



## Why not fish soup ?

*Perfectly delicious and such a change ! Very economical too. Ask your fishmonger to give you the bones when you buy filleted fish. They make the most delicious fish stock.*

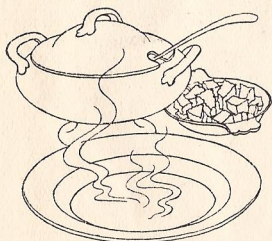
### *Fish mulligatawny*

Head, bones and trimmings of any white fish,  $\frac{1}{2}$  lb. white fish, 1 large onion, 1 head celery, 1 medium carrot, curry powder,  $\frac{1}{2}$  teaspoonful sugar, a small bunch of parsley, salt and pepper to taste.

Put all ingredients in a quart of water (mixing the curry powder and sugar with a little water) and simmer slowly for 2 hours. Do not allow to boil. Strain out bones, rub remainder through a sieve. Serve hot.

### *Fish and celery soup*

$\frac{3}{4}$  lb. white fish trimmings, 3 pints milk and water (half and half), 1 good head of celery,  $\frac{1}{2}$  oz. cornflour, seasoning to taste. Put the fish trimmings and celery into a pan with the milk and water and simmer for two hours. Strain and add the cornflour mixed with a little milk. Season and serve hot.



### *Fish and rice soup*

$\frac{3}{4}$  lb. white fish trimmings, 2 ozs. unpolished rice, 4 medium-sized tomatoes, a little frying fat.

Slice the tomatoes and fry lightly at bottom of stew pan. Put in the fish and three pints of water and simmer for 2 hours. Strain, return to pan, boil up, add rice and boil gently for  $\frac{1}{2}$  hour. Add chopped parsley before serving.

### *Thick fish soup*

$\frac{3}{4}$  lb. white fish, 1 onion, medium sized, 1 carrot, medium sized, 1 teaspoonful sweet herbs, 1 oz. tapioca or sago, seasoning. Slice onion and carrot and fry in hot fat at the bottom of a stewpan. Cut up the fish, put it in with onion and carrot, add the herbs and seasoning and tapioca, 2 pints of water and simmer gently for 2 hours. Strain and serve hot.