

FRIED WHITING

Whittings Frying fat
Eggs and breadcrumbs

Wash, clean and dry the fish; curl into shape; coat with egg and breadcrumbs, and fry a golden brown in deep fat. *Time 10 minutes.*

BROILED SALMON

Have the steaks an inch thick; season with pepper and salt and a little lemon juice; tie up in buttered paper, and broil slowly, turning once.

COURT BOUILLON

This preparation gives boiled fish a better flavor than when it is cooked in plain water.

4 quarts water	1 onion
1 small piece of carrot	2 tablespoonfuls salt
1 tablespoonful vinegar	1 teaspoonful pepper
Juice of half lemon	Bouquet of sweet
A little wine if liked	herbs
2 cloves	

Tie the onions, carrot, cloves and sweet herbs in a piece of muslin, and put into the water with all the other ingredients; cover and boil slowly 1 hour, then put in the fish, and cook as for plain boiling.

CURRIED COD

2 lbs. cod	1 pint white stock
2 oz. butter	1 tablespoonful flour
1 tablespoonful lemon juice	$\frac{1}{2}$ tablespoonful curry powder
1 small onion	Salt, pepper and cayenne