



Cutlets of Cod Dimitri with anchovies potatoes tossed in butter and chopped parsley.

Trim fish, wash and dry. Place in a buttered fireproof dish, just cover with a mixture of white wine and water and lay slices of onion round, 5-6 peppercorns and $\frac{1}{2}$ bayleaf. Cover with buttered paper and poach in a slow oven 20 minutes. Meantime soak anchovies to remove excess salt and divide fillets in two lengthways.

Prepare potatoes by cutting in quarters after peeling, and trim off the sharp edges, or use small whole new potatoes. Boil gently for 7-10 minutes, drain, toss well in butter, and if not completely tender cover and continue cooking for a few minutes. Finish with plenty of chopped parsley and a squeeze of lemon juice.

Strain off liquor from fish and reduce to just over two tablespoons. Melt a good half of the butter in a saucepan, add flour off the fire and the milk. Return to fire, stir until thickening, stir in stock, reduce to a coating consistency.

Adjust seasoning and add the remaining butter, off the fire. Dish the fish on a hot dish, carefully remove skin and bone them, spoon over sauce, arrange anchovy fillets crossways on top and put the potatoes round.

BAKED STUFFED HADDOCK

Roasted with bacon fat, with herb and lemon stuffing, and served with a brown mushroom gravy. Makes a very good main course.

2 $\frac{1}{2}$ -3 lb. haddock; bacon fat.

STUFFING: 5-6 large tablespoons-ful fresh white breadcrumbs; 1 tablespoonful chopped onion; 1 oz. butter or margarine; 1 tablespoonful chopped parsley; 1 good teaspoonful chopped thyme or marjoram; grated rind and juice of half a lemon; 1 large egg; salt and pepper.

GRAVY: 2 oz. mushrooms; 1 tablespoonful flour; about 1 $\frac{1}{2}$ cups of 'court-bouillon' or vegetable stock; a squeeze of lemon juice.

Ask the fishmonger to prepare the fish for baking, i.e. to curl it, and fasten the tail in its mouth. Then wash and dry it thoroughly. Put the crumbs into a bowl, soften the onion in the butter without colouring, then add to the crumbs with the herbs, lemon rind and juice. Season well and bind with the beaten egg. The mixture should be lightly moist, but not too wet. Fill this into the haddock and sew up the opening or skewer securely.

Heat 3-4 tablespoonsful bacon fat or dripping in a roasting tin, put in the fish, baste, then cook in a moderately hot oven, Reg. 5-6, 380-400 degrees F. for about 40-45 minutes, basting occasionally. Lift on to the serving dish.

Pour off the fat, leaving a tablespoon-