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# Recipes

All quantities for four

N.B. For those who have no scales, a table of handy measures will be found on page 32.

## *Fish Stock*

Use fish bones, skin, head and other trimmings. Cover with cold water and, to each  $\frac{1}{2}$  lb. of fish, add 1 small onion, 2 cloves,  $\frac{1}{4}$  bay leaf, and a small sprig of parsley.

Bring to the boil, cover and boil for 20 minutes. Strain and use.

## *Stuffings and Sauces*

### **Stuffing for Baked Fish**

4 oz. stale breadcrumbs  
4 level tablespoons chopped parsley  
2 level teaspoons mixed dried herbs  
Salt and pepper to taste

1 oz. fat, melted  
Few drops of lemon substitute  
Milk to mix

Mix all the ingredients together to a stiff consistency. Use to stuff fish or as stuffing balls.

### **Stuffing for Baked Herrings**

2 oz. stale bread, soaked and squeezed  
2 oz. finely chopped onion  
1 level tablespoon chopped parsley  
2 level teaspoons mixed dried herbs

1 level teaspoon salt  
 $\frac{1}{4}$  level teaspoon pepper  
 $\frac{1}{2}$  oz. melted dripping or other fat  
2 teaspoons vinegar

Mix the bread, onion, parsley, herbs and seasoning together. Add the melted fat and vinegar and mix well. Use to stuff herrings before baking.

### **Brown Sauce**

1 onion  
1 small carrot  
1 oz. cooking fat or dripping  
3 level tablespoons flour

$\frac{1}{2}$  pint water or stock  
 $\frac{1}{2}$  level teaspoon salt  
Pepper to taste  
Gravy browning, if necessary

Dice the onion and carrot and fry in the fat until slightly browned. Work in the flour and cook again until dark brown. Add the water or stock gradually, stirring all the time and cook for 15 minutes. Season to taste, add gravy browning if necessary, strain and serve.

### **Cheese Sauce**

1 oz. margarine  
3 level tablespoons flour  
1 pint milk or stock

Salt and pepper to taste  
Pinch of ground mace  
2-4 oz. grated cheese

Melt the margarine and mix in the flour. Add the milk or stock and stir until it boils. Boil gently for 5 minutes. Season well and add the mace and cheese. Stir until the cheese has melted, but do not allow to boil again.

### **Curry Sauce**

1 small onion, chopped  
1 small carrot, chopped  
1 oz. dripping or cooking fat  
1 level tablespoon curry powder  
3 level tablespoons flour

1 pint stock or water  
1 tablespoon vinegar  
1 level tablespoon chutney  
2 level tablespoons sultanas  
1-2 level teaspoons salt

Fry the onion and carrot in the dripping or fat. Stir in the curry powder and flour. Add the stock or water and stir until it boils. Add the other ingredients and boil gently for  $\frac{1}{4}$ - $\frac{1}{2}$  hour.

## **Egg Sauce**

1 oz. margarine  
1 oz. flour  
1 pint milk or stock  
Salt to taste

Pinch of cayenne pepper  
2 hard-boiled eggs, fresh or reconstituted  
A few drops of lemon juice or lemon substitute

Melt the margarine and stir in the flour. Add the liquid and stir until boiling. Boil gently for 5 minutes, chop the eggs and add to the sauce together with the lemon.

## **Mustard Sauce**

2 oz. margarine or butter  
4 level tablespoons flour  
1 pint stock or water

Salt and pepper to taste  
1 level tablespoon mustard  
1 tablespoon vinegar

Melt the margarine or butter and stir in the flour. Add the liquid and stir until it boils. Boil gently for 5 minutes. Mix the mustard with the vinegar, stir into the sauce and season to taste.

VARIATIONS. 1. *Caper*. Omit the mustard. Add 2 level tablespoons coarsely chopped capers or pickled nasturtium seeds.  
2. *Fennel*. Omit the mustard and vinegar. Add 4 level tablespoons chopped fennel.

## **Parsley Sauce**

1 oz. margarine  
3 level tablespoons flour  
1 pint milk  
1 level teaspoon salt

$\frac{1}{2}$  level teaspoon pepper  
2 tablespoons vinegar  
4 level tablespoons chopped parsley

Melt the margarine in the pan, add the flour and mix well, then add the milk slowly and bring to the boil, stirring well all the time. Boil for 5 minutes. Add the seasoning, vinegar and parsley and serve hot with fish.

## **Salad Dressing**

2 oz. flour  
1 level tablespoon sugar  
2 level teaspoons mustard  
2 level teaspoons salt

$\frac{1}{2}$  level teaspoon pepper  
1 pint milk  
3-4 tablespoons vinegar (according to taste)  
 $\frac{1}{2}$ -1 oz. margarine

Mix the dry ingredients with some of the cold milk. Bring the rest to the boil and pour on to the blended mixture. Return to the pan, bring to the boil, stirring all the time, and boil for 5 minutes. Beat in the vinegar and margarine and allow to cool before using.  
To make a stiff dressing, use less milk and vinegar.

