

To Flavor with Lemon Zest.

Never use the white part of the peel of a lemon for flavoring. The little globules of oil in the surface of the rind contain all the pleasant flavor of the peel. Rub loaf sugar over the surface. The friction breaks the oil ducts, and the sugar absorbs the oil. This is called yeast. The sugar is afterwards pounded fine for certain dishes, such as creams, meringues, etc., or can be simply melted in custards and beverages.

FISH

'Twas merry when you wagher on your angling,
When your diver did hang a salt-fish on his hook,
Which he with fervency drew up.

—Antony and Cleopatra.

Great care should be taken to preserve the freshness of fish, as no other food deteriorates so rapidly in flavor. Do not let fish stand in the water or the best flavor will be lost, and just before using wash once quickly in cold water. The method of cooking which retains most nourishment is broiling, baking is next best, and boiling poorest of all. Steaming is better than boiling. Your fish-kettle should be an oblong covered boiler, in which is a perforated tin plate, (with a handle at each end), on which the fish rests when boiling, and with which it is lifted out when done and placed over the top to drain a moment or two, it is then easily slipped off to the platter. To steam it, put something under the perforated tin, to keep it up about three inches above the water; refill with boiling water from the kettle as it boils away. Fish should never be allowed to boil hard. Just simmer. Instead of serving fish boiled or fried in the same old way, try some of the newer and more attractive and appetizing methods. Under baking, boiling, as "court au bouillon," which is merely boiling the fish in a vegetable broth flavored with certain herbs and spices. The French owe their fame as cooks largely to