

Indian Sauce—continued.

Peel the onion and cut it into slices, scrape and slice the carrot, fry both in the butter in a stewpan; when nicely browned add the Corn Flour and curry powder, and fry for a few minutes; then add the apple, peeled, cored, and cut up small. Moisten with the tomato pulp and stock, and bring to the boil. Let the whole simmer gently for twenty minutes; if found too thick, add a little more stock or tomato pulp. Strain, season to taste, and add the chopped gherkins just before serving.

Dutch or Hollandaise Sauce.

FOR ALL KINDS OF BOILED FISH.

Time 10 to 15 mins. Cost 4d. to 5d.

- ½ oz. Brown & Polson's "Patent" Corn Flour.
- 2 oz. Butter.
- 1½ table-spoonfuls Tarragon Vinegar.
- 2 table-spoonfuls Fish Stock.
- The juice of half a Lemon.
- 1 small crushed Shallot.
- A pinch of Mignonette Pepper.
- 2 Yolks of Eggs.
- Salt and Pepper.

Melt the butter and Corn Flour together, put it in a small stewpan with the vinegar and fish stock. Stir with a whisk until it boils, then add the lemon juice, shallot and mignonette pepper, whisk in the egg yolks one at a time. Place the stewpan in a pan of boiling water, and continue to whisk until the sauce is smooth and cream-like—it must not be allowed to boil. Season with salt and pepper, strain, and serve with all kinds of boiled fish.

Brown Fish Sauce.

Time 30 mins. Cost 4d. without Claret.

- ¾ oz. Brown & Polson's "Patent" Corn Flour.
- 1 oz. Butter.
- ½ lb. Fish Bones, etc.
- 1 sliced Onion.
- ¼ oz. Ordinary Flour.
- 1 small Carrot.
- 1 small bunch Savoury Herbs
(Bouquet garni).
- 4 Mushrooms.
- ¼ pint Claret (optional).
- ¾ pint Fish Stock or Water.
- Salt and Pepper to taste.

Fry the fish bones, etc., in the butter over a quick fire, add the onion and fry also; stir in the Corn Flour and flour, and let it get brown while stirring; add the carrot (sliced), herbs and mushrooms and moisten with the claret and the stock. Stir till it boils, and let simmer for twenty minutes. Pass through a tammy cloth or fine sieve, season to taste and serve. If liked, the mushrooms may be chopped finely and put into the sauce at the last.

Polish Sauce.

FOR GRILLED OR BOILED FISH.

Time 30 mins. Cost 4d.

- ½ oz. Brown & Polson's "Patent" Corn Flour.
- 1 oz. Butter.
- ½ oz. Ordinary Flour.
- ¾ pint Fish Stock.
- 1 dessert-spoonful of finely grated Horse-radish.
- ¼ pint Cream.
- Salt and Pepper.
- The Juice of half a Lemon.

Melt the butter in a small saucepan, add the flour and cook while stirring, but without letting it get brown; add the Corn Flour and fry a little longer; then gradually pour in the strained fish stock, stir, and bring it to the boil, and let cook gently for twenty minutes. Soak the grated horse-radish in the cream, and stir this into the sauce about five minutes before it is required for table. Season to taste with salt and pepper, and flavour with lemon juice.

Mustard Sauce.

FOR GRILLED OR BOILED HERRINGS OR MACKEREL.

Time 10 mins. Cost 4d.

- ½ oz. Brown & Polson's "Patent" Corn Flour.
- 1 oz. Butter.
- ¼ oz. Ordinary Flour.
- ½ pint Fish Stock.
- 1 dessert-spoonful of Mustard.
- ¼ teacupful Vinegar.
- ½ teacupful Cream.
- Pepper and Salt to taste.

Melt the butter in a small saucepan, stir in the Corn Flour and flour, and blend over the fire without browning, add the fish stock and bring to the boil; cook for ten minutes. Mix the mustard with enough vinegar to make a smooth paste, stir this into the sauce with the cream, boil up again, season to taste with pepper and salt, and add a little more vinegar before serving.