Метнор—Free the fish from skin and bones, and separate it into large flakes, make the white sauce as directed, add mushroom and anchovy, mustard, salt and pepper to taste; put in the fish. Mix and put into a baking dish, cover with breadcrumbs, place small pieces of butter on top, and bake till nicely browned.

Time to bake about 15 minutes.

LOBSTER CROQUETTES

2 lobsters small piece of butter 1 tablespoonful flour Fish stock

Pepper, salt, cayenne, spices 1 bunch parsley

2 eggs

Breadcrumbs

Method-Mince the lobster rather fine, add the seasoning to taste. Melt the butter in a saucepan, blend in the flour, then the lobster, and a little chopped parsley; add enough fish stock to make the mixture look like minced veal, draw to side of fire and add the beaten yolks of eggs; put aside to get cold. Shape into the form of corks, egg and crumb them again being careful to retain the shape. Fry in deep hot lard.

Time to fry 10 minutes.

LOBSTER NEWBURG

2 medium sized lobsters 4 tablespoons butter 2 tablespoons brandy 2 tablespoons sherry 2 tablespoons salt ½ pint cream

½ teaspoon pepper 4 yolks of eggs

Method—Cook the lobster and when cool cut into pieces. Put the butter into a saucepan; when hot add lobster and cook 5 minutes, add pepper, salt, brandy and sherry; simmer 5 minutes. Beat up yolks and add to cream, pour over the lobster, and stir constantly for 12 minutes. Serve on a hot dish.

Time (after lobster is cooled) 15 minutes.