—Wash and scale thoroughly, wipe the inside, and fasten the tail in the mouth with a skewer. Put 2 oz. salt into $\frac{1}{2}$ gal. water, and when it is dissolved, put in the fish. Bring the water quickly to a boil, remove the scum, then simmer gently (about $\frac{1}{2}$ hour), until the eyes of the fish start and the flesh leaves the bones easily. Take it up as soon as it is sufficiently cooked, or it will be hard and tasteless. Garnish with parsley, and serve with melted butter.

HADDOCK, FLAKED.—Boil a fresh haddock in the usual way, and when cooked lift the flesh from the bones, and let it fall into flakes. Season with pepper and salt, and sprinkle a little lemon-juice over it. Have ready a cupful of white sauce. Toss the fish and the sauce together; arrange the mixture on a dish that can be sent to table, put breadcrumbs on top, and bake in a hot oven for about 15 min.

BAKED STUFFED HADDOCK—Wash, scale and wipe fresh Haddock. Prepare a dressing with one ounce of chopped suet to two ounces of bread crumbs, one teaspoon of herbs and parsley. Season with a little salt and pepper. Add to this two tablespoons of milk or one half of an egg, and stuff the body. Sew up at opening. Brush over with beaten egg. Sprinkle with bread crumbs and a few bits of fat. Bake in a brisk oven until done, basting frequently. Pour over it a little melted dripping and serve hot.

Fresh Haddock may be baked, broiled, or fried. The left-over parts may be used in Chowder, Fish Pie, Fish Cakes, or Fish Croquettes, by the addition of a small quantity of onion, potato and seasonings.

CREAMED FINNAN HADDIE—Pour boiling water on the Finnan Haddie. Leave a few minutes, and pour off. This takes away some of the smoky taste. Lay the fish in a baking-pan and cover with milk or water. Cook gently in the oven until done. Make a white sauce, using the milk that is on the fish. To one cup of this milk use two tablespoons of flour, one tablespoon of butter and one eighth teaspoon of pepper. It requires no salt. Carefully remove the bones from the fish, breaking it as little as possible. Add this flaked fish to the White Sauce. Reheat, and serve at once.

BAKED FINNAN HADDIE—Put fish in a pan in the oven with a little water. Cook about half an hour or until done and drain off the water. Place on a hot dish, add a few bits of dripping and sprinkle with pepper and serve hot.

COD—Cod, either fresh or salted, provides some of our best fish food. This fish is very abundant, and is a cheap source of protein. About 100,000 tons are taken annually by Canadian fishermen. Much is salted, but, if its value were better known, more of this fine nourishing fish would be consumed fresh in this country with beneficial results to producer and consumer.

Cod are mainly caught from April to November, but are most plentiful from June to September inclusive.

BOILED COD.—A large cod-fish should not be cooked whole; the head and shoulders make a good dish by themselves, though the middle contains more solid meat. Well wash and cleanse the inside of the fish, put it into plenty of cold water, with a handful of salt, bring to a boil, skim carefully, let it boil gently, and when nearly cooked draw it to the side of the fire, and let it remain