

The best supper is a fish supper

The perfect finish to an evening is a fish supper. Wholesome as it is delicious. So digestible that bedtime brings only quiet rest and happy dreams.

When any of your family are working late, have fish for them when they come in. Fish tempts tired appetites without taxing tired digestions. Don't forget there are 30 delicious varieties of deep-sea fish. You can enjoy a new kind every day of the month.

Fish au gratin

Allow $1\frac{1}{2}$ lbs. of any white fish for 4 people.

CHEESE SAUCE: 1 oz. butter or margarine, 1 oz. flour, $\frac{1}{2}$ pint milk or milk and water, 2 ozs. grated cheese, pepper and salt.

Place fish in a pie-dish. If liked, add a little chopped onion. Dot with butter, add milk or milk and water to half cover. Cover with greased paper and bake about 20-30 minutes.

Meanwhile prepare cheese sauce thus: Melt butter, stir in flour, add milk and water, bring to boil, simmer for 10 minutes. Stir in cheese, pepper and salt to taste.

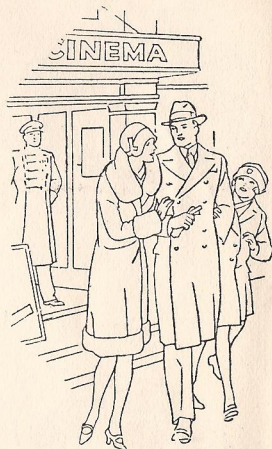
Remove the fish from oven, pour over cheese sauce, sprinkle a little grated cheese on top and brown in quick oven or under grill.

A fish curry

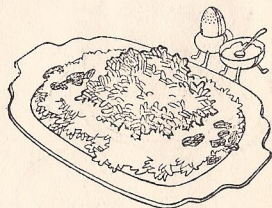
$1\frac{1}{2}$ lbs. white fish, 1 onion, 2 ozs. butter or dripping, 1 oz. flour, $\frac{1}{2}$ to 1 oz. curry powder, pinch sugar, $\frac{1}{2}$ pint fish stock. Serves 4 people.

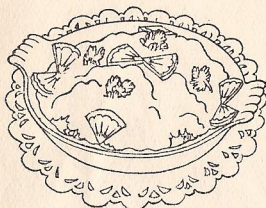
Free fish from skin and bone. Put latter in pan, cover with water, simmer for half-an-hour to make stock.

Slice the onion finely into a saucepan, add fat and fry. Mix in the flour, sugar and curry powder, stir until smooth. Add stock and seasoning and simmer for 10 minutes. Cut the fish into pieces, add to curry and cook for 15 minutes. Serve with border of rice.



If you do not care for cheese use white sauce, as on page seventeen, for this recipe and flavour with tomato or anchovy essence. It's delicious anyway.





Fricassee of fish

2 lbs. white fish, 1 teaspoonful vinegar, 1 oz. flour, 1 oz. butter or dripping, pepper and salt. Serves 4 people.

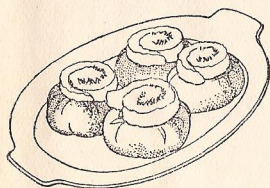
Cut fish into pieces about 2 inches long. Heat the dripping or butter in a stewpan; sprinkle flour into pan, stir until smooth. Add the vinegar, salt and pepper and breakfastcupful of water. Stir till sauce boils; then add fish, put on lid, and simmer for 30 minutes. Serve with the sauce over the fish.

Fish in tomato cups

8 medium-sized tomatoes, 1 lb. filleted white fish, $\frac{1}{2}$ pint white sauce (see page seventeen), 2 ozs. butter, juice of half a lemon, 1 tablespoonful parsley, seasoning. Serves 4 people.

Cut the fillets into eight neat pieces. Brush top with warmed butter, sprinkle with lemon juice and parsley, roll up.

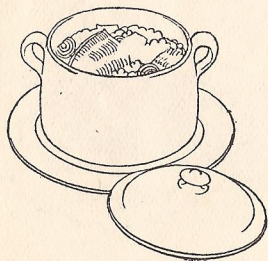
Cut off tops of tomatoes, scoop out centres. Season with salt and pepper, put a roll of fish in each, place in baking tin, add a very little water. Bake 20 to 30 minutes, basting fish with liquid. Serve with white sauce, to which add scooped-out portions of tomatoes.



Russian fish pie

1 $\frac{1}{2}$ lbs. flaky or short crust pastry, 1 $\frac{1}{2}$ lbs. cooked white fish, 1 gill white sauce (see page seventeen), 1 chopped hard boiled egg, a squeeze of lemon juice, seasoning. Serves 4 people.

Flake fish and mix with sauce, chopped egg, lemon juice and seasoning. Roll pastry into square (about $\frac{1}{4}$ inch thick). Place mixture in centre and fold to centre. Brush with beaten egg, bake until the pastry is cooked.



Casserole of fish

Allow 2 lbs. any white fish to serve four people. Put 2 ozs. butter or margarine in stewpan or casserole. Add two sliced onions, four sliced carrots, and four tomatoes. Pepper and salt. Pack in fish in convenient pieces. Cover with sliced potatoes. Dab with margarine. Put on lid. Cook for about one hour removing lid a few minutes before serving to brown potatoes.