

### Fish and Egg Croquettes

1 cup flaked fish  
3 hard boiled eggs (finely chopped)

1 cup thick white sauce  
Salt, pepper.

Mix all ingredients and spread on a plate to cool. Shape, roll in crumbs and fry or saute, or these may be baked in a moderate oven  $\frac{1}{2}$  hour. If salmon is used add lemon juice and finely chopped parsley.

### Fish Balls

1 cup salt codfish  
2 cups potatoes (heaping)  
1 egg

$\frac{1}{2}$  tblsp. butter  
 $\frac{1}{8}$  tsp. pepper  
Buttered crumbs

Wash fish in cold water, cover with warm water and flake in to very small pieces or cut, using scissors. Wash, and pare potatoes cutting in pieces of uniform size before measuring. Cook fish and potatoes in boiling water to cover until potatoes are soft. Drain very thoroughly in wire strainer, return to kettle in which they were boiled, mash thoroughly, add butter, egg well beaten and pepper. Beat with a fork two minutes. Take up by spoonfuls, fry in deep fat or bake in a casserole in oven.

### Fish Pie

2 cups flaked fish  
Mashed potatoes

1 cup white sauce

Combine the sauce and flaked fish. Season well. Put into a baking dish, cover with well beaten mashed potatoes, piled lightly. Bake in oven until brown.

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## FISH and RICE LOAF



Line a buttered mold with cold cooked rice. Flake the fish and add enough cream sauce to combine, seasoning it well. Pack into the rice mould. Cover the top with rice. Steam about 45 minutes. Turn out and serve with tomato sauce.