

TURBOT MORNAY.

Ingredients —

1 pint water.

1 tablespoonful vinegar.

Few slices of lemon.

A bouquet garni consisting of—

1 bay leaf.

Thyme.

Parsley.

Sauce

1 oz. butter.

1 oz. flour.

$\frac{1}{2}$ pint milk.

1 oz. grated cheese.

1 yolk of egg.

1 Small Turbot or slices of Turbot according to requirements.

Method. Bring the water to boiling point and add the vinegar, lemon and bouquet garni. Allow to simmer for 10 minutes. Place the fish in the liquid, and cook gently. (Time required, see page 4). When cooked, remove and drain carefully.

To make the sauce.—Make the sauce with the butter, flour and milk (see page 18). Add $\frac{1}{2}$ oz. grated cheese, the yolk of egg and whip well.

Pour the sauce over the fish and sprinkle with the remainder of the cheese. Brown under a red-hot grill.

Steaming.

Prepare the fish, sprinkle with lemon juice, salt and pepper and roll up or fold in half if large. Wrap in greased paper and cook in a steamer; alternatively, place between two buttered plates over a saucepan of boiling water. The average time for steaming is twice that required for boiling. This method of cooking is particularly suitable for small fish or fillets.

FRYING.

Shallow Frying.

Suitable for herrings, mackerel, cod or hake steaks, smelts, sole, plaice, etc.

Method.—Prepare the fish. Dry in a clean cloth, dip in seasoned flour, shaking off any excess. Place sufficient fat in the frying pan to cover the bottom well and heat until smoking hot. Place the fish in the pan and lower the gas. When the fish is well browned on the first side, turn it over and allow it to finish cooking. When cooked, the flesh should leave the bone easily.

Serve with parsley, slices of lemon and a fish sauce (see p. 18), if liked.

Deep Frying.

Suitable for small fish, e.g., whiting, or fillets or steaks of fish, e.g., plaice, cod, hake.

A deep pan with a loosely fitting frying-basket is required, except for fish coated with batter when the basket must not be used as the batter would stick to the wire. The pan should be half full of fat which can be any of the following :—