

Cook until thick, stirring to keep smooth. Add:

6 oysters or  $\frac{1}{2}$  cup flaked lobster (optional)  
1 egg yolk (hard cooked and sieved)

Bake the fish in this sauce in a 400° F. oven until "set", allowing 10 minutes for each inch thickness of fish. Serves 6 to 7.

### Pickled Fish

Clean and salt 4 pounds of fish. Small whole fish or slices of fish may be used. Place the fish in a baking pan and add  $\frac{1}{4}$  cup of vinegar and 1 cup of hot water with 2 tablespoons of mixed pickling spices. The spices are best placed in a cheesecloth bag for easy removal. Baste frequently if liquid does not cover the fish. Cook for 10 minutes. Use cold or hot with salads or potato scallop. The fish may be stored in the liquor in stone crocks to keep. A slice of onion and 1 teaspoon each of cloves and cinnamon may be used in the liquid. Herring, smelts, sardines, and mackerel, as well as pieces of larger fish, are suggested for pickling.

### Fish with Rice and Vegetables

4 tablespoons oil or fat	2 cups potatoes diced or grated
1 cup chopped onions	2 $\frac{1}{2}$ cups diced raw fish
2 cups grated carrots	1 cup chopped celery
$\frac{1}{2}$ cup rice	2 cups boiling water
2 cups tomatoes	Salt and pepper, buttered bread crumbs

Fry onion in fat, and put in baking dish; add one layer of carrots, then fish, rice, celery and potatoes, all uncooked. Season well. Add boiling water, tomatoes and sprinkle with buttered bread crumbs. Cook in moderate oven 1 $\frac{1}{2}$  hours.

### Fish Scallop with Vegetables

3 cups of cooked vegetables (carrots, potatoes, onions, etc.)  
3 tablespoons fat or butter  
3 tablespoons flour  
1 cup of milk  
1 cup vegetable water (or milk, if none available)  
1 teaspoon salt  
 $\frac{1}{2}$  teaspoon pepper  
1 cup cooked flaked fish (any canned or left-over baked or  
boiled fish)  
Sifted bread crumbs