## **Sharp Sauce**

3 level tablespoons flour  
1 level teaspoon mustard  
1 level teaspoon sugar  
1 level teaspoon salt

$\frac{1}{2}$  level teaspoon pepper  
 $\frac{1}{2}$  pint milk or vegetable water  
1 oz. margarine  
4 tablespoons vinegar

Mix the flour, mustard, sugar, salt and pepper. Mix to a smooth paste with a little of the milk or vegetable water. Boil the remaining milk or water, pour on to the blended flour, return to the pan, then bring to the boil, stirring all the time, and boil for 5 minutes. Remove the pan from the heat and add the margarine and vinegar. Stir and serve hot.

N.B.—Chopped pickles may be added after the vinegar and the sauce served cold.

## Tomato Sauce

$\frac{1}{2}$ oz. fat	4 peppercorns
1 onion or leek, chopped	$\frac{1}{2}$ level teaspoon sugar
2-3 bacon rinds, chopped	8 oz. tomatoes, fresh or bottled
1 bayleaf	2 tablespoons vinegar
Sprig of thyme	1 level teaspoon flour, or cornflour

Melt the fat and fry the onion, bacon rinds, bayleaf, thyme and peppercorns for 5 minutes, and then add the sugar, tomatoes and vinegar. Boil gently for 15 minutes. Rub the mixture through a sieve, return to saucepan and reheat. Mix the flour or cornflour with a little cold water. Add to the sauce, bring to the boil, stirring all the time, and boil for 5 minutes.

## Soups

### Fish Soup

1 lb. fish (haddock if possible)	1 oz. margarine
8 oz. fish trimmings	2 oz. flour
2 pints water	$\frac{1}{2}$ pint milk
3 oz. onion or leek	Salt and pepper to taste
2 cloves	1 level tablespoon chopped parsley

Wash and clean fish and trimmings. Place in a pan with the water, onion or leek and cloves. Bring to the boil and skim well. Cook gently for 10 minutes. Lift out the fish. Remove the skin and flake the fish. Cook the stock for  $\frac{1}{2}$  hour longer. Strain the stock and rinse the pan. Melt the margarine, add the flour, cook without colouring for a few minutes, add the stock and milk and stir until boiling. Add the flaked fish, season and boil gently for 5 minutes. Add the chopped parsley and serve.

### Fish Chowder

1 lb. fish	1 pint water
1 large onion, sliced	2 level tablespoons flour
2 bacon rinds	$\frac{1}{2}$ pint milk
1 oz. fat	Pepper to taste
8 oz. raw potatoes, diced	$\frac{1}{2}$ level teaspoon salt
8 oz. raw carrot, diced	Chopped parsley

Cut the fish into small pieces. Fry the onion and bacon rinds in the fat, add the potato, carrot and water. Simmer for 10 minutes and then add the fish; cook until the potato is tender. Remove the rinds. Add the flour mixed with a little of the cold milk and stir until the mixture boils; cook 5 minutes. Add the remaining milk and reheat without boiling. Season and sprinkle with chopped parsley before serving.

This makes a thick soup, suitable for lunch or supper.

### Mock Oyster Soup

1-1 $\frac{1}{2}$ lb. fish trimmings	1 small onion or leek, sliced (1 $\frac{1}{2}$ -2 oz.)
1 pint water	8 oz. artichokes
1 level teaspoon salt	$\frac{1}{2}$ level teaspoon pepper
1 blade mace	2 level tablespoons flour
6 white peppercorns	$\frac{1}{2}$ pint milk
1 clove	Chopped parsley
2 level teaspoons mixed herbs	

Wash the fish and cook in the salted water with the mace, peppercorns, clove and mixed herbs in a muslin bag, and sliced onion or leek, for  $\frac{1}{2}$  hour. Strain off the stock and make up to  $\frac{1}{2}$  pint with water. Slice the artichokes and cook in the stock for  $\frac{1}{2}$  hour. Add the pepper, and sieve. Blend the flour with the milk, add to the soup and stir until it boils. Cook gently for a further 5 minutes. Sprinkle with the chopped parsley before serving.

# Main Dishes

For dinner, lunch or high tea

## White Fish

### Baked fillets with Sauce

1 level teaspoon salt  
¼ level teaspoon pepper  
1½ lb. mashed potatoes  
1-1½ lb. fillet of fish  
1 small onion or leek, very finely chopped  
Pinch of grated nutmeg

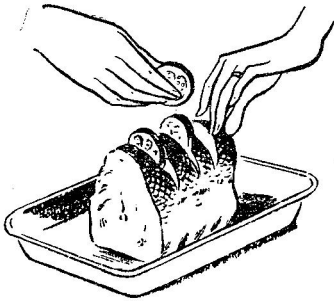
3 level tablespoons flour  
¼ level teaspoon ground mace  
Pinch of grated nutmeg  
½ pint milk and water  
½-1 oz. margarine  
Salt and pepper to taste  
Chopped parsley

Add the salt and pepper to the mashed potatoes and beat until smooth. Cut the fish into portions for serving, place the portions in a shallow fireproof dish and sprinkle with the onion or leek, grated nutmeg and a little salt and pepper. Arrange about 6 or 8 rough heaps of potato round the sides of the dish, cover with a margarine paper and bake in a moderate oven for ½ hour or until the fish is cooked. Blend the flour, mace and nutmeg with a little of the milk and water, bring the remaining liquid to the boil and pour on to the blended mixture. Return to the pan and boil gently for 5 minutes, stirring all the time. Stir in the margarine, season to taste and pour the sauce down the centre of the fish. Garnish with chopped parsley.

