

ful in the tin. Have ready the mushrooms chopped, well washed first, but neither peeled nor stalked. Add them to the pan, cook a minute or two, stirring constantly then add the flour and after a few minutes the stock. Bring to the boil, season and cook rapidly 2-3 minutes.

Now pour a little round the haddock. Serve the remaining gravy separately with plainly boiled potatoes.

BOILED COD WITH EGG, SHRIMP OR OYSTER SAUCE

At one time this dish was considered a delicacy and always appeared on the

LEFT

Delicious boiled cod with a separate egg, oyster or shrimp sauce with 'court bouillon'

CENTRE

Garlic flavoured Cod 'Provencale' (recipe page 3). Served in tomato stew with olives

RIGHT

Creamed fish with Bechamel Sauce and lemon is an adaptation of a Tunisian recipe — a change from the usual fish pie

table at the beginning of the season. Now owing to modern methods of refrigeration good cod is available all the year round.

2-2½ lb. steak of cod.

'COURT-BOUILLON' or special stock for boiling fish: 3 pints water; 2 sliced carrots; 1 onion stuck with a clove; a stalk of celery; 3-4 parsley stalks; 2 sprigs thyme and a bayleaf tied together; 5-6 peppercorns; a teaspoonful salt; 2 tablespoonsful vinegar.

Prepare stock by putting all the ingredients together into a pan. Cover and simmer 25-30 minutes. Cool slightly

before putting in the fish tied in a piece of muslin. If more convenient the stock may be strained before doing so.

Bring up to the boil, then poach or simmer very gently 20-30 minutes with the lid on the pan. Lift out fish carefully, drain, untie muslin and dish on a napkin. Garnish with parsley or fennel. Serve the appropriate sauce separately.

Strain stock. Reserve for future use.

EGG SAUCE: Scant ¼ pint milk; a slice of onion; blade of mace; 4 or 5 peppercorns; ½ a bayleaf for flavouring; 1 oz. butter; ¼ oz. flour; 2-3 hard-boiled eggs.

Infuse the flavourings in the milk 5-7 minutes, strain off into a jug. Melt butter, add flour off the fire, mix and pour on the milk. Blend together well, replace on heat and stir continually until sauce boils. Leave to simmer 4-5

