



Fillets of Mackerel with Tomatoes made with vinegar, chopped mushroom, garlic and onion

FRIED COD 'PROVENCALE'

1-1½ lb. cod steak; seasoned flour; 1 medium-sized onion; ½ lb. ripe tomatoes; 1 clove of garlic, chopped and then crushed with ½ teaspoonful salt to a cream; sage, thyme, parsley; 3 oz. black olives, split and stoned; oil for frying.

Cut fish into 2 inch squares, first removing skin and bone. Roll the pieces in seasoned flour and fry briskly in a frying pan, in 3 to 4 tablespoonsful smoking hot oil, until a golden brown on both sides. Remove carefully, drain and keep hot. Pour off any remaining oil, wipe out the pan and pour back a good tablespoonful of the oil, making up with fresh if necessary. Have ready the onion, thinly sliced and the tomatoes, peeled, seeded and sliced.

Heat the pan, put in the onion, and cook for 3-4 minutes, add tomatoes, the garlic and enough of the chopped herbs (about a good teaspoonful) to flavour well.

After 2-3 minutes cooking over a fairly brisk fire, add the olives, a good seasoning of pepper and salt if necessary. Boil up and turn into a flat fireproof dish for serving.

FILLETS OF MACKEREL WITH TOMATOES

Resembles sole Meunière but with a sharper 'sauce' made with vinegar and chopped mushroom and onion. Garnish of sautéed tomatoes.

2-3 mackerel, filleted; seasoned flour; oil, onion, chopped; 1-2 oz. mushrooms, washed and chopped; 1 clove garlic, chopped; vinegar; 1 teaspoonful chopped parsley; ½ to ¾ lb. tomatoes, cut in slices and fried quickly.

Do not skin fillets. Wash and dry thoroughly, roll in seasoned flour. Heat a frying pan, put in two tablespoonsful oil or dripping. When smoking put in fillets and fry until brown on both sides. Arrange in a hot dish. Keep hot. Pour off any fat and wipe pan. Re-heat, add a tablespoonful of oil and the onion; after a minute or two add mushrooms and garlic.

Cook gently 3-4 minutes, season, sprinkle well with vinegar and add parsley. Spoon at once over the fillets and surround with the tomatoes.

NOTE: These may be fried before the fish, kept hot, and the pan wiped out before heating the oil.