

crush well. Work in the sauce by degrees. Leave until set and cold (overnight if possible). Shape into croquettes on a floured board, brush with beaten egg and roll in the crumbs.

Fry in smoking hot fat until brown.

* * *

FRIED FILLETS OF PLAICE

5-6 fillets of plaice; seasoned flour; 1 egg beaten with a pinch of salt and a tablespoonful of milk; dry white crumbs; deep or shallow fat; fried parsley and lemon quarters to garnish.

Skin fillets, wash and dry thoroughly. Roll each in the flour and shake well before drawing through the egg mixture. Brush off any surplus and put into the crumbs spread out on a sheet of paper. Hold the sides of the paper and shake and toss the fillet to ensure that it is well covered with crumbs. Put on to a plate or rack until all are done.

Heat fat bath, when smoking drop in the fillets carefully, fry until golden brown, lift out with a slice and drain. Put a large handful of perfectly dry parsley picked from its stalks into the frying basket, plunge into the fat and fry 1-2 minutes.

Dish fish, scatter over the parsley and surround with the lemon quarters.

A sauce may accompany if wished.

* * *

HADDOCK MOUSSE

Cold mousse of smoked haddock, served either in the dish, or turned out and garnished with sliced tomatoes and cucumber in place of aspic. In this case mix the eggs, coarsely chopped with the fish.

½ lb. smoked haddock, weighed when cooked, skinned and flaked; ¼ pint mayonnaise; ½ gill cream, partially whipped; ½ teaspoon gelatine; ¼ gill



Crumbed Fish Croquettes fried in deep fat

aspic; 2 hard boiled eggs; aspic jelly to finish and garnish.

Have ready the fish cooked and cold. Dissolve the gelatine in the aspic and mayonnaise, fold in the cream and lastly the fish. Turn into a soufflé dish to three parts fill.

Leave to set, then decorate the top with sliced hard boiled eggs. Fill to the top with aspic jelly just on the point of setting.

NOTE: Evaporated milk may be used in place of cream. If jelly is omitted use a teaspoonful gelatine and ¼ gill water or light stock.

* * *

CUTLETS OF COD DIMITRI

4 cod steaks or cutlets; ½ gill white wine or water; squeeze of lemon juice; peppercorns, bayleaf and sliced onion.

FOR THE SAUCE: *1 oz. butter; good ½ oz. butter; 1½ gills milk; ½ gill very strong fish stock made from the liquor from the fish.*

GARNISH: *Anchovy fillets and*