



Filletts of Sole Mornay with mushrooms

of onions and flavoured with ginger.

1½ lb. cod in the piece; ¾ lb. potatoes, weighed when peeled; oil for frying; 4 medium sized onions, chopped; a small teaspoonful freshly grated root ginger, or a good pinch of ground ginger, and the same of curry powder; a level tablespoonful of flour.

Remove skin and bone from cod and cut into pieces the size of a walnut. Set aside and make a small quantity of stock, about ¾ pint from the bone and trimmings with vegetables to flavour. Cook 15-20 minutes, strain and set aside. Roll pieces of cod in seasoned flour, fry quickly in smoking hot oil until brown and crisp. Drain and put into a deep dish or casserole. Have ready the potatoes cut in the same sized pieces, or if small new ones, quarter them. Fry in the same way, and add to the fish. Set aside.

Cook the onions in water to cover until tender, then drain and return to pan, or if preferred soften in oil or

butter without browning. Add the ginger, curry powder and flour, moisten with ¾ pint of the prepared stock, bring to the boil, simmer gently 5-6 minutes, adding seasoning. Pour carefully over fish and potatoes, cover, cook gently in oven. Reg. 4, 20-30 minutes.

This dish is improved in flavour if made a little time before it is wanted. The final cooking in the oven may then be carried out before serving.

The 'court-bouillon' or stock mentioned in the recipe on page 9 may be used in place of making fish stock above.

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FISH CREAMS MARGOT

¾ lb. cutlet of cod:

BECHAMEL SAUCE: *1½ gills milk; 1 slice onion; blade of mace; 3-4 peppercorns; 1 oz. butter; 1 oz. flour; 1 egg; 1 yolk.*

SAUCE: *½ pint fish stock; ½ gill rich milk; 1 oz. butter; 1 oz. flour; tablespoonful of cream; tablespoonful 'picked' shrimps.*

First prepare the Béchamel sauce, as in recipe for croquettes and allow to cool. Skin and bone fish and mince it twice. Add the Béchamel sauce, beating well, add egg and yolk and season to taste.

Butter some small moulds, put a round or slice of cooked mushrooms on bottom of each and fill with the fish cream to the top. Cover each mould with a twist of buttered paper and cook gently for about 15 minutes in a moderate oven, standing them in a tin of hot water.

With the skin and bones of the fish prepare a good stock, flavoured with vegetables, herbs and a squeeze of lemon juice. Strain. Melt the butter, add the flour away from the fire, stir until smooth and then blend in the stock. Stir