### Fish Roast

2 lb. middle cut of cod  
8 oz. tomatoes  
1 oz. fat or dripping

1 level teaspoon salt  
Pinch of pepper



Remove any fins and make about four shallow slashes across the back of the fish. Cut one of the tomatoes into thick slices and place one of these in each slash. Dot the fish with the fat or dripping, sprinkle with salt and pepper and put into a baking tin. Put the rest of the tomatoes round the fish and bake in a hot oven for about ½ hour until the fish is cooked. Baste once or twice during the baking.

N.B.—If tomatoes are not available, 8 oz. onion may be used instead.

### Fish au Gratin

1½ lb. raw fillets  
1 oz. bacon fat or dripping  
1 level tablespoon chopped onion  
3 level tablespoons flour  
½ pint milk or water or fish stock

1 level dessertspoon chopped parsley  
1 teaspoon vinegar  
1½ level teaspoons salt  
¼ level teaspoon pepper  
Browned breadcrumbs

Place the fillets in a greased fireproof dish. Melt the fat, fry the onion until it is brown. Stir in the flour and brown it, then gradually stir in the liquid. Boil the sauce for a few minutes and stir in the parsley, vinegar and seasoning. Pour this over the fish. Sprinkle with the browned breadcrumbs and bake for about 20 minutes in a moderately hot oven.

## ***Fish Pie with Cheese***

- |                           |                                     |
|---------------------------|-------------------------------------|
| 1½ lb. mashed potato      | ¾ pint white sauce                  |
| 1½ oz. grated cheese      | 3 level tablespoons chopped parsley |
| ¾ lb. cooked fish, flaked | Salt and pepper to taste            |

Mix the potato and cheese together, and line a greased pie dish with this mixture, leaving enough to cover the top. Mix the fish, sauce and parsley together and season to taste. Pour into the dish and cover with the remaining potato mixture. Bake in a moderate oven for ½-¾ hour. Serve hot.

## ***Fish Curry***

- |                             |                                 |
|-----------------------------|---------------------------------|
| ¾ lb. cooked or canned fish | 1 pint curry sauce, see page 17 |
|-----------------------------|---------------------------------|

Add the flaked fish to the hot sauce and heat gently for 5-10 minutes without boiling. Serve with rice, macaroni or mashed potatoes.

## ***Fish and Tomatoes***

- |                         |  |
|-------------------------|--|
| 1 lb. tomatoes          | 1 bay leaf                                     |
| 1 level teaspoon sugar  | A few drops of lemon juice or lemon substitute |
| ¼ level teaspoon pepper | 4 fish steaks.                                 |
| 1 level teaspoon salt   |  |

Slice the tomatoes and put into an ovenproof dish with the sugar, seasoning, bay leaf and lemon juice or substitute. Place the fish on top and cover the dish with greaseproof paper. Bake in a moderate oven for about ½ hour. Serve hot or cold.

## ***Macaroni Fish***

- |                                |                        |
|--------------------------------|------------------------|
| 6 oz. macaroni                 | 2 level teaspoons salt |
| 6 oz. white fish, cut in cubes | ¾ pint water           |
| ¼ level teaspoon pepper        | 4 oz. grated cheese    |

Gently boil the macaroni, fish and seasoning together in the water for about 30 minutes. When tender and the water is absorbed, stir in most of the cheese and turn into a fireproof dish. Sprinkle with the rest of the cheese and brown under the grill or in a hot oven.

## ***Paprika Casserole of Fish***

- |                                  |
|----------------------------------|
| 1 lb. fillets of white fish      |
| 2 level teaspoons paprika pepper |
| 8 tablespoons milk               |

### **SAUCE**

- |   |
|---|
| 3 level tablespoons flour                                       |
| 2 level teaspoons salt  |
| ¼ level teaspoon pepper   |
| 2 level teaspoons made mustard                                  |
| Liquid from the casserole made up to ½ pint with milk and water |
| 1 tablespoon vinegar  |

Skin the fish and cut it into pieces about 3 in. long. Place in layers in a greased casserole, sprinkling each layer with paprika. Add the milk. Put the lid on the casserole and cook in a moderate oven for 30 minutes. Drain the fish, keeping the liquid and making it up to ½ pint with milk and water. Keep the fish hot in the casserole while making the sauce. Blend the dry ingredients with a little of the fish liquid and the made mustard. Boil the rest of the liquid, and when boiling, add it to the blended ingredients. Return to the pan and stir until it boils. Boil gently for 5 minutes. Stir in the vinegar and pour the sauce over the fish. Serve hot.

# Herrings

## Devilled Herrings

3 level dessertspoons dry mustard  
2 level tablespoons sugar  
2 dessertspoons vinegar  
4 herrings, cleaned and boned  
4 level tablespoons chopped onion.

