

## FISH SOUFFLÉ.

Regulo Setting Mark 5  
Time 30 Minutes.

### Ingredients —

2 — 4 ozs. raw whiting (weighed without skin or bones.)	Salt, pepper.
or Oysters (raw).	Lemon rind (grated).
or Lobster (cooked).	Parsley (chopped).
1 oz. butter.	or Anchovy essence.
$\frac{1}{2}$ oz. flour.	1 oz. breadcrumbs.
$\frac{1}{4}$ pint milk or fish stock	1 or 2 tablespoonfuls cream (optional).
	2 eggs.

*Method.*—Pound the whiting and pass through a sieve, or beard and blanch the oysters, or pound the lobster.

Melt the butter in a saucepan, add the flour and cook together for a minute, add the milk or stock, stir and bring to boiling point to make a good smooth sauce. Cook for a few minutes. Add salt, pepper, flavouring, fish, breadcrumbs and cream. Mix well and beat in the yolks of the eggs. Whip the whites stiffly and stir them very lightly into the rest of the mixture. Turn into a greased soufflé or fireproof glass dish. Bake for 30 minutes with the "Regulo" at mark 5.

## FILLETS OF WHITING.

Regulo Setting Mark 5  
Time 30 Minutes.

### Ingredients —

Fillets of whiting.	1 oz. butter.
1 onion.	1 wineglassful ketchup.
1 teaspoonful parsley.	1 wineglassful sherry.
Breadcrumbs.	

*Method.*—Roll up the fillets and place in a buttered pie-dish. Chop the onion and the parsley very finely and sprinkle over the fish. Coat with the breadcrumbs and place butter, broken up into small pieces, on top. Pour the ketchup and sherry over the fish and bake in the oven for 30 minutes with the "Regulo" at mark 5.

## FRIED FILLETS OF PLAICE.

### Ingredients —

Fillets of plaice.	Egg.
Seasoned flour.	Breadcrumbs.
Garnish, parsley and lemon.	

*Method.*—Prepare the fish and dry well. Beat up the egg and brush the fish all over. Drain and then place the fish in the breadcrumbs, pressing them on. Shake off any loose crumbs before placing the fish in the frying basket. Lower this gently into the smoking fat and fry until a golden brown. Drain on soft paper, garnish with parsley and serve with pieces of lemon.