

into the fat bath. Fry until a golden brown, lift out, drain and serve very hot.

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KEDGEREE

May be made with smoked or plain fish.

1-2 oz. butter; 8 oz. cooked, flaked, smoked haddock; 6 oz. boiled rice, well dried; 2 hard-boiled eggs; 1 raw egg and 2-3 tablespoonsful cream or creamy milk.

Melt two-thirds of the butter in a pan, put in the fish and shake over the fire until thoroughly hot. Add the rice, and hard boiled eggs coarsely chopped and seasoning.

Shake and stir over the heat with a fork for a few minutes. Add the raw beaten egg and enough cream or milk to moisten nicely. Re-heat, stirring occasionally and turn out.

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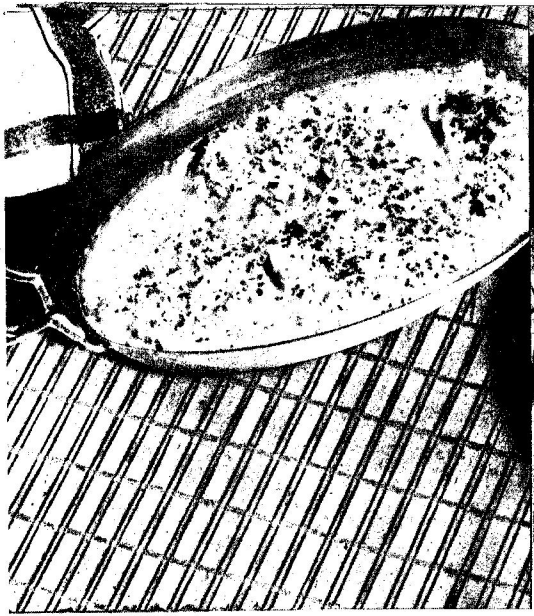
COD FLAMANDE

Cod cutlets or pieces of cod fillet cooked in the oven with slices of lemon and onions, well moistened with cider and vinegar. Can be served hot or cold.

4 cod steaks or cod fillet cut into 4-5 portions; 2 large onions; 1 lemon; 2-3 sprays of parsley; about ½ pint cider; 2-3 tablespoonsful vinegar; salt and pepper (freshly ground if available); chopped parsley.

Trim, wash and dry fish. If using fillet, skin before dividing into portions and bone and skin steaks if wished. Set aside. Slice onions thinly, put into a pan, cover with cold water, bring to the boil, then drain; turn the onions into a bowl, grate over the rind of the lemon, then with a sharp or serrated edged knife cut away all the pith.

Cut the lemon into four, then slice



Cod Flamande cooked in cider and vinegar

each quarter thinly. Add to the bowl. Pick the leaves from the parsley sprays, and add with the stalks, chopped, or snipped finely with the scissors. Mix well together with a fork.

Butter a fireproof dish. Spread half this mixture on the bottom, lay the pieces of fish on the top, and salt and pepper well. Cover with remaining mixture and season again. Mix the cider and vinegar together to taste, the mixture should be pleasantly sharp, and pour into the dish. The liquid should come about two thirds up the side of the contents of the dish.

Cover with buttered paper, and put into a moderate oven, Reg. 4, 350-360 degrees for 45-50 minutes. Remove paper, dust well with chopped parsley and serve hot or cold.

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INDIAN FISH

Cod cut and fried in oil with chunks of potato, then put into a sauce made