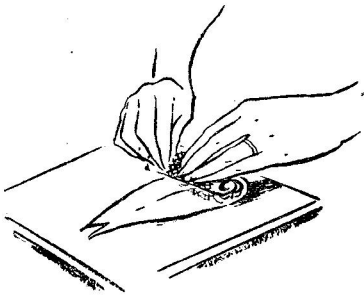
1 bay leaf  
6 cloves  
 $\frac{1}{2}$  oz. margarine  
5 tablespoons water

Mix the mustard and sugar to a paste with the vinegar. Open the herrings flat, spread the mustard mixture on the inside and roll up from the tail end. Fry the onion, bay leaf and cloves in the margarine in a saucepan until well browned. Add the rolled up herrings and the water and cook very gently for 10 minutes. Baste the herrings occasionally with the liquid. When cooked, serve with sweet chutney.

## Soused Herrings

8 herrings, cleaned and boned  
4 oz. onions  
1 level tablespoon mixed pickling spice  
1 bay leaf

1 level teaspoon salt  
 $\frac{1}{2}$  pint vinegar  
 $\frac{1}{2}$  pint water



Roll up the fish with a slice of onion inside each fish. Pack in a baking dish. Scatter pickling spice between the rolls, add the bay leaf and the remainder of the onion sliced. Sprinkle in the salt, pour in the vinegar and water mixed together, and bake in a slow oven for  $1\frac{1}{2}$  hours. Serve hot or cold.

## Swedish Herrings

4 herrings, cleaned and filleted  
2 level teaspoons salt  
2 tablespoons vinegar  
2 tablespoons water

$1\frac{1}{2}$  level tablespoons sugar  
 $\frac{1}{4}$  level teaspoon pepper  
Pinch of ground cloves  
2 level tablespoons brown breadcrumbs

Rub the herring fillets well with the salt and place in a flat dish, with the fillets overlapping slightly. Mix the vinegar, water, sugar, pepper and cloves together and pour over the herrings. Sprinkle on the crumbs and bake in a moderate oven for 20-25 minutes. Serve with boiled potatoes.

## Turkish Herrings

8 oz. onions, finely sliced  
1 oz. dripping  
2 level tablespoons chopped parsley  
1-2 level teaspoons salt

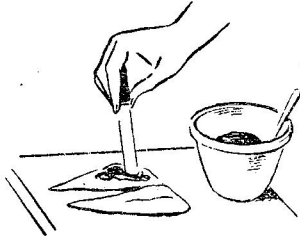
$\frac{1}{4}$  level teaspoon pepper  
1 tablespoon vinegar  
6 tablespoons stock or water  
Pinch of cinnamon

Fry the onions in the dripping until lightly browned, remove from the heat and sprinkle with the parsley. Arrange the herrings on the onion, sprinkle with the seasoning and add the vinegar and stock or water. Cover the pan with a lid and cook over a gentle heat for 20 minutes, or until the herrings are tender. When cooked, turn the stew on to a hot dish, sprinkle lightly with cinnamon and serve very hot with potatoes and a green vegetable.

# Canned Fish

## Devilled Pilchards

- 1 level tablespoon mustard
- A little vinegar
- 1 level tablespoon sugar
- 1 oz. margarine or dripping
- 1 can pilchards (15 oz. size)



- $\frac{1}{2}$  onion, chopped finely
- 1 bay leaf
- 6 cloves
- $\frac{1}{4}$  pint juice from the fish, or water

Moisten the mustard with a little vinegar and mix with the sugar and half the margarine. Split the pilchards in halves, spread with the paste, put together again, and arrange in a fireproof dish. Place in a moderate oven or under the grill to heat, while making the sauce. Fry the onion, bay leaf and cloves in the remaining margarine for 2-3 minutes. Add the liquid, bring to the boil and boil gently for 5 minutes. Pour over the fish and return to the oven or grill for 5 minutes longer. Serve hot, garnished with parsley.

## Pilchard Loaf

- 8 oz. pilchards
- 2 oz. browned crumbs
- 2 eggs, fresh or reconstituted
- 3 tablespoons vinegar

- Pinch of ground mace
- Pinch of grated nutmeg
- $\frac{1}{4}$  level teaspoon pepper
- $\frac{1}{4}$  level teaspoon salt

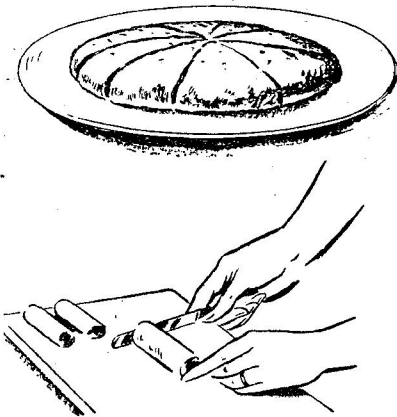
Flake the fish and mix it thoroughly with all the other ingredients. Turn into a well-greased cake tin and bake in a moderate oven for 40-45 minutes. Turn out carefully and serve hot with parsley sauce, or cold with salad.

