



Skate served with 'Black' Butter

(See page 9), or water acidulated with vinegar. For the 'beurre-noir': 2 oz. butter; 2-3 tablespoonsful vinegar; 1-2 tablespoonsful chopped capers; 1 dessertspoonful chopped parsley; boiled potatoes.

Cut the skate into fairly large pieces, poach in the 'court-bouillon' 15-20 minutes. Drain and arrange on a hot dish. Heat a frying pan, drop in the butter and when a good nut brown quickly add vinegar, capers, parsley.

While still bubbling, pour over the fish. Arrange plainly boiled potatoes at each end of dish.

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SPICED FISH

Haddock or other firm white fish is suitable for this dish. The fillets or pieces are marinated after frying in a spicy sauce, made from lemon juice, tomato ketchup and herbs. Serve hot or cold with boiled rice.

1½-2 lb. haddock fillet; 3-4 tablespoonsful oil; 4-6 oz. plainly boiled rice.

SAUCE. 4 large tablespoonsful

tomato ketchup or home-made tomato sauce; 2 tablespoonsful cider or wine or mild vinegar; 2 cloves garlic, chopped and crushed to a cream with a level teaspoon salt; a good pinch each of ground black pepper, all spice (Jamaican pepper) and coriander; a pinch of saffron soaked in 1-2 tablespoonsful boiling water for ½ hour; 1 dessertspoonful finely chopped parsley; 1 teaspoonful chopped mint; 1 teaspoonful sugar; grated rind of ½ a lemon; a squeeze of lemon juice.

Divide the fish into portions, wash and dry thoroughly. Roll in seasoned flour and fry at once in smoking hot oil until well browned on both sides; lift out, drain and put into a fireproof dish. Mix ingredients for sauce together.

Taste and adjust seasoning, adding a little more sugar if necessary. Bring up to boiling point, then pour over the fish. Leave to soak for some hours, then re-heat or serve cold, with boiled rice.

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FISH CROQUETTES

Cooked haddock bound with a Bechamel sauce, shaped, crumbed and fried in deep fat. Brown and crisp on outside, soft and creamy inside.

8 oz. cooked flaked haddock.

BECHAMEL SAUCE. 1½ gills milk; 1 slice onion; blade of mace; 1 bayleaf; 1½ oz. butter; 1½ oz. flour; 1 yolk; beaten egg and dried white crumbs for coating; deep fat for frying.

First prepare sauce. Infuse onion, mace and bayleaf in milk to flavour well. Strain off and set aside. Melt butter in the pan, add the flour and pour on the milk. Stir until boiling, draw aside, cool, add seasoning and the yolk.

Put the fish into a bowl and beat and