



SWORDFISH.

Swordfish are always cooked as steaks. They are called swordfish steaks.



CUSK.

The Cusk is a member of the Cod family. It is similar to the Burbot, and in Great Britain is known as Ling. It is a fine food fish, and is a favourite in the United States. It is sold in fillets. The smoked fillets find a ready market as a choice article of diet. It may be fried, broiled, creamed or scalloped.

HAKE, POLLOCK AND SKATE.

The Hake is a native of the Atlantic, and much esteemed as food. It is procurable at all times, but in the best condition in the fall. It is largely salted and dried for export.

The Pollock is a salt water fish, native to the Atlantic and belonging to the Cod family. When fresh, it is a cheap and palatable food. It is at its best during the summer and fall. It is also salted and dried for export.

The Skate is a fish caught in the Atlantic, and Pacific, but not sufficiently appreciated by Canadians. There is a good market for Skate in Great Britain.

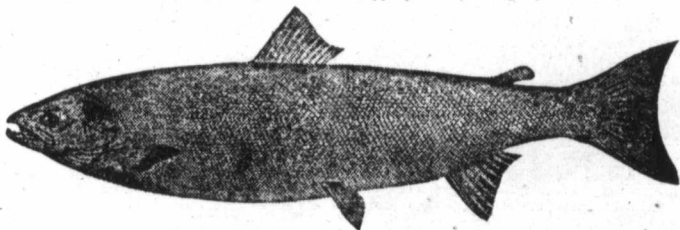
All three of these fish are good fried, boiled or creamed.

BAKED HAKE.—Baked Hake is a favourite fish. The head is left on, and it is stuffed with dressing. Strips of fat pork or bacon are put over it, and it is baked and served whole on the platter with Drawn Butter Sauce.

HAKE CUTLETS, Fried.—Cut 2 lb. hake into cutlets, dry them well, and dip them into a thin batter of flour and water. Cover them with breadcrumbs, and fry them in hot lard or dripping, until brightly browned on both sides. Put them to drain, and garnish with parsley.

Skate may be fried in the pan or dipped in batter and fried in deep fat. It is also excellent boiled. This fish is extremely gelatinous and rich in phosphorus, and is considered one of the most nourishing of all fish foods.

SKATE, Fried.—Cut the skate into square pieces; let these lie for an hour in cold water with a little vinegar, a sprig of parsley, and a few peppercorns, drain, dry, and flour them, dip them in egg and breadcrumbs, and fry them in hot dripping till they are lightly browned.



SALMON.

The Salmon is native to the Pacific Coast, to the Maritime Provinces of Canada, Labrador and Newfoundland. The Atlantic Salmon is most plentiful during June and July, the close season for it extending from August to April. The Pacific varieties can be obtained fresh and frozen throughout the year.