## Salmon Croquettes

(Also suitable for pilchards or sardines)

- 3 level tablespoons flour
- $\frac{1}{4}$  level teaspoon ground mace or nutmeg
- $\frac{1}{4}$  level teaspoon pepper
- 1 level teaspoon salt

- $\frac{1}{2}$  pint stock or milk and water
- 2 teaspoons vinegar
- 4 oz. household salmon, mashed
- Browned breadcrumbs



Blend the flour, spice and seasoning with a little of the cold liquid. Bring the remainder to the boil, pour on to the blended flour and mix well. Return to the pan, bring to the boil, stirring all the time, and boil gently for 5 minutes. Beat in the vinegar and fish and turn on to a wetted plate. When cold and firm, divide into 4 or 8 portions and form into sausage shapes. Roll in browned breadcrumbs and grill for a few minutes until golden brown. Serve hot or cold with mixed salad.

# Dishes for Breakfast, High Tea or Supper

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## White Fish

### Curried Kedgerree

- |                                |                          |
|--------------------------------|--------------------------|
| 4 oz. pearl barley             | 1 level tablespoon flour |
| 1 pint water                   | 1 level teaspoon sugar   |
| 1 large onion, thinly sliced   | 2 teaspoons vinegar      |
| $\frac{1}{2}$ oz. fat          | 2 level teaspoons salt   |
| 4 level teaspoons curry powder | 8 oz. cooked white fish  |

Soak the barley in the water overnight. Fry the onion in the fat till golden brown, stir in the curry powder, cook for 5 minutes and add the flour. Again cook for 5 minutes, then slowly add the liquid which has been strained off the barley, and bring to the boil. Stir in the sugar, vinegar, salt and barley. Boil gently until the barley is tender—about  $\frac{3}{4}$  hour. Add the fish and cook for a further 10 minutes. Serve piled on a hot dish.

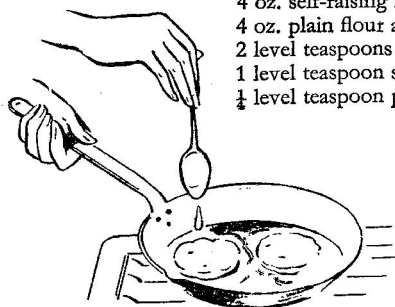
### Fish and Potato Pancake

- |   |                       |
|---|-----------------------|
| 1 medium-sized onion, finely chopped          | 1 teaspoon vinegar    |
| $\frac{1}{2}$ oz. dripping or fat             | 1 level teaspoon salt |
| $\frac{3}{4}$ lb. potatoes, cooked and sliced | Pepper to taste       |
| 1 lb. white fish, cooked and flaked           | Chopped parsley       |

Fry the onion in the dripping or fat until tender. Add the potatoes and fish and fry until brown. Sprinkle over the vinegar, salt, pepper and parsley. Serve hot.

### Fritters

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| 4 oz. self-raising flour or         | 2 eggs fresh or dried              |
| 4 oz. plain flour and               | $\frac{1}{2}$ pint milk (approx.)  |
| 2 level teaspoons baking powder     | 2-3 oz. cooked flaked fish         |
| 1 level teaspoon salt               | 1 level tablespoon chopped parsley |
| $\frac{1}{4}$ level teaspoon pepper | Fat for frying                     |



Mix flour, baking powder if used, salt and pepper well together. Mix to a stiff batter with the eggs and milk. Beat well, add the fish and parsley. Fry tablespoons of the mixture in hot fat until golden brown on both sides. Serve at once. This quantity makes about 8 fritters.

### Pan Hash

- |                                  |                          |
|----------------------------------|--------------------------|
| 8 oz. cooked mashed potatoes     | Salt and pepper to taste |
| 8 oz. cooked vegetables, chopped | 1 oz. fat for frying     |
| 2 oz. flaked cooked fish         |                          |

Mix all the ingredients together. Melt the fat in a frying pan and fry the mixture till well browned on both sides—about 15 minutes.

*Note.* If no cooked vegetables are available, 1 lb. cooked mashed potatoes may be used.



## ***Fish Cakes***

- |   |  |
|---|--|
| 8 oz. cooked white fish                 | $\frac{1}{2}$ level teaspoon salt              |
| 8 oz. mashed potatoes                   | Pinch of pepper                                |
| 1 level tablespoon finely chopped onion | Batter (see below) and breadcrumbs for coating |
| 1 level tablespoon chopped parsley      |  |

Flake the fish finely and mix all the ingredients together. Form into cakes, dip in batter and roll in breadcrumbs. Fry in a little hot fat, or bake in a moderately hot oven until golden brown. (No extra fat is needed for baking.)

*Batter for coating.* 1 level tablespoon flour mixed to a smooth batter with 2 tablespoons water.

## **Herrings**

### ***Hard Roes***

These may be washed, dipped in flour or egg and breadcrumbs and fried in a little hot fat till golden brown.

### ***Herring Roe Savoury***

- |   |                                     |
|---|-------------------------------------|
| Soft roes from 8 herrings (about 8 oz.) | 1 level teaspoon salt               |
| $\frac{1}{2}$ pint milk and water       | $\frac{1}{4}$ level teaspoon pepper |
| 3 level tablespoons flour               | Cayenne pepper                      |
| 4 slices of toast                       | Chopped parsley                     |

Rinse roes. Stew in the milk until they are tender, about 10-15 minutes. Place 2 roes on each piece of toast and keep hot. Mix the flour to a smooth paste with a little cold water, add the boiled milk. Return to the saucepan and stir until boiling. Boil 5 minutes, season well, and pour over the roes. Garnish with chopped parsley.

