



It's never too hot to eat these

When appetites need tempting serve a cold fish dish. Cool, light, but nourishing. Have these in Winter, too, instead of cold meat for Sunday supper An economy and a treat.

Cold fish roll

1½ lbs. cooked fish, 1 egg, ½ lb. boiled haricot beans, 1 tablespoonful anchovy essence, 1 tablespoonful chopped parsley. Serves 4 people.

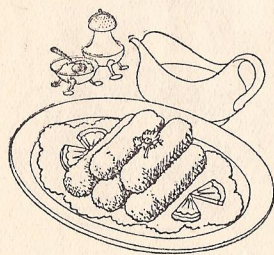
Beat beans through a sieve. Flake fish and beat egg. Mix all together, adding pepper and salt and parsley until a stiff paste.

Make this into a large sausage, put on a greased baking tin, place in a moderate oven for half an hour. When cold slice thinly and serve with salad.

Cold pickled fish

2 lbs. white fish, 1 onion, 1 pint vinegar, 1 teaspoonful flour, 1 teaspoonful allspice, 1 teaspoonful sugar, a little salt, a few chillies if possible, a tablespoonful curry powder. Serves 4 people.

Slice fish, sprinkle with salt and leave for ½ hour. Put layers of fish, sliced onions, sliced chillies in baking tin. Mix the curry powder and flour with the vinegar, add sugar, pour over fish and bake for ¾ hour. Serve cold.



Smoked fish croquettes (cold)

1½ lbs. cooked smoked fish, 1 gill white sauce (*see page seventeen*) a little chopped parsley, 2 ozs. breadcrumbs, 1 beaten egg, frying fat. Serves 4 people.

Flake the fish finely, mix with sauce, parsley and seasoning, and half the egg to bind. Shape into sausage-shaped croquettes, egg and breadcrumb, fry golden brown. When cold, serve with lemon sauce. (*See page seventeen.*)