



The

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of Cookery

PRICE · ONE SHILLING

F Fish

Fish is sold as fresh, salted, smoked, pickled or canned It may be further classified as salt water, fresh water, or shell fish.

The following list includes the fish most commonly sold by fishmongers but it is by no means a complete list of edible fish. When buying fish which is unfamiliar ask the fishmonger's advice as to the best method of cooking it.

	<i>Name of Fish</i>	<i>Best Methods of Serving</i>
COD	Fresh	Grilled, fried, boiled, stewed, steamed or baked.
	Salt	Soak 24-48 hours, boil, then combine with other ingredients in fish cakes, pies, etc.
	Smoked	Grilled, boiled, baked or steamed.
CRAB	Fresh	Generally sold cooked. Use in salads, combined with sauces, or in sandwich fillings.
	Canned	Use as fresh.
DAB	Fresh	Boiled, fried, steamed or stewed.
DOG FISH	Fresh	Baked, fried or curried.

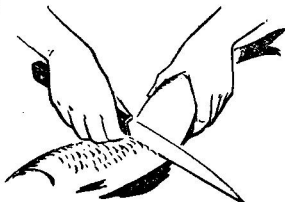
<i>Name of Fish</i>		<i>Best Methods of Serving</i>
EELS	Fresh	Boiled, fried, stewed, jellied and in pies.
	Smoked	No cooking required. Eat cold as hors d'oeuvre or in sandwiches.
FLOUNDER HADDOCK	Fresh	Fried or grilled.
	Fresh	Boiled, steamed, stewed, baked or fried.
	Smoked	Boiled, baked or grilled.
HALIBUT	Fresh	Grilled, fried, boiled, baked, stewed or steamed.
HAKE	Fresh	Fried, boiled, baked or stewed.
HERRING	Fresh	Boiled, steamed, stewed, fried, baked, soured or grilled.
	Salt	Soak in cold water 12 hours, then use as a fresh herring, use raw as hors d'oeuvre or in salads.
	Kipper	Fried, grilled, baked or stewed in a frying-pan in a little milk and water.
	Bloater	Grilled or fried.
LOBSTER	Fresh	Generally sold cooked. Use in salads, combined with sauces, or in sandwich fillings.
	Canned	Use as fresh.
MACKEREL	Fresh	Steamed, boiled, baked, soured, grilled or fried.
	Smoked	Grilled or fried.
	Canned	In salads, fish cakes and combined with sauces.
MULLET	Fresh	Boiled, grilled, stewed, steamed or fried.
MUSSEL	Fresh	Boiled, fried, soups or stews.
	Bottled	In hors d'oeuvre, soups or stews.
PILCHARDS	Canned	Salads, sandwich fillings, fish cakes, etc.
PLAICE	Fresh	Boiled, fried, steamed, stewed or grilled.
PRAWNS	Fresh	Generally sold cooked. Use in hors d'oeuvre, salads, and curried.
	Canned	Use as fresh.
SALMON	Fresh	Boiled, steamed, fried or grilled.
	Canned	In salads, sandwich fillings, fish cakes, and combined with sauces.
	Smoked	In hors d'oeuvre, salads and sandwiches.
SCALLOPS	Fresh	Fried or creamed.
SKATE or RAY	Fresh	Steamed, boiled or fried.
SOLE	Fresh	Boiled, stewed, steamed, fried or grilled.
SPRATS	Fresh	Fried or grilled.
	Smoked	Grilled or uncooked as hors d'oeuvre.
TURBOT	Fresh	Grilled, boiled, steamed, stewed or fried.
WHITEBAIT	Fresh	Fried.
WHITING	Fresh	Boiled, steamed, stewed, fried or baked.

Buying Fresh Fish

It is most important that fish should be very fresh. It goes bad very quickly and should be cooked as soon as possible.

The following are points to look for when buying fresh fish :

1. The gills should be bright and clear.
2. The eyes should be full and bright, not sunken and dull.
3. The flesh should be firm and the tail straight, not drooping.
4. There should be no disagreeable odour.



How to Prepare Fish for Cooking

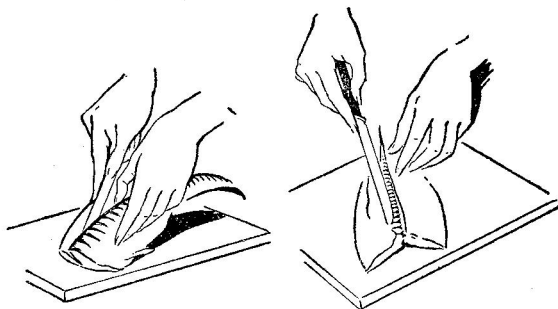
TO SCALE use the back of a knife and, holding the fish by the tail, scrape firmly from the tail towards the head. Wash well to remove loose scales.

TO CLEAN



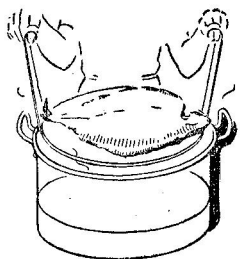
- (a) **Round Fish**, such as herrings, whiting, mackerel, etc. Slit the belly from the head towards the vent, remove all the entrails, keeping the roe. Wash well. If desired, the head may be removed.
- (b) **Flat Fish**, such as sole, flounder, dab, etc. The belly is just behind the head. Cut away the gills and make a small opening in the belly. Pull out the gut and wash the fish well. If the head is to be removed do this with a semi-circular cut at the base of the head.

TO FILLET. Slit the fish down the backbone and with a sharp knife separate the flesh from the backbone on each side. Use the bones and trimmings for fish stock or soup (see page 49).



