

will come off in the fat, turn black, settle on the fish again and spoil its appearance. Fat for frying should be quite still and it should smoke faintly. If it bubbles before the fish is put in it shows that it is not well rendered down—(see "To Render down Fat," Chap. xi.)—or that water has been left in it from the last frying. When the fish is put in the fat should bubble quickly; this is caused by the heat of the fat driving the water out of the fish and expanding the air in the water and driving it out in the form of bubbles. When the fish is fried drain it well on soft paper. It should be a nice golden brown colour.

FISH IN BATTER.

Ingredients.—Plaice or any suitable fish, quarter of a pound of flour, one gill of water, pepper and salt, fat for frying (deep fat if possible).

Method.—Clean and fillet the fish; a flat fish, such as plaice, is filleted by cutting with a sharp knife down the line on the skin to the bone and then holding the knife very flat, and gradually working the flesh clean off the bone on both sides. You get two fillets from each side of the fish. If the fillets are large cut them in half. Dry well in flour, dip in the batter and put them carefully in the frying fat with a skewer. Fry a golden brown and drain well. Dish in a circle with parsley in the middle. If preferred the black skin can be removed before dipping in the batter by laying the fillets skin downwards on the board, holding it firmly at the tail end by a cloth and cutting sharply between the skin and the flesh by a sharp knife held horizontally.

STUFFED HADDOCK.

Ingredients.—A large fresh haddock, quarter of a pound of bread-crumbs, one shalot (chopped), one tablespoonful of parsley (chopped), one beaten egg, a little milk, pepper and salt, brown crumbs, dripping.

Method.—Make a stuffing of the crumbs, parsley, shalot, pepper and salt, mixed with the egg and a little milk, and stuff the fish with it. Sew it in with white cotton, brush it outside with milk and cover it with brown crumbs. Truss it into the form of an S with a skewer and lay it on a well greased dripping tin. Put plenty of dripping on the top and bake in a moderate oven till done, basting often. Remove the skewer and cotton and lay on a hot dish. Pour off the dripping and pour half a pint of stock in the tin; add pepper and salt and an ounce of brown thickening, stir over the fire, let it boil and pour round the fish. Put a piece of parsley in each eye-ball.

HERRING SANDWICHES.

Ingredients.—Eight herrings, forcemeat as for stuffed haddock, brown crumbs, dripping.

Method.—Scale and clean the herrings and cut off their heads; bone them by cutting them down the back to the bone and gradually working out the backbone from the head downwards, lay them open on the board and pick out any loose bones, spread four of the herrings with the forcemeat and lay the others on the top; sprinkle with brown crumbs on the top, and then cut each sandwich in half lengthways. Lay on a greased tin with bits of dripping on the top and bake twenty minutes. Dish in a circle with gravy made as for stuffed haddock—poured in the middle.

TIMBALE OF FISH.

Ingredients.—A medium-sized fresh haddock, quarter of a pound of boiled macaroni, two ounces of fine bread-crumbs, half a pint of milk, one ounce of butter, two eggs, a blade of mace, a small slice of onion, pepper and salt, a pinch of cayenne.

Method.—Grease a pudding-basin; put the boiled macaroni in a basin of cold water until

you use it. Cut the macaroni in half-inch pieces, and with a skewer line the bottom and sides of the basin with it, packing them closely together and putting the holes of the macaroni against the basin; this can be done some time before the dish is wanted. Scrape the flesh of the fish and pound it. Boil the milk with the butter, onion, salt, mace and cayenne. When it boils take out the onion and mace and stir in the crumbs; stir and cook quickly over the fire until the mixture is very stiff; then stir in the pounded fish; rub all through a sieve and add the beaten eggs. Fill the basin that has been lined with macaroni with this mixture, taking care not to disarrange it; cover with a buttered paper, put the basin in the steamer and steam thirty-five minutes. Turn out and pour tomato sauce or white sauce round the base.

FILLETS OF SOLE WITH BUTTERED EGGS.

Ingredients.—A large lemon sole, four eggs, two ounces of butter, pepper and salt, white sauce.

Method.—Wash and skin the fish, then fillet it carefully; cut each fillet into two pieces, this will give eight pieces in all. Melt two ounces of butter in a small saucepan, heat up the eggs, season with pepper and salt, and stir the eggs into the saucepan. Stir and cook until nearly set, then lay a spoonful on each fillet, fold the fillets over, so that each forms a sort of sandwich, and lay them on a buttered tin with a piece of buttered paper over. Cook in a very moderate oven for ten minutes. Arrange the fillets on a hot dish one leaning on the other *en couronne*; have ready some hot white sauce, thick enough to cover, and pour it over; sprinkle a little very finely chopped parsley on each and serve at once.

FRIED FILLETS OF SOLE AND TOMATOES.

