

“THERE’S all the health of the sea in fish.” A fish diet suits everyone, provides nourishment for the worker, energy for growing children, easily digested food for the invalid, dainty dishes for “fussy” appetites. Sportsmen can train on fish, those who are “slimming” can diet on it. Fish meals give the cook more leisure because fish comes ready prepared and takes only a short time to cook. In the following pages you will find dozens of ways of cooking fish for every occasion—all as simple as A B C.

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ABC OF FISH COOKING

*"Ye gentlemen of England who live at home at ease
Ah! Little do you think upon the dangers of the seas."*

So runs the famous old song most of us have known from childhood. And you housewives, not only of England but of the whole British Isles, buying your fish in the fishmonger's shop, how little do you think of the risks that are undergone, the labours expended in order that you may be offered day in, day out, your choice of prime fresh fish.

If you love romance, and in your leisure moments are not above being stirred when you read a "thriller," just pause now and ask yourself what adventure can be surpassed by the fisherman's life which he is leading everyday a few miles from your doorstep.

The fisherman is the last of the adventurers. Your meat grazes placidly in a meadow until it is led to the slaughter-house—the butcher has replaced the hunter, but the fisherman must still take his life in his hands and face the perils of the seas, to bring you his catch.

The fisherman loves his life. Not for worlds would he exchange the freedom of the great ocean, and the thrill that comes after fighting through a storm, the triumph of bringing home a catch snatched from the icy jaws of the wintry seas, for a life within four walls.

Fishermen are born, not made. The dangers of their calling (statistics show that fishing is the most perilous of all industries), the hardships, the physical strength needed have evolved a race of men who have for centuries filled a special place in our history.

Britain's fishing fleets have been the nurseries of her navy. It was off the Dogger Bank in the North Sea, off the treacherous South Irish Coast that the lessons of seamanship were learnt that enabled the British Navy to win such victories as Trafalgar, Jutland and the Falkland Islands.

Many of the trawlers bringing you your fish to-day were used as minesweepers during the Great War, when 3021 fishing vessels were used to clear the seas of mines in order that our men might cross safely to France and food be brought to feed us at home.

So you see the fishing industry is something more than just a trade. It appeals to one of the deepest instincts in every British heart, the love of the sea. It has a great national tradition which for our own sakes we should support.

If the sea is Britain's national element, fish is her national food. Thanks to the daring and efficiency of our fishermen, no country in the world can rival our supplies of fish. Day in, day out, we in this Island can enjoy a choice of over 30 varieties of fish. And fish is the freshest of foods. Deep-sea fish, such as are caught by the trawlers pictured on the cover, will not live in anything but the clearest purest water. Fish comes to you free from preservatives of any kind, it has not been artificially fattened for killing, it is delicious, nourishing, digestible. There is all the health of the sea in fish. Ask yourself if you are making the fullest possible use of fish. This little book will help you by showing you dozens of simple economical ways of using fish and making fish dishes. Hang it up in your kitchen, and when you use it just glance at the cover. Then perhaps one night, when the wind is howling round your chimneys, sitting cosily round the fire, you will remember the fishing fleet afloat on the dark stormy seas. Remember too, all the fishermen have done to protect us in the past and will do to protect our children in the future, and do yourself and them a good turn by resolving from now on to EAT MORE FISH.