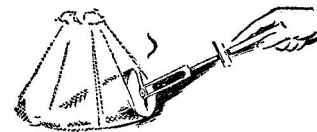
FILLETING ROUND AND FLAT FISH

How to Boil Fish



1. Do not use more water than is needed just to cover the fish.
2. Boil the water and to each quart add 1 tablespoon vinegar, 2 level teaspoons of salt and 3 peppercorns. For additional flavouring add a bouquet garni (see page 11), and 1 carrot and 1 onion. This will help to give a well-flavoured stock to use for a sauce to serve with the fish or for fish soup.
3. When the water is boiling add the fish. Cover the pan and immediately reduce the temperature and simmer gently for the required time (see below).

The fish is more easily handled if placed on a metal steaming rack before being put in the boiling water, or if tied loosely in clean muslin.



4. Fish is cooked when the flesh separates easily from the bone. Test at the thickest part. If there is no bone it is cooked when a white creamy substance begins to run from the fish.

5. Drain very thoroughly, serve with parsley, caper or anchovy sauce made from the fish stock.

Boiling Time-table for Fish

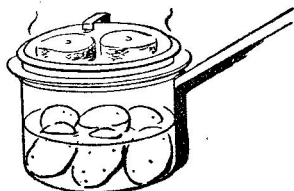
Thin fish, 7 minutes per lb., plus 7 minutes.

Thick fish, 10 minutes per lb., plus 10 minutes.

EXAMPLE. A thin fish weighing 2 lb. needs 2 by 7 minutes, plus another 7 minutes, or 21 minutes in all.

How to Steam Fish

METHOD A. Place the fish in the steamer, sprinkle with salt and cook until the flesh will leave the bones easily. Test at the thickest part (see page 26). If the fish is large, turn once during steaming. Times as for boiling.



METHOD B. Cut the fish in convenient pieces for serving and place in a well-greased soup plate. Sprinkle with salt, and if liked, with a little milk. Place the soup plate over a pan of boiling water or cooking potatoes and put the saucepan lid or an inverted plate on top. Steam 10-15 minutes. Serve with parsley, anchovy, caper or tomato sauce and boiled potatoes.

How to Grill Fish

(See also page 13)

1. Heat the grill and grease the grid or grill rack.
2. Small whole fish should be cut across in deep gashes to allow the heat to penetrate. Otherwise the outside of the fish will dry up before the inside is cooked. Cutlets and white fish will need basting with melted fat. Oily fish such as herrings do not need any fat.
3. Grill the fish until the flesh easily leaves the bones (see page 26) when tested with a fork. Serve at once. If possible serve Tartare sauce or brown butter sauce or parsley butter with the fish. Garnish with watercress.

How to Fry Fish

(See "Fats and Oils," page 47)

How to Bake Fish

1. This method is most satisfactory if moderate sized whole fish are used, or a middle cut from a large fish. Scale and clean but leave the head and tail on.
2. Stuff the belly with a savoury forcemeat and sew up with a needle and coarse thread. Do not fill the fish too tightly or it will burst during cooking because the stuffing swells as it cooks.
3. A whole fish may be skewered into the form of a letter S.
4. Place the fish in a baking pan with a little fat and bake in a moderately hot oven until the flesh easily leaves the bones (see page 26). For a fish weighing up to 4 lb. allow 10 minutes per lb. and 5 minutes for each additional lb., although the time required depends very largely on the thickness of the fish.
5. To serve, remove the skewer and thread and garnish with parsley and lemon. Serve with a tomato or a sharp sauce.

Fish may be baked as above without the stuffing.

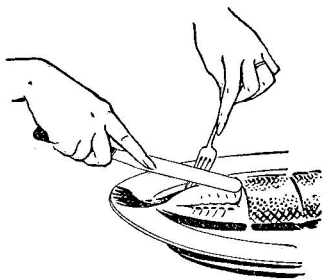
How to Stew Fish

1. Place the fish in a saucepan or casserole with just enough fish stock (see page 49), milk or water to moisten. Season.
2. Cover and simmer (see page 14) until the flesh easily leaves the bones (see page 26). The cooking may be carried out on top of the stove or in the oven. For times, see "How to Boil Fish," page 26.
3. Flavour and thicken the liquid and serve it as a sauce. For sauces, see page 50.

Using Up Cooked or Canned Fish

Use in salads, sandwich fillings, fish cakes, kedgerree, pies and combined with sauces or creamed.

As with all reheated foods care should be taken to season well and to see that the fish is warmed through without being over-heated or twice cooked.



How to Carve Whole Fish

Use a fish knife or a large flat knife or spoon. Work along the backbone of the fish, lifting the flesh first off one side and then the other. In this way the fish can be served free from bones.

What to Serve with Fish

Method of Cooking Potatoes

Fried or grilled Fried or boiled

Vegetables

Green salad, cole slaw,
green peas or beans,
carrots, tomatoes,
parsnips.

Sauces and Accompaniments

Tartare sauce, caper sauce,
Hollandaise sauce, tomato
sauce, lemon, parsley but-
ter, pickled beetroot or red
cabbage, chutney, mustard
sauce, cucumber sauce.

Boiled or
steamed

Boiled, jacket
or mashed

Green peas or beans,
carrots, tomatoes,
spinach, celery, green
salad, cucumber salad,
parsnips.

Cheese sauce, horseradish
sauce, chutney sauce, lemon
sauce, parsley sauce, egg
sauce, fennel sauce, anchovy
sauce, Hollandaise sauce.

Baked

Baked or boiled

Green peas or beans,
carrots, green salad,
tomatoes, cucumber
salad, spinach, celery,
parsnips.

Tomato sauce, brown
sauce, Tartare sauce, caper
sauce, lemon, parsley
butter, anchovy sauce,
Hollandaise sauce, mustard
sauce, cucumber sauce.