

minutes, then season and add the eggs coarsely chopped.

FOR SHRIMP SAUCE: Add a packet of frozen shrimps to the sauce in place of the eggs.

FOR AN OYSTER SAUCE: Use the strained 'court-bouillon' in place of milk. Finish with a spoonful of cream and 6-8 sauce oysters.

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CREAMED FISH WITH LEMON

1½-2 lb. cod fillet; 1 small lemon; ½ oz. butter; pepper, salt, pinch of ground mace or nutmeg; 1 dessertspoonful chopped parsley; 1-2 tablespoonsful capers; 1 oz. grated cheese.

BECHAMEL SAUCE: *¾ pint milk; a slice of onion and carrot; ¼ bayleaf; a sprig of thyme; 2-3 parsley stalks and 3-4 peppercorns; 1½ oz. butter; 1¼ oz. (scant weight) flour.*

Cook the fish in the oven with very little liquid. Drain well, then free from skin and put into a bowl. Boil the lemon, in its skin in water, for about 20-30 minutes adding a pinch of bi-carbonate of soda. Meantime prepare sauce. Put vegetables, herbs and peppercorns into the milk. Cover pan and infuse on gentle heat till milk is well flavoured. Strain and cool slightly. Make the roux in the pan, pour on the milk and stir until boiling. Beat this sauce by degrees into the fish, adding the ½ oz. of butter in small pieces, the seasoning and spice. Finish with the parsley and capers (these may be coarsely chopped if wished).

Spread the mixture out in a buttered fire-proof flat dish or plate not more than 1½ inches thick. Drain lemon and cut into thin rounds, using a serrated knife. Cut these rounds in half and lay



Tunisian Fish Flan, a savoury

over the surface of the fish. Scatter over the grated cheese. Put to brown in a moderate to hot oven, Reg. 5, approximately 380 degrees F., about 20 minutes.

The dish should be well crisp brown.

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TUNISIAN FISH FLAN

3 tomatoes; ¼ cupful finely sliced onions; 1 tablespoonful butter; 1 dessertspoonful flour; 1 teacupful milk; 2 eggs; salt, pepper and grated nutmeg; grated cheese; 1 cupful flaked cooked fish; fresh or smoked cod, haddock, salmon; flaky or short crust pastry.

Roll out pastry and line into a plain or fluted flan ring. Bake it 'blind' to form a case. Meantime scald and skin tomatoes, cut in half, pip and set on one side. Soften the onions in the butter, mix in the flour and add the milk. Stir until boiling, draw aside add seasoning and the beaten eggs.

When the flan is cooked, remove the