

Creamed fish served in a patty shell



WITH Lenten days just over the rise, the problem of the meatless meal faces the housekeeper. Her chief reliance is usually placed on fish and a variety of recipes is very necessary.

A word to begin about the selection of fish. Absolute freshness is imperative. Nothing is worse—and nothing more dangerous than fish, which is a little off colour. Look then for gills that are a healthy red, eyes full and bright and flesh that is firm to the pressure of the finger.

We are fastidious, too, about the cleaning of our fish. Even though this is done by the fish-man, it is well to examine the inside closely, wipe it out with a cloth wrung out of cold water or flush it well under the cold water tap until there is not even a particle of blood clinging to the back bone, wash the outside and wipe all dry with a fresh cloth; the fish is then ready for cooking in whatever way has been chosen.

#### Boiled or Steamed Fish

IF fish is to be boiled it should be tied in a muslin cloth, lowered into boiling water, the salt being added before the cooking is completed; the virtue of the muslin cloth is apparent when the fish is gently lifted from the pot, the muslin untied and the unbroken fish is revealed, ready to place upon the platter.

Steamed fish is preferred by many critical cooks, as more of the flavour is retained than when the fish is lowered into the water. The fish should be prepared as usual, sprinkled with salt, placed on a plate in the steamer, cooked over boiling water until the flesh separates from the bones quite freely (this is the usual test and is important, as fish, to be good, must be sufficiently cooked).

The size and thickness of the fish will determine the time required for cooking it, which will vary from say, ten minutes for a small fish to three-quarters of an hour for one which weighs in the neighborhood of five pounds.

Boiled or steamed fish requires a drawn butter, a piquant or egg sauce and it should be garnished with hard-boiled egg. If the cream sauce is chosen, nicely cut lemon and fresh parsley.

#### Baked Fish.

A FISH weighing two pounds or over is very good if baked and still better if it is stuffed. After the usual preparation, pepper and salt should be rubbed into the fish inside and outside, sprinkled with lemon juice and if the flavour of onion with fish is liked, a little onion juice may be added to that of the lemon. It is a good plan to place a sheet of well greased brown paper in the bottom of the pan, as this aids in the ultimate removal of the fish and also makes the pan easier to clean. Lay the fish on the paper and either lay a few slices of salt pork or bacon over it or pour a little melted butter or dripping over the fish. Garnish with any combination of lemon, sliced beet root, hard boiled egg and parsley.

#### Stuffing For Baked Fish

2 cups bread crumbs	1 teaspoon finely chopped
½ teaspoon salt	parsley
pinch of white pepper	1 teaspoon chopped pickle
1 teaspoon onion juice	3 tablespoons melted butter

If the stuffing is too dry moisten with a spoonful of cream.

#### Broiled Fresh Fish

THERE is no simpler and certainly no more delicious way of preparing fish than by broiling it directly over the flame. Small fish may be broiled whole if the heads and tails are cut off and the fish split. Larger fish should be cut in neat pieces, or when suitable, in steaks not more than one inch thick. The broiling iron should be well heated and then greased and the fish, well seasoned with salt and pepper, laid on and broiled from five to twenty minutes, according to the thickness of the pieces. A little melted butter and lemon juice or, to add the last touch of perfection, some tartar sauce, is all that good broiled fish requires.

It must be served very hot, almost straight from the griddle.

# Fish at Its Best

**Calls for Careful Marketing, A Well Chosen Recipe and Proper Cooking and Garnishing**

#### Fried Fish

THERE is no more flavourful way of cooking fish than frying it and there is nothing against this method of cooking, if it is well done. The crispness and delicacy of a piece of fried fish that is entirely free from grease, is the result of the way it is cooked. The fat must be very hot, whether the frying is done with a little grease in the pan or the fish is immersed in deep fat. The cleaned fish, cut in neat pieces (unless it is a small fish you are cooking, in which case you will just cut off the head and tail) should be well seasoned with salt and pepper and dredged in flour.

Or it may be dipped in beaten egg which has been diluted with half a tablespoon of water, then rolled in seasoned corn-meal or very fine cracker crumbs.

Or again, each piece of fish may be immersed in batter and dropped into boiling fat.

#### Salmon Loaf

A CAN of salmon may be used or an equal quantity of left-over sea salmon, 2 eggs, ½ cup bread crumbs, salt, pepper, 1 tablespoon melted butter, complete the ingredients required. Free the fish from skin and bone and flake with a fork, mix the other



Sardines are very good grilled

ingredients in lightly and turn into a buttered baking dish or individual moulds. Steam for one hour, if the large single mould is used, or for half that time for the small moulds.

