

White Fish Sauce.*Time 20 to 30 mins. Cost 3d.*

½ oz. Brown & Polson's "Patent" Corn Flour.
 ½ pint Fish Stock.
 ¼ pint Milk.
 1 oz. Butter.
 ¼ oz. ordinary Flour.
 Salt and Pepper.

Boil the stock and milk with a bay leaf and a slice of onion for five minutes. Melt the butter in a small sauce or stew-pan; when hot, put in the flour and Corn Flour and stir over the fire for a few seconds, taking care that the flour does not take colour, then slowly pour on the boiled stock and milk. Stir the whole till it boils, and let it simmer for about ten minutes. Strain, season to taste with salt, pepper, and a few drops of lemon juice.

Oyster Sauce.

SERVED WITH BOILED COD, TURBOT, OR FISH
 PUDDING.

Time 10 to 15 mins. Cost 6d.

Blanch six large sauce oysters, remove the beards and cut the oysters into quarters or eighths. Have ready about half-a-pint white fish sauce (see recipe as above), to which add the strained liquor of the oysters. Boil up and add the oysters. Re-heat, and add a few drops of lemon juice.

Lobster Sauce.

SERVED WITH TURBOT, COD, OR BRILL.

Time 10 mins. Cost 6d.

Chop up a heaped table-spoonful of lobster meat not too finely, and mix it with half-a-pint prepared white fish sauce (see recipe as above). Beat it up and add a tea-spoonful of anchovy essence. A little cream may be added if liked.

Anchovy Sauce.*Time 10 mins. Cost 4d.*

To half-a-pint of white fish sauce (see recipe as above), add one tea-spoonful of anchovy paste, or one-and-a-half tea-spoonfuls of anchovy essence; stir the sauce till it boils, add a tiny pinch of cayenne or paprika pepper, and strain.

Caper Sauce.

FOR COD OR HADDOCK, ETC.

Time 10 mins. Cost 4d.

Chop one heaped up dessert-spoonful of capers rather coarsely and add them to half-a-pint of white fish sauce (see recipe as above), heat up, flavour with a tea-spoonful of tarragon vinegar and serve.

Cardinal Sauce.

FOR TURBOT, SALMON, OR SOLES, ETC.

Time 10 mins. Cost 6d.

Prepare a white sauce (see recipe on previous page); when finished and strained, add half-ounce lobster spawn, rubbed smooth in the mortar or on a plate with a pat of butter. Whisk this into the sauce, let it come to the boil, and finish with a table-spoonful of double cream.

Egg Sauce.*Time 10 mins. Cost 4d.*

Remove the shell from a hard-boiled egg, separate the yolk from the white and chop the latter rather finely. Mix this with half-a-pint of white fish sauce (see recipe on previous page), heat up, and pour over boiled fish so as to completely cover it. Rub the yolk through a strainer or sieve, and with it decorate the surface of the fish.

Parsley Sauce.

FOR ALL KINDS OF BOILED FISH.

Time 10 mins. Cost 4d.

Pick some fresh parsley, trim off the stalks and chop the leaves finely. Put it into a cloth and hold under the water-tap so as to wash it. Squeeze the cloth so as to drain the chopped parsley. To make parsley sauce, add one dessert-spoonful of chopped parsley to half-a-pint of white fish sauce (see recipe on previous page), bring it to the boil, and finish with a few drops of lemon juice.

Shrimp Sauce.*Time 10 to 15 mins. Cost 6d.*

Boil the shells and heads of a gill of shrimps in enough vinegar to cover; to this add also a small blade of mace and a bay leaf. Strain the liquor into half-a-pint of white fish sauce (see recipe on previous page), add a gill of picked shrimps and boil up. Finish with a teaspoonful of anchovy essence and serve with boiled or grilled fish.

Indian Sauce.

FOR SALMON, FRIED COD, SOLES, WHITING, ETC.

Time 30 mins. Cost 4d.

½ oz. Brown & Polson's "Patent" Corn Flour.

1 small Onion.

1 small Carrot.

1 oz. Butter.

1 dessert-spoonful Curry Powder.

½ Apple.

½ tea-cupful Tomato Sauce or Pulp.

½ pint Fish or Meat Stock.

1 dessert-spoonful finely chopped Gherkins.

Pepper and Salt to taste.