

PREPARATION OF FISH.

When fresh fish are prepared by scaling or skinning, they should be wiped with a clean, dry cloth, and placed dry in a cold place. If put in cold water, food substance will be dissolved and so lost.

Before boiling, salt fish must be soaked for several hours in cold water to remove some of the salt. This water should be changed several times, or, better, place the pan containing the fish under a tap which is allowed to drip, thus insuring constant change of water.

The head and tail of a fish may or may not be removed, according to size of the fish and manner of cooking. Small fish are generally served with head and tail left on. If the head is left on, the eyes should be removed.

FROZEN FISH.

Frozen fish must be placed in cold water to have the frost drawn out. When this is completed, clean and prepare as any other fish, and cook in any desired form. Fish which has been frozen is just as nutritious as any other, and its cheapness should make it more widely known.

TO BONE A FISH.

To bone a fish, first clean and skin. Then beginning at the tail, run a sharp knife under the flesh close to backbone, and with knife follow the bone (making as clean a cut as possible) its entire length, thus accomplishing the removal of one-half the flesh; turn, and remove flesh from other side. Pick out with the fingers any small bones that may remain.

TO FILLET A FISH.

To fillet a fish, clean, skin, and bone. A piece of fish, large or small, freed from skin and bones, is known as a FILLET. Halibut, cut in three-fourths inch slices, is more often cut in filets than any kind of fish, and these are frequently rolled. When flounder is cut in filets, it is served under the name of Fillet of Sole. Sole found in English waters is much esteemed, and flounder is our nearest approach to it.

METHODS OF COOKING.

The value of fish as an article of diet depends largely upon the method of its cooking. Fish in fine condition, well cooked, neatly served, and with appropriate sauce, stimulates the appetite, induces a flow of saliva and favours digestion and absorption; while fish badly cooked and served carelessly is unappetizing and undesirable. There are many methods of cooking fish.

FRYING—Prepare the fish for frying in one of the three following ways:

- (1) Roll in cornmeal, sifted oatmeal, or flour.
- (2) Dip in prepared batter.
- (3) Dip in egg, then in bread crumbs.

No. 1, with oatmeal or cornmeal, is most economical.

The fish may be fried in a frying-pan with enough fat to keep it from adhering to the pan, brown on one side, then turn over and brown on the other. This is called pan-broiling; or it may be fried in deep fat until brown. In pan-broiling the pan must be hot, and in deep frying the fat should be very hot. When the fish is removed from the deep fat it should be placed on paper or a clean cloth so as to absorb the fat, then placed on a hot dish and served.

HOW TO BOIL FISH.

Clean and wash in cold salted water any fresh fish suitable for boiling, such as, Cod, Haddock, Eel, Mackerel, or Hake, cut off the fins, take out the eyes from small fish, wrap and pin in cheese-cloth and put into boiling water, add salt and a tablespoon of vinegar. The water must not boil vigorously. Allow ten minutes for each pound, and ten minutes extra for a large fish; when done, lift out, drain, and serve hot on a dish with appropriate garnishes and sauces. So estimate the time of cooking as to be able to serve the fish hot immediately it is cooked.