

How to choose fish

The test of successful shopping is of course whether you have secured the fullest possible value for your money. Now there are so many different kinds of fish, over 30 deep sea varieties are offered you daily, and so many different ways of cutting it that for true economy it is most important for you to be sure that you are getting just the right kind of fish for your purpose. Here are a few points to bear in mind.

For frying remember medium sized fillets are far less likely to break in the pan than very large ones. So ask your fishmonger not to cut your fillets too large.

In the same way if you are buying steaks for frying remember that a very thick steak is more difficult to cook. Ask the fishmonger to cut them medium thick. Your fishmonger is your best guide for fish value. Don't insist on having only four or five kinds of fish. Ask him what he can recommend that is good and cheap. He will very likely introduce you to a new delicious variety that will cost you less.

Don't forget that the more delicate kinds of fish are not only more expensive but are not so successful in "made up" dishes. Many people buy the highest priced fish for such purposes as making fishpie, fish cakes, and fish scallops. This is as absurd as using best rump steak for cottage pie.

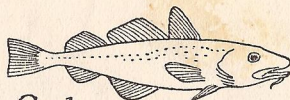
For the same reason do not insist always on the "middle cut." You might just as well always buy sirloin. Do not forget the tail or the head. For instance, a halibut or turbot's head boiled will give you enough fish for a delicious salad or creamed fish, at a low price.

Another useful economy hint is to ask for the bones of fish you have filleted. These bones make beautiful stock for fish soups (see page twenty).

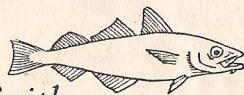
Golden rules for cooking fish

How to fry fish

First wipe your fish and salt well. Leave salt on for a few minutes, then wash off. This salting greatly improves the flavour. Now thoroughly dry. Wrap in a clean cloth, press very gently and make sure every atom of moisture



Cod



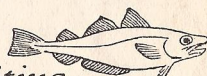
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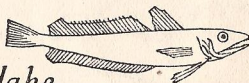
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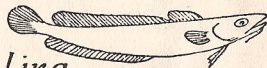
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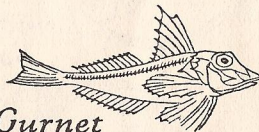
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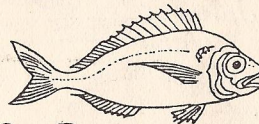
Hake



Ling



Gurnet



Sea Bream