Ingredients.—One large sole, three-quarters of a pound of tomatoes, one ounce of cornflour, a little stock or milk, pepper and salt, egg, bread-crumbs, deep fat for frying, some cherry tomatoes for garnishing.

Method.—Wash, skin and fillet the fish. Cook the tomatoes gently in the oven until tender, rub them through a sieve and then put them in a small saucepan. Mix the cornflour smoothly with a little stock, stir it into the tomato *purée* and let it boil. Let it cool a little and spread some on each fillet; roll them up neatly and place them on a buttered tin, cover with buttered paper and put them in a moderate oven for fifteen minutes. Take them out, stand them on a plate, put another plate on the top and stand a weight on it; let them press till cold. Brush them with egg, roll them in crumbs, flatten these on with a knife, and place the fillets in a fry-basket. Have ready a pan of deep fat, heat it until it smokes, plunge in the fry-basket and fry the fish a good golden brown. Lift out the basket, pick the fillets quickly out with your fingers, drain them on soft paper and put them on a hot dish on a fancy paper. Have ready some cherry tomatoes, cooked tender without breaking, in the oven and arrange them round the dish as a garnish. Re-heat the fat until it is very hot, and fry some well dried springs of parsley for a few seconds; drain well and pile in the middle of the fillets. The parsley should be green after frying.

FRESH HADDOCK A L'ESPAGNOLE.

Ingredients.—A medium-sized fresh haddock, three-quarters of a pint of stock, a piece each of carrot, turnip, onion and parsnip, two mushrooms, two sticks of celery, one ounce and a half of flour, two ounces and a half of butter, browning, bayleaf, pepper and salt.

Method.—Fillet the fish and skin the fillets; cut each fillet into three pieces and lay them

on a greased baking tin and cover with buttered paper. Cook in a moderate oven for fifteen minutes. Prepare and slice the vegetables, and fry them all in an ounce of butter for ten minutes; pour on the stock, add the bayleaf, mace, pepper and salt, put on the lid and simmer for an hour. Strain the stock, melt one ounce and a half of butter in a saucepan and stir in the flour; fry the flour a good dark brown by degrees and stir in the strained stock, keeping the sauce very smooth, wring it through a tammy and re-heat. Arrange the pieces of haddock neatly on a hot dish and strain the sauce over them.

SOUFFLÉE OF DRIED HADDOCK.

Ingredients.—A good-sized dried haddock, three eggs, two ounces of butter, two ounces of flour, quarter of a pint of milk, quarter of a pint of cream, cayenne.

Method.—Soak the haddock all night in milk and water and in the morning cook it in plenty of butter until tender. Take the flesh off the bones and pound it in a mortar until smooth. Boil half the milk with the butter and mix the flour with the other half; when the milk and butter boils stir in the flour, stir and cook until the mixture leaves the sides of the saucepan clean. Mix in the fish and rub all through a sieve; add the cream, the yolks of the eggs and cayenne; whip the whites to a very stiff froth and stir them into the mixture last of all. Pour into a buttered pie-dish and bake in a good oven twenty minutes—until well thrown up. Put a fancy paper round the pie-dish and serve at once.

LOBSTER CUTLETS.

Ingredients.—Six ounces of chopped lobster, one ounce and a half of butter, one ounce of flour, half a gill of milk, half a gill of cream, cayenne, pepper and salt, a little cochineal, egg, bread-crumbs, deep fat for frying.

Method.—Melt an ounce of butter in a saucepan, and stir in the flour, add the milk, stir and boil over the fire until very thick, and then add the cream, seasoning and cochineal. Stir in the chopped lobster (tinned lobster will do if care is taken to obtain a good brand). Spread the mixture on a plate to get cold. Flour the paste-board and roll it out to the depth of an inch, cut into cutlets with a cutlet-cutter, brush with egg, dip in crumbs, flatten them on with a knife and fry a golden brown in deep fat.

SCALLOPS AU GRATIN.

Ingredients.—Six scallops, one ounce of arrowroot, one tablespoonful of bread-crumbs, milk to cover, parsley, one teaspoonful of chopped shalot, two ounces of grated cheese, pepper and salt.

Method.—Simmer the scallops gently in the milk until tender, strain off the milk and mince them. Boil the milk, mix the flour with a little cold milk and a few bread-crumbs, add the minced scallops, put the mixture into scallop shells, sprinkle with shalot, parsley and grated cheese, and brown in front of the fire.

OYSTER PATTIES.

Ingredients.—Two dozen oysters, one ounce of flour, one ounce of butter, one gill of milk, one gill of cream, salt, a few drops of lemon juice, cayenne.

Method.—Beard the oysters and cut each one in half, simmer them for a few minutes in the liquor from the oyster shells, but do not let them boil or they will be tough. Mix the flour with a little of the milk, boil the rest with the butter, stir in the flour and let it boil, add the cream, lemon juice and cayenne. Have ready eight patty cases, and fill them with the mixture.