

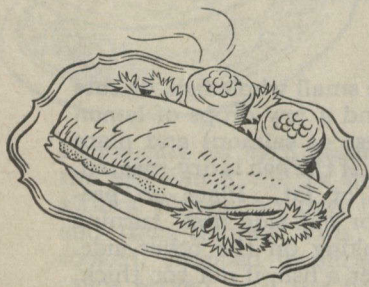
may be reduced for the larger fish towards the end of cooking time.

Colourlessly fried onions, if liked, may be strewed over the fish before the blanket of bread crumbs.

Boned Stuffed Fish

The fish to be stuffed should be one of medium size, say about four pounds and very fresh.

How to prepare it: The fish is first scaled (this work is made easier by adding a little salt rubbed on the hands to facilitate scaling, as it will then retain one's grasp on the fish.) Then remove the eyes and gills. Take off about a third of the tail without changing its shape; clip off the fins and then the fish should be split for about two-thirds of its length on the under side. Then, by bending the body the backbone is broken near the head and tail, or cut the bone with scissors; then slip a strong sharp knife along the backbone, making the stroke on each side in turn. Then the



bone may be pulled out quite easily without removing to a great extent the muscles adhering to the skin. Some small bits of the flesh may come with it and they may be added to the stuffing, which is then put in, but not, by the way, before some lemon juice and some salt have been sprinkled over the inside of the fish. Bake in a moderate oven.

Stuffing:

1 cup of bread crumbs
4 tablespoons butter
 $\frac{1}{2}$ cup oyster liquid

1 cup of oysters
 $\frac{1}{2}$ cup chopped celery
Salt, pepper, onion juice

Stuffed or Planked Fish

Use a whole fish, or any desired fillets. Clean the fish or wipe the fillets with a damp cloth, wrung out in cold, salted water. Salt lightly and stuff.