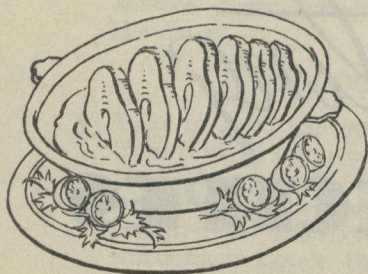


Boiled Fish

Wipe the fish clean and cut in servings. Season each piece with salt and a few drops of lemon juice or vinegar, leaving out the vinegar if salmon is used. (The acid keeps the flesh firm and white.) Place the slices together as before cutting and put the fish in dampened parchment (vegetable) paper. The fish will stick together after cooking, but may be easily separated into slices by running a knife between marks of previous slicing. Tie the paper into a bag and plunge into boiling water. Keep the bag from touching the bottom of the kettle by placing a metal jar ring on the bottom. Boil rapidly for five minutes and then more slowly, allowing from 8 to



10 minutes for each pound of fish. Save the juices from the fish which will be inside the paper and make a sauce; a thick white sauce may be made while the fish is boiling and then thinned with the liquor from the fish, hard-cooked, chopped or sliced eggs added to it, and the egg sauce served with the fish. Wash the paper and dry for using again.

Fish in Court Bouillon

1 quart of boiling water
 $\frac{1}{2}$ cup vinegar
1 tablespoon salt
 $\frac{1}{2}$ teaspoon peppercorns
1 leaf of thyme

1 sliced onion
1 sliced carrot
1 stalk of celery or celery leaves
Parsley, 1 bayleaf

Mix all ingredients and cook 10 minutes in a closed kettle. Plunge fish in boiling bouillon and simmer until well cooked. Fish may be wrapped in cheesecloth first.

Fish Cooked in Parchment Paper

Cut the fish ready to serve. Soak it in heavily salted cold water for five minutes (2 tablespoons salt to one cup of water).

Rinse paper in cold water. Spread it. Put the fish in the centre of paper. Add salt, pepper, chopped onion