

## VIENNESE TOURTES.

Regulo Setting Mark 7  
Time 10-12 Minutes.

### *Ingredients* —

Pastry.	4 ozs. cream cheese.
4 ozs. butter.	Salt.
4 ozs. flour.	1 dessertspoonful water.

### *Filling*

Cooked soft roes, seasoned or Fillets of anchovies in oil pounded with a little parsley.

*Method.*—Rub the butter into the flour ; add the cream cheese and a pinch of salt, and the water to moisten the pastry.

Roll the pastry on a floured board to the thickness of a penny. Cut into pieces about three or four inches square, put a little filling on each, and fold over, shaping the pastry like a crescent, brushing the part where the ends meet with a little water. Bake in the oven for 10—12 minutes with the “Regulo” at mark 7.

## SAUCES SUITABLE FOR USE WITH FISH.

### FOUNDATION — WHITE SAUCE.

#### I.

### *Ingredients* —

1 oz. butter.	$\frac{1}{2}$ —1 pint milk.
1 oz. flour.	Flavourings.

*Method.*—Melt the butter in a saucepan, stir in the flour, add the milk, stir until smooth and boil for a few minutes, stirring the whole time. Season and add the flavouring desired, e.g., chopped parsley, anchovy essence, lemon juice, vinegar, mustard, grated cheese, 1 chopped hard-boiled egg, etc.

II. Another white sauce for fish dishes can be made by preparing a fish stock as follows :—

Place the bones, skin or head of any fish in a casserole. Add a strip of lemon rind, a sprig of parsley, salt, pepper and a bay leaf or blade of mace or one clove. Cover with water and simmer gently for 25 minutes. Strain and use the liquor in place of the milk to make the sauce. When the sauce is cooked, serve it as it is, or add the yolk of an egg. Stir and cook without boiling for a few minutes longer. Remove from the flame and add lemon juice or vinegar or white wine to taste.

### ITALIAN SAUCE.

### *Ingredients* —

1 small onion (chopped).	$\frac{1}{4}$ pint white wine (optional).
1 oz. butter.	2 truffles (chopped), (optional).
3 or 4 mushrooms (chopped).	1 teaspoonful parsley (chopped).
$\frac{1}{2}$ pint gravy.	Pepper, cayenne.

*Method.*—Fry the onion and mushrooms lightly in the butter. Add the gravy and wine (if used) and boil well. Add the truffles parsley, pepper and cayenne and serve.