

Have a change at breakfast tomorrow

Yes, they ought to eat more breakfast, and they will if you tempt them with "something different." Fish is the ideal food to start the day on. It is nourishing, sustaining, yet so easily digested that it is perfectly healthy to start the day's rush immediately after eating a fish meal.

Smoked boneless fillets

1½ lbs. smoked fillets, 1 gill milk, or milk and water, 1 oz. margarine or butter. Serves 4 people.

Have you tried these flavoursome fillets of smoked fish? Men like them because there are no bones; you'll like them because there is no waste. Allow 4 ozs. of fillets to each person. Place in a frying pan, just cover with milk, milk and water, or water to which a good lump of margarine has been added. Season with salt and pepper to taste. Simmer very slowly until done. An average of about 20 minutes is required. Serve very hot. If you use milk save the liquid for fish soup. (*See page twenty.*)

Fried cod's roe

One cod's roe, flour, vinegar, lemon, parsley, and seasoning.

Allow 4 oz. roe to each person.

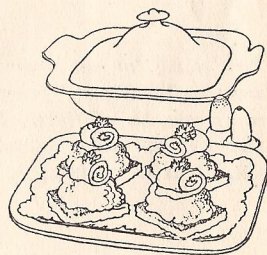
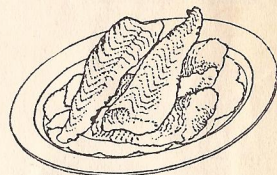
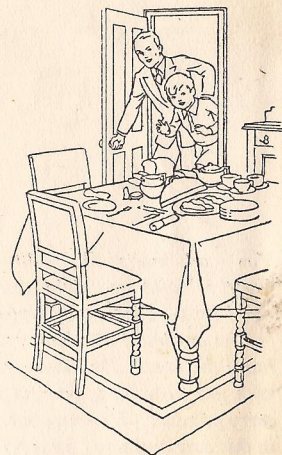
Wash the roe and tie in a piece of muslin. Put in warm salted water, to which a teaspoonful of vinegar has been added. Simmer very gently for 20 minutes.

Lift out, and when cold cut into slices with a sharp knife. Dust each piece thoroughly with flour and fry a golden brown in boiling fat. Drain and garnish with parsley and cut lemon.

Scrambled egg and fish

6 ozs. cold fish, two eggs, margarine or butter, toast. Serves 2 people.

Have ready about 6 ozs. of flaked cooked fish. Remnants of haddock or boneless fillets will do excellently for the



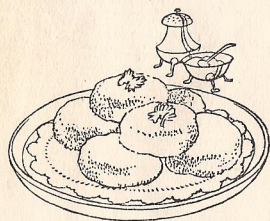
purpose. Scramble eggs in the ordinary way, allowing about two eggs to the quantity of fish above. As eggs begin to set, stir in the flaked fish gradually, pepper and salt well and serve on hot buttered toast. Many people enjoy a thin rolled slice of bacon with these eggs.

Kedgerree

You can make this into a "party" dish by adding more sliced hard-boiled egg, chopped chillies or almost anything your fancy dictates. Delicious, too, with just an added spoonful of curry powder. Use more butter in this case and serve for supper or lunch with a sprinkling of powdered cocoanut.

1 lb. cold cooked fish (dried or fresh). 2 ozs. rice, 1 oz. margarine or butter, 1 hardboiled egg (if liked), salt and pepper. Serves 4 people.

Flake the fish, boil and dry rice. To boil rice, plunge washed rice into boiling water and cook until grains can be rubbed between finger and thumb without feeling a hard core, dry in cullender before fire or in warm oven for a few minutes. Put rice into a saucepan with fish, margarine or butter and seasoning. Stir well till hot. Pile on hot dish and decorate with chopped hardboiled egg. This dish can be conveniently prepared overnight and heated up.



Fish cakes

$\frac{1}{2}$ lb. any cooked white fish, $\frac{1}{4}$ lb. mashed potatoes, 1 oz. melted butter, margarine or milk to moisten, 1 teaspoonful anchovy essence (if liked), salt and pepper. Serves 4 people.

Flake the fish, mix with potatoes, seasoning, and melted butter or milk. Turn on to a plate, shape into cakes, egg breadcrumb and fry in very hot fat, or flour well and fry in very hot fat. Or, flour cakes well and put on a baking sheet in hot oven to brown. Time required, about 10 minutes.

Browned fish

First thing in the morning many people cannot "fancy" richer methods of frying, but they will all enjoy browned fish. It is so greaseless.

1 $\frac{1}{2}$ lbs. fillets, flour, frying fat. Serves 4 people.

Ask your fishmonger for nice white fillets. Allow one good-sized or two small fillets to each person. Dry very carefully in a clean cloth. Flour lightly. Fry in very hot fat until fish turns golden brown. Drain on paper in warm oven. This method gives a delicately fried fillet entirely free from grease.