

Fish for high tea

Fish for tea brings smiles to every face! After the day's work what is nicer than a really choice bit of good fish, a crusty loaf and a heartening cup of tea. Fried fish is most people's tea-time favourite, but there are many other delicious fish dishes that make a nice change. Here are some of them.

Grilled fish

Steaks of round fish or whole flat fish may be used. Brush the fish with oiled butter or margarine. Wrap in greased paper, place in a baking dish under the grill. Watch carefully and turn when necessary. Serve very hot.

Fish fried in batter

Filletts or steaks of white fish sufficient for four people (one large or two small steaks or filletts), 2 ozs. flour, $\frac{1}{4}$ pint milk, pinch salt, 1 egg.

Break the egg into the flour, add milk gradually beating smooth. Season. Dip fish in, fry in deep boiling fat.

Egg may be omitted if desired.

Smoked fish paste

$\frac{1}{2}$ lb. smoked fish, 1 oz. butter or margarine, mixed spice and pepper to taste.

Simmer fish for 10 minutes. Flake and pound thoroughly with the butter or margarine and seasoning. Pound until the mixture spreads easily. Press into a pot and cover with melted butter.

Cod's roe on toast

4 rounds of hot buttered toast. $\frac{3}{4}$ lb. cod's roe, 2 ozs. butter or margarine, juice of half a lemon, salt and cayenne and spice to taste, $\frac{1}{2}$ oz. chutney (can be omitted if desired). Serves 4 people.

Boil the roe, when cold pound it with the butter or margarine, chutney and seasoning. Put the mixture in a well greased pan, stir in the lemon juice and make very hot. Place on the hot buttered toast and serve.

