

FISH PIE (RUSSIAN).

Regulo Setting Mark 7
Time 30 Minutes.

Ingredients—

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| $\frac{3}{4}$ lb. cooked fish. | 1 hard-boiled egg. |
| 1 teaspoonful chopped parsley. | White sauce. |
| Seasoning. | 8 ozs. flaky pastry. |

Method.—Mix together all the ingredients with sufficient white sauce to make a soft mixture. Roll the pastry into a square, and trim the edges all round. Spread the mixture in the centre, damp the edges of the pastry and fold the corners to the centre. Close the edges firmly and decorate with leaves of pastry made from the trimmings. Bake for 30 minutes with the “Regulo” at mark 7.

FISH PIE WITH PASTRY CRUST. Regulo Setting Mark 6 Time 50 Minutes.

Ingredients—

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| 2 ozs. cereal (macaroni, rice,
spaghetti). | $\frac{1}{2}$ pint anchovy sauce. |
| $1\frac{1}{2}$ lbs. white fish. | 10 ozs. rough puff or flaky
pastry. |

Method.—Cook the cereal in salted water until tender. Drain off the water and use it to make the sauce (see page 18). Arrange the fish, (cut into pieces) cereal and sauce in layers in a pie-dish. Cover with the pastry and decorate with pieces of pastry cut into the shapes of fish. Brush over with egg and make a hole in the middle of the crust. Bake in the oven for 50 minutes with the “Regulo” at mark 6.

FISH PUDDING.

Regulo Setting Mark 4
Time 45 Minutes.

Ingredients—

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| 1 lb. raw fish (cod, hake or
haddock, etc.). | $\frac{1}{4}$ level teaspoonful pepper. |
| $\frac{1}{4}$ lb. white breadcrumbs. | 1 teaspoonful parsley. |
| 1 teaspoonful salt. | 2 eggs. |
| | 2 ozs. melted butter. |

Method.—Remove the skin and bones from the fish and chop it up. Mix the fish, crumbs, salt, pepper and parsley with the beaten eggs and melted butter. Turn into a greased basin, cover with greased paper and steam for $1\frac{1}{4}$ hours.

Alternatively, press into a cake-tin, greased and sprinkled with browned crumbs, cover with greased paper and bake in the oven for 45 minutes with the “Regulo” at mark 4.

Serve with a sauce (see pages 18 and 19).

FISH SALAD.

Ingredients—

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| 1 lb. cooked Halibut or Turbot. | Chopped gherkins. |
| Chopped hard-boiled egg. | Watercress. |
| Pickled shrimps. | Cucumber. |
| Chopped capers. | Mayonnaise (see p. 19). |

Method.—Remove the bones and skin from the fish and then flake it. Add the chopped egg, shrimps, capers and gherkins. Mix all together with a little mayonnaise. Garnish with watercress and cucumber, or any assorted salad.