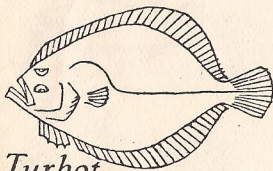


Halibut

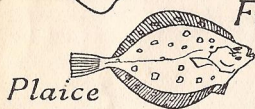


Turbot

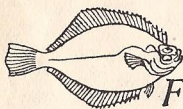


Monk

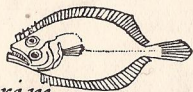
Fish



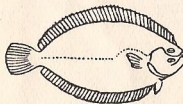
Plaice



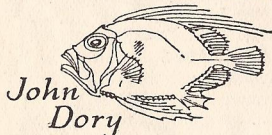
Flounder



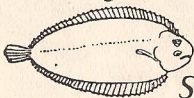
Megrim



Lemon
Sole



John
Dory



Sole

is out. Then dip in batter, or egg and breadcrumb, or simply flour. Now have a pan with plenty of clean fat. Heat until fat gives off a BLUE SMOKE. This is most important. Fry your fish until golden crisp. Drain thoroughly and serve.

CAUTION.—If your fish is not properly dried it will be watery inside. If your fat is not properly hot your fish will not fry to a golden crispness.

Boiling and steaming

Do not boil fish if you can avoid it. Steaming is much better. If you have not a steamer you can steam moderate sized pieces of fish between two plates as directed below. Should boiling be necessary use it only for large pieces of fish such as a "cod's head and shoulders" or the entire middle cut of turbot or halibut. Boil as follows :—

Place large saucepan on fire to boil. When water is warm add dessertspoonful of vinegar. Place in the well washed fish. Salt and pepper. It is advisable either to tie fish up well or to cook in a muslin bag which may be used any number of times. Bring water to boil, then simmer gently until fish is cooked. When skin begins to crack the fish is done.

CAUTION.—After lifting out fish carefully on a slice, drain and press out all moisture with clean cloth. The fault of most boiled fish is that it is watery.

If fish is put into boiling water and "galloped" it will be tough and fall to pieces, so be sure you *simmer* your fish.

How to steam fish

There is no easier or more delicious way of cooking fish than steaming. Steaming requires no attention and cannot fail to be successful. All the flavour is retained, the fish itself keeps firm, the full nourishment is preserved. Season any fish to be steamed with pepper and salt, put a little butter or margarine on the top, this greatly improves the flavour. Then place the fish on a greased plate, invert another plate over the top and cook over a saucepan in which water is kept boiling. When the fish feels soft and tender to a fork it is done.

Steaming is the ideal way of cooking fish for children and invalids because it makes it particularly digestible.