



How to cook small fish

"The nearer the bone the sweeter the meat" is a familiar proverb that is especially true of fish. The small sizes of fish have a tenderness and a delicacy of flavour that is quite unequalled, and they work out at a lower price per pound. Ask your fishmonger for small haddock, codling, whiting, also all kinds of small flat fish.

Small fish

Allow 2 fish to each person.

Slit fish down front. Remove backbone by placing slit side down on board and pressing. Dip in seasoned pancake batter, close together again and dip in breadcrumbs. Fry. This results in a very creamy eating fish. Serve plain or with mustard sauce. (See page seventeen.)

Small fish baked

2 lbs. small fish serves 4 people, 1 gill fish stock or water, a little grated nutmeg, 1 teaspoonful lemon juice, salt and pepper, 2 oz. butter or margarine.

Wash the fish well and place in a greased baking dish. Sprinkle a little salt and grated nutmeg over them. Pour the fish stock or water into the tin, dab fish with butter or margarine. Put in a moderate oven and after 10 minutes turn fish carefully. After another 10 minutes put fish on a dish to keep hot. Add the lemon juice and remainder of the butter to the liquor in the tin, boil up and pour over the fish.

Fish souchet

Allow two fish to each person. Wash the fish well and place them in a casserole with just enough fish stock to cover them. Add a good squeeze of lemon juice to the stock.

Add a finely sliced onion, a diced carrot, a little chopped celery and seasoning to taste. Bake in a moderate oven for half-an-hour. Put fish on a hot dish and keep hot.

Return casserole to the oven and finish cooking the vegetables. Thicken stock with a little flour, add chopped parsley. Replace fish in dish with vegetables and serve.

