

What shall we have for lunch?

It's easy to think of something new if you have fish. It is the best of lunches, quickly prepared, nourishing and so digestible. Dainty too, tempts when you don't feel inclined for a heavy meal. Here are some delicious dishes both to make when you're alone and when you have a party.

20 minute fish

Allow 6 ozs. any white fish to each person, 1 oz. margarine or butter to each lb. fish, lemon juice, seasonings, a little grated onion or cheese, 1 teaspoonful chopped parsley.

Grease baking dish. Lay fish in. Sprinkle with salt, pepper and a little lemon juice. Scatter parsley over with grated onion, or cheese if liked. Dot butter over, bake slowly in moderate oven for about 20 minutes, basting well. Dish with liquor poured round

Fish stuffed and baked

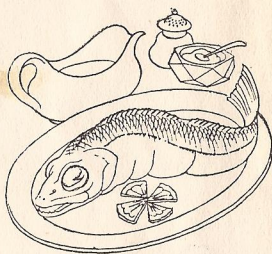
1 round white fish of 2 lbs. or 2 round white fish about 1 lb. each, 4 ozs. breadcrumbs, 1 small onion grated, juice of half a lemon, 1 teaspoonful mixed herbs, seasoning, 1 oz. dripping. Serves 4 people.

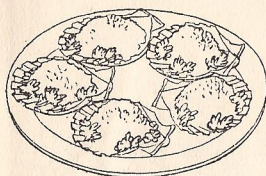
Mix breadcrumbs, onion, herbs, and seasoning, bind with the melted dripping. Wash fish thoroughly, place the stuffing inside. Tie round with thread and place in baking tin. Pour in a teacupful of water and put a few bits of dripping on top. Bake in a moderate oven for 20 to 30 minutes. Serve with melted butter sauce. (See page seventeen.)

Fish pilaw

3 or 4 slices or fillets of white fish, 4 ozs. rice, 4 ozs. butter or margarine, chopped onion. Serves 4 people.

Cook 4 ozs. of rice till tender in boiling salted water. While cooking cut fish into small pieces (removing skin and bone), fry in 4 ozs. of butter or margarine. When cooked, add the cooked rice and a chopped fried onion. Mix carefully, season well, and serve hot.





Fish scallops

1½ lbs. white fish, 3 ozs. breadcrumbs, 1 teacupful white sauce (see page seventeen), 1 teaspoonful Worcester sauce, 3 ozs. grated cheese (hard cheese preferably), ½ oz. butter. Serves 4 people.

Steam fish between two greased plates until cooked. Flake. Make white sauce, mix in the Worcester sauce, and add flaked fish and heat well. Put into scallop shells, cover with breadcrumbs, sprinkle over grated cheese. Dot with butter and brown in the oven.

Baked fish soufflé

1 lb. cold, boiled white fish, 2 eggs, 1 oz. butter, ½ oz. flour, 2 teaspoonfuls finely-chopped parsley, ½ pint milk or milk and water, seasoning. Serves 4 people.

Flake fish finely, mix with parsley and seasoning. Melt butter, stir in flour. Add milk, stirring all the time. Bring to boil, simmer for 5 minutes. Then add fish. Separate whites and yolks of eggs, beat yolks in one by one. Whip the whites to a stiff froth and fold into mixture. Put in well-greased tin and bake for twenty minutes.

Fish and tomato savoury

1½ lbs. white fish, 3 large slices bread, 3 medium-sized tomatoes, milk, pepper and salt. Serves 4 people.

Bake fish with milk for ten minutes. Pour the milk off the fish over bread. When soft add tomatoes, salt and pepper, and beat up with fork.

Flake fish. Butter pie dish, fill with layers of fish and bread mixture until dish is full.

Dot with butter and brown in oven.

Potatoes stuffed with fish

Four large potatoes, ½ lb. flaked cooked white fish, 1 gill good white sauce (see page seventeen), 2 ozs. grated cheese. Serves 4 people.

Bake potatoes, halve and scoop out centres. Mix scooped out portions with 2 tablespoonfuls grated cheese. Heat white sauce, add 4 tablespoonfuls cheese and flaked fish, heap in centres of potatoes. Sprinkle the mixed cheese and potato over. Brown in oven.

This is one of those very professional-looking dishes your friends will admire you for being able to make. Yet it's easy as ABC. Try and see.

