

Sauce making made simple

With steamed or boiled fish you ought to serve a sauce. Don't be afraid of sauces. A double saucepan (costing 1s. at popular stores) makes sauce making as easy as A B C.

White sauce

1 oz. butter, 1 oz. flour, piece onion, 1 clove, seasoning to taste, 1½ gills milk, ½ gill fish stock and water.

Melt butter in pan, mix in flour, add the milk, stock and onion, simmer for 10 minutes. Remove onion and clove and add seasoning to taste.

FOR CHEESE SAUCE.—Add 1 oz. grated cheese.

FOR MUSTARD SAUCE—Mix one teaspoonful dry mustard with flour.

Melted butter sauce

1 oz. butter, 1 oz. flour, ¼ pint fish stock, seasoning

Melt the butter, mix in the flour smoothly, add stock, stir well and boil for 5 minutes. Season before serving.

FOR EGG SAUCE.—Add a chopped hard-boiled egg.

FOR PARSLEY SAUCE.—Add 1 teaspoonful chopped parsley.

FOR ANCHOVY SAUCE.—Add 1 teaspoonful anchovy essence.

FOR BROWN SAUCE—Add 1 teaspoonful gravy browning.

Lemon sauce

Melt 1 oz. butter or margarine, stir in smoothly table-spoonful of flour. Add gradually ½ pint milk, stirring continuously, boil gently for five minutes. Add salt and pepper and juice of a lemon. Boil, add grated peel of lemon.

A simple mayonnaise

Yolk of an egg, ½ teaspoonful mustard, salt and pepper to taste (cayenne if possible), ½ teaspoonful sugar, ¼ pint salad oil, vinegar to taste.

Add oil drop by drop to yolk stirring all the time. Mix mustard with a little vinegar and add with sugar, salt and pepper. Lastly add the vinegar drop by drop until the sauce is sharp enough.