#### Scalloped Salmon With Corn.

FLAKE two cups of canned or cooked fish with a silver fork; remove bones and skin, put a layer into a baking dish, season with pepper and salt, pour over it a very little cream sauce, then add a seasoned layer of canned corn; repeat fish and corn alternately until dish is almost full; pour in a little more sauce—using about two cups in all; sprinkle the top with crumbs, dot with a little butter and bake for about twenty minutes. This is a very easily prepared and most delicious dish.

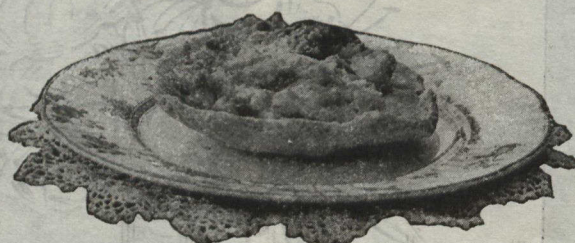
#### Broiled Salt Mackerel

THERE is something very appetizing about salt mackerel and kindred fish, when they are carefully prepared.

Wash the fish, put it in water, skin side up, and let it stand over night. In the morning dry it and broil it flesh side down on a well greased, hot griddle. When fish may be judged to be almost cooked through, turn it and brown the skin side lightly. Put it on a platter and spread with a little butter in which some lemon juice has been blended. Serve very hot.

#### Very Light Fish Cakes

TO make fish cakes really at their best, the potato should be freshly cooked and for just that little extra flavour which makes some dishes stand out above all—let the potatoes be baked rather than boiled. In



Fish shells aid in dainty service

either case, force the hot potato through a ricer. To three cups of potato, add 1¼ cups of cooked fish, which has been freed from skin and bone and flaked lightly, 1 egg, beaten until light, ¼ cup cream (and once again for a very special result let the cream be whipped), 1 teaspoon salt and a pinch of pepper. Mix riced potato, fish, beaten egg, cream and seasoning together beat well and drop by spoonfuls into deep fat which is smoking hot. They will require but a minute or two to heat through and should be lifted out and drained on crumpled brown paper. It is much easier to fry them if you have a frying basket, on which to place them, so that it may be just lowered into the deep fat and withdrawn at the proper moment. These will just be bubbles of the most delicious fish cake.

Of course left-over riced potato or mashed potato that is beaten very light, may be substituted still with excellent results.

#### Fresh Fish Chowder

EITHER salt or fresh water fish may be used for chowder, cod, haddock and pickerel being those most frequently selected. The skin and bones should be removed (by the way, to skin a fish, cut the skin across just below the head and peel it off), and the fish left whole or cut in solid pieces. Cover the well washed head and the bones with cold water and bring very slowly to the boiling point. Then allow it to simmer for 1 hour or more.

Dice three potatoes of medium size and put one layer in the bottom of an earthenware baking dish; put on this a layer of the fish, then one of canned tomatoes to which has been added a tablespoon of chopped onion, a good pinch of powdered thyme, ½ teaspoon salt and a little pepper; a little celery salt or celery seed is also an improvement, put another layer of potatoes and repeat with fish and tomatoes making the top layer potato.

Pour off the stock which has been simmering from the bones and add enough boiling water to make one pint and pour this over the fish etc., cover and cook slowly for twenty minutes. Add one pint of hot milk before serving.

#### Fish in Potato Cases

A VERY delicious and rather novel way of using some left-over fish is as follows:

Select several large potatoes, cut them in half, lengthwise, scoop a hollow in the centre of each, leaving a wall sufficiently thick to hold the fish mixture. Make a roasting pan hot and melt some bacon dripping and



Fish pie with a deep "crust" of mashed potato

heat it to the smoking point. Place the potatoes in the pan and baste their sides well with the dripping (melted butter, of course, gives a very delicious flavour where it is not too extravagant to use it). While the potatoes are baking, flake the cold fish, removing the skin and bone, season with salt and pepper and if it is liked, a few drops of onion juice or a little onion salt. Add a little strained tomato pulp, mix lightly with a fork and when potatoes have cooked for about twenty minutes, remove from the pan, fill with the mixture, dust the tops with bread crumbs, put a little dot of butter on each, return to the oven, which should be fairly hot, and bake for another twenty minutes. Drawn butter sauce may be served with this dish, if desired.

#### Hot Lobster Creole.

FOR eight to ten people take one medium Spanish onion and cut into small pieces. Put it in the inner pan of a double boiler with sufficient melted butter to cover. Put your pan directly over the flame and cook until the onion is a delicate brown; remove from the fire, add sufficient flour to form a ball; to this, stirring all the time, add the contents of one can of tomato

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