

Solid dinners for hungry families

Please don't think that fish must be served with white sauce and mashed potatoes. There are dozens of hearty savoury dinners to be had from fish. Try serving fish with a good brown gravy, with browned potatoes, with carrots, onions and peas. That's the way to enjoy a fish dinner Delicious and just the change you've been looking for



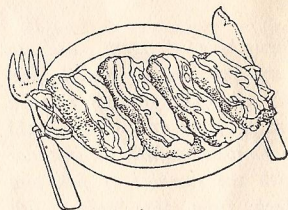
Fish with brown sauce

Serves 4 people.

2 lbs. any white fish, $\frac{1}{2}$ oz. dripping, 4 ozs. rice, $1\frac{1}{2}$ lbs. potatoes, 1 pint fairly-thin brown sauce (*see page seventeen*), 2 onions, pepper and salt. Pass fish through seasoned flour. Heat dripping in saucepan, brown the fish on both sides. Remove from pan and stir in finely-chopped onion and fry. Add cooked rice and brown sauce. Add fish and simmer very gently for 20-35 minutes until fish is cooked. Serve with border of mashed potatoes.

Fish with bacon

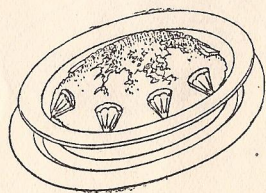
Allow 6 ozs. uncooked white fish and 2 small rashers for each person. Grease baking tin or fire-proof dish and cover bottom with fat rashers of bacon. Place fish steaks on bacon and sprinkle with lemon juice, salt and pepper. Cover the fish with browned breadcrumbs and put a piece of bacon on top of each. Bake for twenty minutes. Add a few drops Worcester sauce and garnish with pieces of lemon before sending to the table.



Substantial fish pie

$1\frac{1}{2}$ lbs. white fish, $\frac{1}{2}$ lb. onions, $\frac{1}{2}$ lb. carrots, seasoning.
Serves 4 people.

Cut the carrots and onions into small pieces, add seasoning and boil in water to cover. When nearly done reduce heat and put in cleaned fish. Simmer slowly until tender. Now strain off the water and save it. Remove all skin and bone from the fish and beat it up with the vegetables.



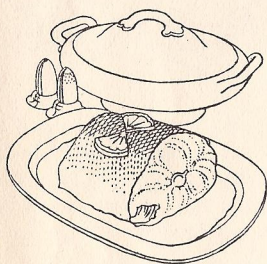
Put 1 oz. of butter in pan, melt, stir in 1 oz. flour. Add $\frac{1}{2}$ pint of the water saved and boil for 5 minutes.

To this sauce add fish, vegetables and two teacupfuls breadcrumbs. Mix thoroughly. Put into a greased pie-dish. Sprinkle with breadcrumbs, dot with butter and bake until golden brown.

Braised fish

Place about $2\frac{1}{2}$ lbs. of white fish in a stew pan or casserole with half-a-pint of brown or tomato sauce (*see page seventeen*), two finely-chopped shallots, a little parsley and thyme, and a slice of lemon. Serves 4 people.

Cover the pan with tight-fitting lid and simmer very gently for half-an-hour. Then baste the fish well with the sauce, return the lid, and finish cooking for another half-an-hour in a moderate oven. Place fish on a hot dish and keep warm. Strain sauce and boil rapidly over the gas until reduced to half the bulk. Coat the fish with this and garnish with slices of lemon. Serve immediately.



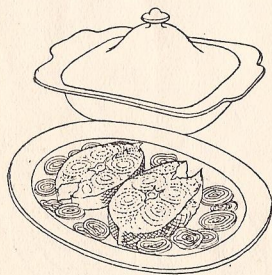
Something different, and so very economical, you'll find this dish the greatest help in using up scraps. You could make it beautifully for instance with the remains of fish and stock from the braised fish recipe above.

Fish and macaroni

$\frac{1}{2}$ lb. cooked fish, $\frac{1}{2}$ lb. macaroni, 1 oz. butter, $\frac{1}{2}$ oz. flour, $\frac{1}{2}$ pint fish stock or milk, salt and pepper. Serves 4 people.

Cook macaroni, cut into small pieces. Flake fish. Put the skin and bones in saucepan with 1 pint of water, and a pinch of herbs, simmer gently for twenty minutes; then, strain off

Melt the butter in saucepan, stir in the flour, add half fish stock. Stir over the fire till boiling, then add fish and macaroni. Season nicely. Put in a fireproof dish. Sprinkle with breadcrumbs. Bake for ten minutes, serve with tomato or anchovy sauce.



Fish steaks with fried onions

A thick slice of any white fish for each person, 1 large onion or two small ones, 1 oz. dripping.

Place the fish, after wiping it, in a buttered baking tin, and bake it in a moderate oven for about twenty minutes.

Meanwhile, skin and slice thinly the onion and fry it in the dripping to a golden brown. When the fish is cooked, dish it up, surround with the fried onions and serve.