

CUTLETS OF FISH PIEMONTAISE

Fish cutlets well browned and served round rice, cooked with onion and celery, and the whole garnished with tomatoes. The dish so-called because of a thick grained rice which comes from Piedmont.

4 steaks halibut or turbot; 2 table-spoonful oil; 1 tablespoonful butter or margarine; 1 teaspoonful mixed chopped herbs, thyme, basil and parsley; 1 clove of garlic, chopped vegetable or light meat stock (a bouillon cube will do); 6 oz. rice, thick grained; 1 sliced onion; 1 stalk celery, sliced; a nut of butter for finishing and 6 thick slices of tomato.

Flour steaks and brown quickly all over in the hot oil and butter. Lift out and arrange carefully round a large fire-proof dish.

Sprinkle over the herbs and garlic and plenty of seasoning. Moisten with $\frac{1}{4}$ cup of the stock and put into a slow to moderate oven, Reg. 4, 360 degrees F. for 12-15 minutes.

Bring about 2 pints of the stock to the boil, add the washed rice and the onion and celery. Boil till just tender, about 12 minutes. Drain well (reserve stock for a soup or sauce).

Now fry the sliced tomato quickly in the remaining oil and butter that the fish was fried in. Remove dish from oven, stir a nut of butter into the rice with a fork, and pile up in the middle of the fish. Arrange boiled potatoes round fish.

Sprinkle the whole dish with some more chopped herbs if wished. Serve very hot. * * *

FILLETS OF SOLE MEUNIÈRE

A classic way of cooking this fish.



Cutlets of Fish Piemontaise served with rice

1-1½ lb. sole, filleted; seasoned flour; 2 oz. butter; 1 heaped teaspoonful chopped parsley and a pinch of chopped mixed herbs; salt and pepper; the juice of half a lemon.

Skin, wash and dry fillets thoroughly. Roll in the flour, shake to remove any surplus. Heat a frying pan, drop in a scant half of the butter. While still foaming lay in the fillets, skinned side uppermost. Cook fairly quickly until nicely brown, then turn and brown on the other side. Do not over cook.

Lift out straight into the serving dish, wipe out pan, re-heat, drop in remaining butter and when a light nut-brown quickly add the parsley, herbs, seasoning and lemon juice. While the mixture is still bubbling pour over the fish and serve at once.

If using for a main course the dish may be garnished with tomatoes, mushrooms, etc. * * *

SKATE WITH 'BLACK' BUTTER (au beurre noir)

An excellent way of cooking skate.
1½ to 2 lb. skate; 'court-bouillon'