

lard or dripping boils, throw the parsley into it immediately from the water and instantly it will be green and crisp, and must be taken up with a slice. If fish is to be broiled, it must be seasoned, flavored and put on a gridiron that is very clean, which when hot should be rubbed with a piece of suet to prevent the fish from sticking. It must be broiled on a very clear fire and not too near or it may be scorched.

39. **Cod's Head and Shoulders (to boil)**—Ingredients—1 cod's head and shoulders, salt water, 1 glass of vinegar, horse-radish.

Wash and tie it up, and dry with a cloth. Salt the water, and put in a glass of vinegar. When boiling, take off the scum; put the fish in, and keep it boiling very briskly about half an hour. Parboil the milt and roe, cut in thin slices, fry, and serve them. Garnish with horse-radish; for sauce, oysters, eggs, or drawn butter.

40. **Cod's Head and Shoulders**—Ingredients—1 bunch parsley, 1 lemon, horse-radish, milt, roe and liver.

Tie it up, and put on the fire in cold water which will completely cover it; throw a handful of salt into it. Great care must be taken to serve it without the smallest speck of black or scum. Garnish with a large quantity of double parsley, lemon, horse-radish, and the milt, roe and liver, and fried smelts if approved. If with smelts, be careful that no water hangs about the fish; or the beauty of the smelts will be taken off, as well as their flavor. Serve with plenty of oyster or shrimp sauce, and anchovy and butter. It will eat much finer by having a little salt rubbed down the bone, and along the thick part, even if to be eaten the same day.

Though it is important to buy fresh codfish, it is not quite so well to cook it immediately, as, when freshly caught, it is apt to be watery; but when rubbed with salt and kept a day or two, it acquires the firmness and creaminess so much prized. Cod is better crimped than when cooked whole, the operation of boiling being more successfully performed under these conditions. The fish may be partially crimped by scoring it at equal distances, without absolutely cutting it through into slices; but the effect of the operation is always to improve the fish. When thoroughly cleaned the cod should be scored or sliced at regular intervals of about one and a half or two inches, then washed clean in spring-water, and laid in a pan of spring-