

HOW TO BAKE FISH.

Clean the fish, remove the eyes if the head is left on, rub with salt, fill with the dressing and sew the edges together; place on a rack, skewer into the shape of an S. This is done by putting the skewer through the tail into the middle of the body and through the head, then drawing up. Dredge with flour and put a little fat in the pan, and baste the fish every ten minutes. Cook in a hot oven. Allow ten minutes for every pound of fish, and ten minutes extra. Garnish with parsley, and serve with drawn butter or suitable fish sauce.

Dressing for Baked Fish—1 cup soft bread crumbs; 1 teaspoon onion juice or grated onion;
 ½ teaspoon salt; 2 tablespoons melted dripping;
 ½ teaspoon pepper; ½ teaspoon mixed seasonings;
 1 teaspoon chopped parsley.

Mix the seasoning with the bread crumbs, then add the melted dripping. If moist dressing is required, moisten with milk.

HOW TO BROIL FISH.

Clean the fish and remove the head and tail; if a large fish, remove also the backbone; if very large, cut into steaks. Rub with butter, then salt and pepper. Grease the broiler, sear the fish on one side, then the other. When cooked, the flesh separates from the bone. Season, garnish, and serve.

GARNISHES FOR FISH.

The appearance of the fish when served is much improved by the addition of a garnish of parsley, lemon cut into various shapes, cress, egg, beet pickle slices, etc.

BEST METHODS OF COOKING DIFFERENT FISH

All fish can be fried. Some lend themselves to boiling and for Chowders, whilst others are better baked or broiled. We give the following list of ways in which the different fish are best:

Fried—Perch, Catfish, Goldeyes, Maskinonge, Bass, Pickerel, Pike, Dore, Trout, Smelts, Herring, Soles, Flounders, and any small fish are better fried.

Boiled—Any fish that can be fried can be broiled.

Boiled—Bluefish, Carp, Codfish, Haddock, Hake, Halibut, Salmon, Sea Trout, Skate, Mackerel, White Fish, Maskinonge, Lake Trout and Pike.

Baked—Bluefish, Bass, Carp, Cod, Hake, Pollock, Haddock, Halibut, Salmon, Fresh Mackerel, Large Sea Bass, Shad, Sea Trout, Flounders, and Herring.

Eels—may be stewed, fried, baked or pickled.

Fish Balls—Take left-over fish, remove all the bone and shred finely. Boil, mash, and season potatoes according to the quantity required. Add the fish. Make into balls about the size of an egg. Flour the outside lightly, and fry in fat.

Fish Chowder—Boil separately any white fleshed fish, onion, and potato. Drain, remove the bones from the fish. Combine the three in one pan, add white sauce and reheat. Serve hot. This may be varied by adding pieces of bacon cut fine. This recipe is equally good when left-over fish is used.

Scalloped Fish—Take equal measure of canned or left-over fish, and Standard White Sauce. Arrange in layers in a baking-dish with sauce on top. Melt a small bit of fat and stir in enough dried bread crumbs to cover the top. Spread them evenly and bake in a hot oven until thoroughly heated through. The measure of fish may be made up partly with potatoes, cooked rice or hard-boiled eggs.

Steamed Fish—Any fish that is suitable for boiling may be steamed and requires the same length of time for cooking as boiled fish.