



dish. Good hot or cold

ring and the paper and rice, which has kept the shape. Arrange the tomatoes and fish on the bottom. Season very well and pour in the sauce. Fill to the top. Scatter over the grated cheese and bake in a moderate oven, Reg. 5, 380 degrees F., until well set, and a golden brown, about 30-40 minutes.

NOTE: This quantity of filling is enough for a 7 inch flan ring. The amount of pastry required is 6 oz. flour and other ingredients in proportion.

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FILLETS OF SOLE MORNAY

Poached fillets sprinkled with cooked sliced mushrooms, and coated with a Mornay (cheese) sauce.

1-1½ lb. sole filleted; 1 slice onion; 6 peppercorns; 1 bayleaf; ½ gill water; 1 oz. butter; scant 1 oz. flour; ½ pint milk; 1 oz. finely grated cheese; 2 oz. mushrooms.

Skin, wash and dry the fillets and fold the ends under neatly. Lay in a fireproof dish with the onion, peppercorns, bay-

leaf and water and poach in the oven for 10-12 minutes. Melt the butter, remove the pan from the heat and blend in the flour and the milk. Add salt and pepper and, stirring continually, return to the fire and bring slowly to the boil. Strain liquid from fish, add to sauce and continue cooking for 2-3 minutes.

Arrange the fish on a clean hot dish and spoon over the mushrooms, previously sliced and cooked in a nut of butter and a squeeze of lemon juice for 2-3 minutes in a covered pan. Remove the sauce from the stove and beat in the cheese a little at a time. Adjust the seasoning. Coat the fish with the sauce, sprinkle with a little extra grated cheese and brown lightly under the grill or in the oven.

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ORLYS OF WHITING

These are strips of whiting dipped in batter and fried until crisp. Serve with a tomato sauce, or either of the sauces given with the boiled cod.

2-3 filleted whiting according to size; seasoned flour; deep fat.

FRITTER BATTER: *6 tablespoonsful plain flour; piece of yeast the size of a large hazel nut; salt, pepper; warm water.*

Sieve flour into a bowl, dissolve yeast in about ¼ cupful of warm water. Stir into the flour, add more water to make a thick cream. Season and stand in a warm place 20-30 minutes.

Meantime, wash and dry the fillets thoroughly. Cut each into the strips lengthwise, and roll in seasoned flour.

Heat fat until a blue haze rises from the surface. Drop the pieces of fish into the batter, one at a time, and turn over with a fork to coat them completely. Lift out each piece and drop carefully