

per; one pint milk. Melt the butter, add the flour, and stir until the lumps disappear. Pour the milk on gradually, stirring constantly, add the salt and pepper and cook until it thickens.

White Fish Sauce.—One-half ounce cornflour, one-quarter ounce ordinary flour, one and one-half ounces butter, one-half pint fish stock, one gill milk, salt, and pepper.

Boil the stock and milk with a bay leaf and a slice of onion for five minutes. Melt the butter in a small sauce or stew-pan; when hot, put in the flour and cornflour, and stir over the fire for a few seconds, taking care that the flour does not brown, then slowly pour on the boiled stock and milk. Stir the whole till it boils, and let it simmer for about ten minutes. Strain, season to taste with salt, pepper, and a few drops of lemon-juice.

Oyster Sauce.—Blanch six large-sized oysters, remove the beards, and cut the oysters into quarters or eights. Have ready about one-half pint whitefish sauce, to which add the strained liquor of the oysters; boil up and add the oysters. Reheat and add a few drops of lemon-juice.

Melted Butter Sauce.—One and one-half ounces of butter, one ounce of flour, about one-half pint of cold water, a pinch of grated nutmeg, salt.

Put the butter in the saucepan, let it melt, stir in the flour, now add the water gradually (if it is to be served with fish, use fish stock in place of water), stir, and bring it gently to a boil. Add a pinch of salt and rather less than a pinch of grated nutmeg. This sauce is served with all kinds of fried, boiled, or grilled fish, etc.

Egg Sauce.—Remove the shell from a hard-boiled egg, separate the yolk from the white, and chop the latter rather finely. Mix this with one-half pint whitefish sauce, heat up, and pour over boiled fish so as to completely cover it. Rub the yolks through a strainer or sieve, and with it decorate the surface of the fish.