

the mould. Pour a few drops of jelly over the decorations and leave on ice to set. Fill up loosely with the lobster divided into neat pieces, again dipping each piece in the jelly first. Add liquid jelly to fill up the spaces and to cover the lobster. Leave to set. Dip the mould into warm water and turn out. Decorate with salad plants and chopped aspic jelly.

To prevent the pieces of fish floating up in the jelly, arrange the fish in layers and set on ice between adding each layer.

Crab or white fish may be set in aspic in the same way.

## PLAICE (STUFFED).

**Regulo Setting Mark 5  
Time 45 Minutes.**

### *Ingredients*—

1 plaice, 1½ lbs.	1 egg or a little milk.
3 tablespoonfuls breadcrumbs.	A dust of nutmeg.
1 tablespoonful chopped suet.	Salt, pepper and a trace of cayenne.
½ teaspoonful chopped parsley.	½ pint brown stock.
	Browned breadcrumbs (see p. 20).

*Method.*—Remove the dark skin from the plaice and cut down the centre as for filleting; raise the fillets to the fins, but do not remove them. Forcemeat, prepared from the above ingredients (except the stock), should be laid under each fillet, but only one side of the fish should be stuffed.

Place the fish in a tin and add the stock. Bake for 45 minutes with the "Regulo" at mark 5. Dish, strain the seasoned gravy over the fish, sprinkle with browned breadcrumbs and serve hot.

## PLAICE & MUSHROOM HOT-POT

**Regulo Setting Mark 4  
Time as stated.**

### *Ingredients*—

1 lb. fresh filleted plaice.	2 ozs. cooked ham, chopped.	
Salt and pepper.	Some cooked potatoes.	
Lemon Juice.	1 oz. butter.	} Sauce.
¼ lb. fresh mushrooms.	1 oz. flour.	
¾ pint new milk.	1 white of egg.	
	Seasoning.	

*Method.*—Sprinkle the plaice with salt, pepper and lemon juice, and steam the fish gently for 15 minutes. Place a good layer of the fish in a lightly buttered fireproof or earthenware pot. Trim and prepare the mushrooms. Simmer them in the milk for 15 minutes then strain and chop them. Put a layer on the top of the plaice and sprinkle with the ham, add salt and pepper and repeat the layers until the pot is almost full. Lastly add a layer of the cooked potatoes, cut into slices a quarter of an inch thick. Blend the butter and flour together in a double saucepan over boiling water, stir in the milk in which the mushrooms were cooked. Add salt and pepper to taste. Remove from the flame and fold in the stiffly beaten white of egg. Pour this sauce over the contents of the pot, put on the lid and bake for 20 minutes with the "Regulo" at mark 4, then take off the lid and continue baking to brown on top.