## **Canned Fish**

### ***Fried Pilchards on Fried Bread***

(Also suitable for canned herrings or sardines.)

- |                               |                              |
|-------------------------------|------------------------------|
| 1 can pilchards (15 oz. size) | Fat for frying, if necessary |
| 4 slices of bread             |                              |

Fry the pilchards till brown on both sides. They should be sufficiently oily to fry without extra fat. Remove from the pan and keep hot. Add a little extra fat if necessary to fry the slices of bread till golden brown on both sides. Divide the pilchards on to the four slices of fried bread and serve hot.

### ***Grilled Pilchards on Toast***

- |                                  |                            |
|----------------------------------|----------------------------|
| 1 can of pilchards (15 oz. size) | 4 slices of buttered toast |
|----------------------------------|----------------------------|

Divide the pilchards on to the four slices of toast and place under the grill for several minutes to heat.

### ***Sardines and Cheese Sauce***

- |   |  |
|---|--|
| 1 can sardines ( $4\frac{1}{2}$ oz. size) | $\frac{1}{2}$ pint cheese sauce, see page 17 |
| 4 slices toast                            | Parsley to garnish                           |

Arrange the sardines on the toast and pour over the hot sauce. Decorate with parsley.

### ***Curried Kedgeree***

See under recipes for white fish, pages 26, 28 and 30.

Use 8 oz. canned fish in place of the cooked white fish.

## ***Fish and Potato Pancake***

See under recipes for white fish, pages 26, 28 and 30.

Use  $\frac{3}{4}$  lb. canned fish in place of the cooked white fish.

## ***Fritters***

See under recipes for white fish, pages 26, 28 and 30.

Use 2 oz. mashed sardines in place of the cooked white fish and add 1 dessertspoon vinegar.

## ***Fish Cakes***

See under recipes for white fish, pages 26, 28 and 30.

Use 8 oz. canned salmon in place of the cooked white fish.

## ***Salmon Savoury***

4 level tablespoons flour

$\frac{1}{2}$  pint water

4 oz. canned salmon

$\frac{1}{2}$  level teaspoon mixed herbs

1 teaspoon vinegar

Salt and pepper to taste

Mix the flour with a little of the water, bring the remainder of the water to boiling point, add to the flour paste and allow to boil for 5 minutes. Then add the salmon, herbs, vinegar, and season to taste. Turn on to slices of toast and place under a grill for 2 minutes. Serve immediately.

# *Pies and Pasties*

## **White Fish**

### ***Fish Flan***

6 oz. pastry

2 level tablespoons chopped onion

$\frac{1}{2}$  oz. dripping

3 level tablespoons flour

1 level teaspoon paprika pepper

$\frac{1}{2}$  pint milk and water

$1\frac{1}{2}$  level teaspoons salt

1 tablespoon vinegar

1 lb. steamed white fish

Chopped parsley

Line an 8 in. sandwich tin or flan ring with the pastry and bake blind. Fry the onion in the dripping for 5 minutes without browning, stir in the flour and paprika and cook for 1 minute. Add the liquid and bring to the boil, stirring all the time, and boil gently for 5 minutes. Add the salt, vinegar and flaked fish; heat through and turn into the hot flan case. Garnish with chopped parsley.

### ***Fish Pasties***

6 oz. pastry

8 oz. white fish, cut in cubes

4 oz. cooked diced potato

1 level tablespoon chopped parsley

2 level tablespoons chopped onion

1 level teaspoon salt

$\frac{1}{4}$  level teaspoon pepper

Roll the pastry into four 6-in. circles. Mix the fish with the other ingredients and pile a quarter of the mixture on each piece of pastry. Moisten the edges of the pastry and seal into a pasty shape. Bake in a hot oven for 30 minutes. Serve hot or cold with salad.

## **Curried Fish Pie**

1 lb. fillet of fish  
1½ level tablespoons curry powder  
3 level tablespoons flour  
3 oz. dates  
3 oz. onion, chopped

3 level teaspoons salt  
¼ level teaspoon pepper  
Just under ¼ pint milk and water  
6 oz. short crust pastry

Skin the fish and cut into cubes. Dip the cubes into the curry powder and flour mixed together. Place the fish, dates, onion and seasoning in alternate layers in a greased pie dish (1½ pint size). Sprinkle any remaining curry powder and flour over the fish and pour over the milk and water. Cover with the pastry in the usual way, making a 1-in slit in the pastry cover. Bake in a moderately hot oven for 30 minutes.

## **Herrings**

### **Herring Pie**

8 oz. grated raw potato  
8 oz. grated raw apple  
3 oz. chopped onion  
¼ level teaspoon nutmeg  
2 level teaspoons salt

Pinch of pepper  
1 teaspoon lemon substitute  
4 herrings, cleaned and boned  
6 oz. pastry

Arrange half the potato, apple and onion in a pie dish. Sprinkle on the nutmeg, seasoning and lemon substitute. Lay the herrings on top. Cover with the remainder of the potato, apple and onion mixture. Roll out the pastry. Cover the dish with it and bake in a hot oven for 30 minutes.

