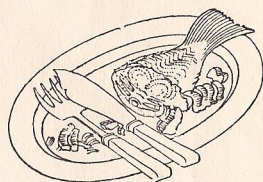


## Using up fish scraps

*You should never waste the smallest piece of fish. It is more than extravagant to throw away an atom of such a valuable food. Use the bones for fish stock. Save even a spoonful of fishmeat to make delicious savoury little dishes such as are described below.*



### *Savoury fish toast*

1 lb. cooked, white fish, 1 oz. butter, 1 teaspoonful lemon juice,  $\frac{1}{2}$  gill white sauce, parsley salt and pepper, 4 rounds of buttered toast. Serves 4 people.

Flake fish carefully. Mash in butter, add sauce, then chopped parsley, salt and pepper to taste. Mix together and make very hot. Spread on the hot rounds of toast and serve.

### *Croquettes of fish*

1 lb. cooked fish, 4 ozs. of fresh breadcrumbs,  $\frac{1}{2}$  oz. of butter, 1 egg, seasoning, 1 teaspoonful chopped parsley, a little anchovy essence, frying fat. Serves 4 people.

Put the fish, flaked, into a mortar with half breadcrumbs and warmed butter. Pound all to a paste. Put in the beaten egg and seasoning, pound again for a few minutes. Add the chopped parsley and anchovy sauce.

Flour hands and board, shape the mixture into rolls about two inches long. Roll in flour, fry a golden brown.

*Really a tasty kind of little fishcake these croquettes make a delicious savoury when you're giving a dinner party. Make them very wee for this purpose and dish on hot buttered toast.*

### *Fish ramekins*

1 $\frac{1}{2}$  lbs. cooked white fish, 1 gill thick white sauce, 2 ozs. grated cheese, a little grated lemon rind, seasoning to taste Serves 4 people.

Flake fish finely. Warm sauce and mix in grated cheese. Add to fish and mix until fish and sauce make a smooth paste.

Put mixture in little pot ramekins (these can be bought quite cheaply now-a-days) and make very hot in the oven. Decorate with grated lemon rind

