

When the doctor allows "a little fish"

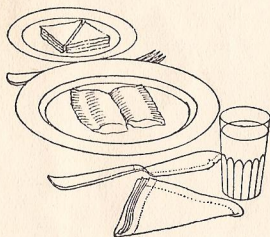
Fish is the invalid's first food because it is so very digestible. Remember that invalids need tempting, so take extra trouble to make your dishes look nice. If steamed fish is served, strain it very carefully. If a lightly-browned fillet, remove every atom of grease by draining on paper. Garnish with a thin slice of lemon or parsley.

Fish custard

$\frac{1}{4}$ lb. white fish, 1 oz. breadcrumbs, 1 gill milk, 1 egg, pepper and salt.

Serves 1 person.

Wash the fish, which must be free from skin and bone, cut it into neat pieces and arrange in a small pie-dish. Sprinkle the breadcrumbs and seasoning over it. Beat the yolk and white of the egg separately and add to the milk. Beat well and pour over the fish. Bake in a fairly-hot oven for half-an-hour.

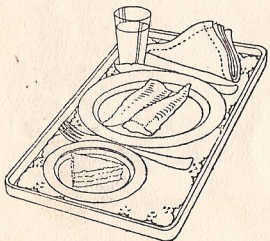


Baked fish for an invalid

Take a fillet of any white fish sufficient for one person. Wash the fish and wipe it carefully. Lay it in a soup plate or baking dish, cover with milk and add a little salt and a piece of butter the size of a walnut. Cover with another dish and bake in a moderate oven for about twenty minutes. Squeeze a little lemon juice on the fish and sprinkle a little chopped parsley over it. Serve with the milk as sauce. If preferred the milk can be thickened with a little cornflour.

Steamed fish for an invalid

Allow two small fillets of any white fish for a helping. Wash the fish and wipe it carefully. Sprinkle with a little salt and place it on a buttered plate with another plate over it. Place the plates over a pan of boiling water and steam until tender. Sprinkle with chopped parsley and serve with lemon sauce. (See page seventeen.)

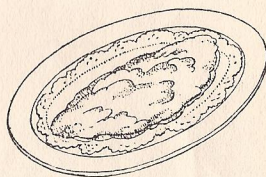


Fish omelet

$\frac{1}{4}$ lb. cooked white fish, 1 egg, $\frac{1}{4}$ oz. butter, seasoning to taste.

Serves 1 person.

Break the egg into a basin, add 1 dessertspoonful water, beat very well, add seasoning. Put butter in pan, make very hot, pour in the egg. As soon as it begins to set, put in the fish cut into neat pieces. When the omelet is cooked, fold it over in half and serve on a hot plate. A sprinkling of cheese put in with the fish is a pleasant addition if permitted by the doctor.



Fish soup for an invalid

1 small fish, $\frac{1}{2}$ oz. flour, 1 small onion, $\frac{1}{4}$ head celery, $\frac{1}{2}$ pint water, $\frac{1}{2}$ pint milk, 1 teaspoonful chopped parsley, 1 carrot, salt and pepper.

Clean small fish, place in pan with water. Add a little salt. Bring to boil and skin. Add onion, carrot, and celery chopped up, and boil all gently for 20 minutes. Take out fish and remove flesh from bones. Flake and set aside.

Strain the liquid; return to pan and add flour blended with milk. Bring to boil and add fish, parsley and seasoning

Very often the most difficult appetite will be tempted by this soup. It's just a little different. Make it look very attractive by serving in a nice white china cup, sprinkle over the green-chopped parsley and serve nice crisp toast. It's as strengthening as it is tempting

Creamed fish on toast

$\frac{1}{4}$ lb. cooked white fish free from skin and bone, $\frac{1}{2}$ oz. butter, 1 teaspoonful cornflour, $\frac{3}{4}$ gill milk, 1 egg, seasoning, 2 rounds buttered toast.

Serves 2 people.

Melt the butter in a saucepan, stir in the cornflour and add the milk gradually. Bring to boil, add the fish flaked as finely as possible, cook for five minutes stirring well and then stir in a beaten egg. Let the mixture thicken, but not boil after the egg is added. Season and pile on toast. Decorate with a little chopped parsley.