### **Herring Rolls**

4 herrings, cleaned and filleted  
1 level teaspoon salt  
Pinch of pepper

8 oz. pastry  
2 level tablespoons finely chopped onion



Rub the herring fillets with the salt and pepper. Roll out the pastry and cut into 8 squares as for sausage rolls. Put a fillet of fish on each square and sprinkle with the onion. Damp the edges of the pastry and fold over, being careful to close the edges to prevent any loss of liquid. Bake in a hot oven for about 20 minutes. May be eaten hot or cold.

## **Canned Fish**

### **Creamed Sardine Pie**

3 level tablespoons flour  
½ pint milk and water  
1 level teaspoon salt  
Pinch of pepper  
Pinch of ground mace or nutmeg

1 teaspoon vinegar  
1 can sardines in oil (4½ oz. size)  
6 oz. short pastry  
A little milk

Blend the flour with the milk, bring to the boil, stirring all the time, and boil gently for 5 minutes. Add the seasoning, mace or nutmeg and vinegar. Mix well and beat in the sardines with the oil. Line a 6-in. flan ring or sandwich tin with half the pastry, add the mixture and cover with the remaining pastry. Brush the top with a little milk, and bake in a hot oven for 25-30 minutes. Serve hot or cold with a green salad.

## ***Pilchard Pasty***

6 oz. plain flour  
½ level teaspoon salt  
2-3 oz. cooking fat  
1 small can pilchards (12 oz. size)



2 level tablespoons chopped onion  
2 level tablespoons chopped parsley  
2 oz. mashed potato  
1 level teaspoon salt  
½ level teaspoon pepper

Make the pastry by mixing the flour and salt and rubbing in the fat. Mix to a stiff dough with as little water as possible. Make the filling by mixing together the pilchards, onion, parsley, potato, salt and pepper. Roll the pastry to a 12 in. square and spread the filling in a square with its corners to the sides of the pastry. Moisten the edges of the pastry and seal them in an envelope shape. Put the pastry on a baking sheet and bake in a hot oven for 30 minutes.

## *Salads*

---

### **White Fish**

#### ***Fish Fillet Salad***

1 lb. fillet white fish  
1 lettuce  
4 oz. grated carrot  
3 oz. watercress

½ pint salad dressing  
1 level tablespoon chopped pickle  
4 oz. tomatoes, optional

Remove any skin and bone from the fish, cut into 4 portions and steam 15-20 minutes. Leave to cool. Prepare the lettuce and make a bed of it on a dish. Arrange the fish on it and the carrot and watercress round it. Pour the salad dressing over the fish so that it is well coated. Decorate with chopped pickle and tomatoes, if used. This can be served as four individual salads on separate plates.

#### ***Soused Fish Steaks and Salad***

4 fish steaks  
½ pint vinegar and water  
8 peppercorns  
1 bay leaf  
1 level teaspoon mixed herbs

½ level teaspoon salt  
1 level tablespoon chopped onion  
1 lettuce  
4 level tablespoons grated carrot  
4 oz. tomatoes

Wash the fish and arrange in a fireproof dish. Mix the vinegar, water, peppercorns, bay leaf, herbs, salt and onion. Pour over the fish and cook in a moderate oven for about 20 minutes. Allow to cool. Prepare the lettuce and arrange on a dish. Place the cold fish steaks on the lettuce and garnish with the carrots and tomatoes. Strain the liquid in which the fish was cooked and serve in place of salad dressing.

## ***Spiced Fish Salad***

- |  |                                     |
|--|-------------------------------------|
| 3 tablespoons vinegar                  | 1 teaspoon Worcester sauce          |
| 2 cloves                               | 1 lb. shredded cabbage              |
| Pinch of pepper                        | 1 cooked beetroot or 8 oz. tomatoes |
| $\frac{3}{4}$ -1 lb. cooked fish       | 1 bunch watercress                  |
| $\frac{1}{2}$ pint bottled tomatoes or |                                     |
| 4 oz. fresh tomatoes                   |                                     |

Bring the vinegar, cloves, pepper and fresh tomatoes (if used) to the boil. Pour over the finely flaked fish and allow to stand for 30 minutes. Add the sauce and bottled tomatoes (if used). Arrange the fish on a bed of shredded cabbage (mixed with salad dressing if liked). Decorate with slices of beetroot or tomatoes and the watercress.

## **Herrings**

### ***Individual Herring Salad***

- |  |                            |
|--|----------------------------|
| 1 herring, cleaned and boned             | 2-3 radishes               |
| $\frac{1}{2}$ level teaspoon salt        | $\frac{1}{2}$ tomato       |
| 3-4 lettuce leaves                       | A few sprigs of watercress |
| 3 level tablespoons thick salad dressing |                            |

Rub the herring with the salt and steam it between two plates over a saucepan of boiling water. This will take 10-15 minutes. Arrange the lettuce leaves on a plate with the cold cooked herring. Coat the fish with the salad dressing and decorate with the sliced radishes, tomato and watercress.

