

## RECIPES FOR COOKING FISH

Selected from "Fish and How to Cook It," published in booklet form by the Department of The Naval Service, Ottawa.

**BOILED SALMON.** A piece weighing six pounds should be rubbed with salt, tied carefully in a cloth, and boiled slowly for three-quarters of an hour. It should be eaten with egg or caper sauce. If any remain it may be placed in a deep dish, a little salt sprinkled over, and a teacupful of boiling vinegar poured over it. Cover it closely and it will make an appetizing break fast dish.

**SALMON SALAD.** One large can of red salmon, one cup chopped celery, one cup chopped English walnuts, four or five sweet pickles (gherkins). Mix well with cream mayonnaise.

**BAKED SALMON LOAF.** One can salmon, one pint of mashed potatoes, one cup browned cracker crumbs, two cups of parsley sauce. Grease a good-sized mould with butter, sprinkle with cracker crumbs, and line with mashed potatoes. Drain oil from salmon and remove skin and bones. Season with pepper and salt and pack in mould. Cover with potatoes and then cracker crumbs, put a few pieces of butter on top, and bake one-half hour in fairly hot oven. Turn out and pour parsley sauce over.

**SCALLOPED SALMON.**—One can of salmon; remove all bone and bits of skin; mince fine. Roll one dozen crackers fine. Put in a buttered baking dish in alternate layers, adding bits of butter and a sprinkling of salt and pepper to taste. Have the top layer of crackers, and add sufficient milk to moisten the whole mass (about one pint). Bake thirty minutes and serve hot.

**BOILED COD.** Put the fish into a large pan with enough tepid water to cover. Add salt and enough vinegar to flavor the water; boil gently till the fin or tail bone will come out if lightly pulled. When fish is boiled too fast the skin will break. A medium-sized piece of fish usually takes from fifteen to twenty minutes to cook. When done, lift the fish carefully out of the water, drain it, and dish it up. Serve with melted butter, anchovy or parsley sauce.

**SHREDDED COD BAKED WITH CREAM SAUCE.** Boil four or five pounds of fresh cod. When cooked, drain and shred in fine pieces and set away to cool. Make the following sauce for a five-pound piece of fish: Boil one quart of milk with one onion and a little finely chopped parsley. Set it aside. Mix one cup of butter with enough flour to

absorb it. Add this to the milk and boil until it is the consistency of custard. Season with a dash of cayenne and salt to taste. Put a layer of shredded fish in a baking dish, cover with a layer of sauce, then a layer of fish and so on until the dish is filled. Have the last layer of cream. Cover with fine bread-crumbs. Sprinkle with pieces of butter and bake in the oven until the top is a nice brown. Small boiled potato balls covered with cream sauce should be served with this.

**HALIBUT CUTLETS.** Cut your halibut steaks an inch thick, wipe them with a dry cloth and season with salt and cayenne pepper. Have ready a pan of yolks of eggs well beaten and a dish of grated breadcrumbs. Put some fresh lard or beef drippings in a frying pan and hold it over the fire till it boils. Dip your cutlets in the egg, and then in the breadcrumbs. Fry a light brown, serve up hot. Salmon or any large fish may be fried in the same manner.

**BAKED HERRING.** Six fresh herring, one-third cupful vinegar, one-half teaspoonful salt, one bay leaf, one-half teaspoonful pepper, one-half cupful water.

Fresh herring should not be washed, unless in exceptional circumstances. They should be emptied, the heads taken off, the scales scraped off, and then the herring well scaled. With a sharp knife split the herring up the back and lay it open; cut it in half; lift the bone out, beginning at the head; now roll each half up into a nice firm roll, beginning at the head. From six herring you will have twelve of these rolls. Stand them in a small pudding dish with the back uppermost; they will quite fill the dish. Pour in half a cupful of water and one-third of a cupful of vinegar mixed. Slip a bay leaf in at the side; add pepper and salt.

Cover the dish with a plate, and cook at the side of the fire or in the oven for half an hour. The herring may be served in the dish in which they are cooked. They are good either hot or cold.

**BROILED MACKEREL.** Split down the back and clean. Be careful to scrape all the thin black skin from the inside. Wipe dry and lay on the gridiron; broil on one side a nice brown, then turn and brown the other side; it will not take so long to brown the side on which the skin is. (All fish should have the side on which the skin is turned to the fire last; the skin burns easily and coals are not so hot after you have used them for ten minutes.) Season with butter, pepper and salt.