

53. **Salmon (Dressed. Italian Sauce)**—Ingredients—two slices, about 3 inches thick, of good salmon, 2 onions, 1 carrot, 1 shallot, 2 gherkins, a few preserved mushrooms and a few capers, 3 oz. of butter, a little chopped parsley, 1 tablespoonful of anchovy sauce, and a pt. of good stock, and a little roux.

Cut up two onions and one carrot into thin slices, and lay them in the bottom of a baking dish with a little pepper and salt and one ounce of butter; lay the slices of salmon on the top of the vegetables, cover them with buttered paper, and bake for thirty-five minutes in a warm oven; when cooked serve with sauce made as follows: Cut up one shallot very fine, and lightly fry in two ounces of butter, throw in a little chopped parsley, two gherkins chopped fine, and a few capers and mushrooms cut up very fine, and one pint of good stock, a little roux to thicken, and one tablespoonful of anchovy sauce and a little pepper; boil these ingredients together for thirty minutes, lift the salmon carefully on to a dish (taking care no onion or carrot hang to it), pour the boiling sauce over it, and serve very hot.

54. **Fresh Salmon (to Boil)**—Ingredients—Fresh salmon, salt, water.

This fish needs more boiling in more water than any other fish. It is not wholesome unless thoroughly done. Make the water quite salt; boil, skim, then put in the salmon. Continue to skim. For each half pound allow fifteen minutes. Lobster, egg, or drawn butter for sauce.

55. **Whittings (Fried)**—Ingredients—Whittings, egg, bread crumbs.

Dip them in egg and bread crumbs and fry a clear golden brown. Serve on a napkin, with shrimp or lobster sauce and a tureen.

56. **Lobsters (to Boil)**—Ingredients—Lobsters, salt, water, salad oil.

The heaviest are best. Put them alive into a kettle of salted boiling water, and let them boil from half an hour to three quarters, according to size. Then wipe them, and rub the shell with a little salad oil; this will give them a clear red color. Crack the large claws without mashing them, and with a sharp knife split the body and tail from end to end.

57. **Lobsters (Potted)**—Ingredients—Lobsters, mace, white pepper, nutmeg and salt, butter.

Half boil them, pick out the meat, cut it into small pieces, season with mace, white pepper, nutmeg and salt, press close