## **Canned Fish**

### ***Individual Sardine Salad with French Dressing***

- |                                  |  |
|----------------------------------|--|
| 3 or 4 outside leaves of lettuce | <b>DRESSING</b>                        |
| 1 oz. watercress                 | $\frac{1}{2}$ level teaspoon salt      |
| 2 oz. cooked peas                | $\frac{1}{2}$ level teaspoon mustard   |
| 2-3 sardines                     | $\frac{1}{2}$ level teaspoon pepper    |
| 1 level teaspoon chopped onion   | 1 level teaspoon syrup                 |
| 3 or 4 radishes                  | 2 tablespoons oil from the canned fish |
|                                  | 2 tablespoons vinegar                  |

Make a bed of lettuce leaves on a plate and arrange the watercress, peas and sardines on it. Sprinkle the chopped onion on the sardines and garnish with radish. Mix the salt, mustard, pepper and syrup together and gradually mix in the oil. Then stir in the vinegar drop by drop, stirring until the dressing thickens. Serve with the salad.

### ***Pilchard Salad***

(Also suitable for canned herrings, mackerel and sardines or for soured fresh herrings or mackerel.)

- |                                       |                             |
|---------------------------------------|-----------------------------|
| $\frac{1}{2}$ oz. chopped raw spinach | 4 pilchards                 |
| 6 oz. raw grated carrot               | Salad dressing              |
| 4 oz. sliced cauliflower              | A few sprigs of cauliflower |

Mix the vegetables and place in a bowl. Place the fish on top and decorate with the salad dressing and sprigs of cauliflower.

## ***Sardine and Egg Salad***

- |  |                                      |
|--|--------------------------------------|
| 1 can sardines (4½ oz. size)               | 1 cooked beetroot                    |
| 3 medium-sized potatoes, cooked and diced  | 4 oz. watercress or shredded cabbage |
| 1 small onion, chopped                     | 2 level tablespoons salad dressing   |
| 4 hard-boiled eggs, fresh or reconstituted | 1 level tablespoon chopped parsley   |

Mix the sardines with the potatoes, onion and 1 chopped egg. Add the salad dressing. Pile on a bed of watercress or cabbage. (If desired, mix the cabbage with a little extra dressing.) Decorate with alternate heaps of sliced beetroot and hard-boiled egg, sprinkled with chopped parsley.

## *Sandwich Fillings and Spreads*

### **White Fish**

#### ***Fish Paste***

- |                                    |                               |
|------------------------------------|-------------------------------|
| 3 oz. cooked fish                  | 1 tablespoon vinegar          |
| 3 oz. mashed potatoes              | 1 level teaspoon made mustard |
| 1 level tablespoon chopped parsley | Salt and pepper to taste      |
| 2 level tablespoons chopped onion  | ½ oz. melted margarine        |

Flake the fish and mix it with all the other ingredients. Mix thoroughly to form a smooth paste. Use as a sandwich spread or on toast.

#### ***Fish Sandwiches***

- |                                    |                          |
|------------------------------------|--------------------------|
| 8 oz. cooked flaked fish           | Half a lettuce, shredded |
| 4 level tablespoons chopped pickle | 1 level teaspoon salt    |
| 4 tablespoons salad dressing       |                          |

Mix the fish and pickle with the salad dressing. Spread the mixture on 4 slices of bread and butter. Put a layer of lettuce on top and sprinkle with salt. Cover with the other slices of bread and butter.

## **Herrings**

#### ***Herring Spread (i)***

- |                             |   |
|-----------------------------|---|
| 6 oz. cooked flaked herring | ½ level tablespoon finely chopped onion |
| ½ oz. margarine, melted     | 1 level tablespoon chopped parsley      |
| 1 level teaspoon salt       | 2 teaspoons vinegar                     |
| Pinch of pepper             |   |

Mash the ingredients together to form a smooth paste. Use as required for a sandwich filling or on hot toast. If preferred the onion may be fried in the melted margarine before adding to the mixture.

# **Canned Fish**

## ***Herring Spread (ii)***

2 level tablespoons oatmeal

Half an 8 oz. can herrings or other fish

4 level tablespoons shredded raw root vegetables

Vinegar or salad dressing to flavour

Put the oatmeal in a tin and toast until crisp. Mash the fish and oil in a basin. Add the oatmeal and grated vegetables. Add enough salad dressing or vinegar to bind the ingredients together. Spread on rolls or slices of bread which do **NOT** need to be spread with butter or margarine.

## ***Watercress and Salmon or Sardine Spread***

4 level tablespoons flaked tinned salmon  
or mashed sardines

1 tablespoon vinegar

4 level tablespoons chopped watercress

1 level dessertspoon chopped leek or onion

Salt and pepper

Mix all the ingredients together, seasoning well. Use as a sandwich filling.

## ***Fish and Cabbage Spread***

4 oz. pilchards or sardines

4 oz. finely shredded cabbage

1-2 level tablespoons chopped parsley

1 tablespoon vinegar

1 level teaspoon mustard

2 level teaspoons salt

Mix all the ingredients together, mixing in some of the liquor from the fish. Beat well and use as a filling for scones, rolls or sandwiches.