

*Method.*—*To cook the fish.* Have the fish filleted and skinned, but place the fillets back on the bone to cook. Place on a buttered tin, cover with a piece of greased paper and bake in the oven for 20 minutes with the "Regulo" at mark 5.

*To make the Croquettes.*—Take the fillets from the bone. Break up the fish and remove any small bones. Make a thick binding sauce with the butter, flour, milk and liquid formed during the baking of the fish. Season and flavour. Mix the sauce and fish together. Make into rolls, brush over with egg and coat with crumbs. Fry in hot fat.

## FISH AND FLAKED RICE.

**Regulo Setting Mark 1**  
**Time 1 Hour 30 Minutes**

### *Ingredients*—

3 or more large fillets of whiting.	1 small bay leaf or a strip of
Salt, pepper, parsley.	lemon rind.
2 ozs. flaked rice.	$\frac{3}{4}$ pint milk.

*Method.*—Soak the rice in the milk for 30 minutes. Sprinkle the fillets with salt, pepper and chopped parsley. Roll up and place them in a greased pie-dish. Cover the fillets with the rice and milk. Add the bay leaf and a sprinkling of salt and pepper. Bake in the oven for 1 hour 30 minutes with the "Regulo" at mark 1.

To vary this dish, use breadcrumbs in place of the flaked rice, add a little butter and the yolk of an egg after soaking the breadcrumbs in the milk.

## FISH AU GRATIN AND EGGS.

**Regulo Setting Mark 5**  
**Time 30 Minutes.**

### *Ingredients*—

1 lb. white fish.	2 ozs. cheese.
3 or 4 eggs.	Mustard sauce, or made mustard.
$\frac{1}{2}$ pint white sauce.	

*Method.*—Grease an au-gratin dish. Skin and bone the fish and cut into pieces (or, if fillets of fish are used, roll them up). Place in a dish, leaving spaces into which break the eggs.

Make a well-seasoned sauce (see page 18), add the cheese and flavour with the mustard. Pour the sauce over the fish and eggs. Bake in the oven for 30 minutes with the "Regulo" at mark 5.

## FISH PASTE.

### *Ingredients*—

Cooked fish—whiting, salmon, etc.	Anchovy essence or other flavouring.
Salt, pepper.	Butter.

*Method.*—Remove the skin and bones from the fish. Pound the fish well with the seasoning, flavouring and sufficient butter to form a smooth paste. Pack into jars and cover with melted butter. Do not keep for more than a few days. A spoonful of mayonnaise in place of anchovy essence can be used with salmon or white fish.