

## SCALLOPED FISH.

Regulo Setting Mark 7  
Time 10 Minutes.

### *Ingredients* —

Cooked fish.	Anchovy essence or $\frac{1}{4}$ pint shrimps.
1 pint of well-seasoned white sauce, coating consistency.	Cooked potatoes passed through a masher or sieve.

*Method.*—Remove the skin and bones from the fish. Grease some scallop shells and place a tablespoonful of the sauce in each. Pour a teaspoonful of anchovy essence or sprinkle a few shrimps on to the sauce.

Arrange the fish in each shell, then coat it with the remainder of the sauce. Neatly place the sieved potato round the edge of each shell. Stand the shells ready on a baking tray. Bake for 10 minutes with the "Regulo" at mark 7.

## TURBOT (Italian Fashion).

Regulo Setting Mark 5  
Time 50 Minutes.

### *Ingredients* —

1 turbot, 3 lbs.	3 tablespoonfuls breadcrumbs.
Salt, pepper and cayenne.	A dust of sweet herbs.
A little lemon juice and grated lemon rind.	1 egg.
4 ozs. button mushrooms, or small tin of mushrooms.	$\frac{1}{2}$ pint, white stock.
	$\frac{1}{2}$ dozen oysters (if liked).
	Italian sauce.

*Method.*—Clean and dry the turbot; remove the fins and tail, and cut down the centre of the back from the head to the tail. Carefully raise the fillets, and after cutting through the backbone, at the head and tail, remove it completely without breaking the underpart of the fish. Season well with white pepper, salt and lemon juice.

Mince half the mushrooms, add the breadcrumbs, sweet herbs, a little grated lemon rind and seasoning, and mix together with the egg.

Lay this forcemeat inside the fish, which should then be closed up neatly. Place the stuffed fish in a buttered baking-tin and add  $\frac{1}{2}$  pint of white stock with the liquid and beards from the oysters (if liked).

Place small pieces of butter on the fish and cover with buttered paper. Bake for 50 minutes with the "Regulo" at mark 5. Lift the fish on to a dish. Warm the liquid in a pan with the oysters and remainder of the mushrooms, which, if fresh, should be cooked beforehand. Make Italian sauce (see page 18) with this liquid, pour over the fish and garnish with the mushrooms and oysters.