

Olive oil, block suet, lard, clarified fat.

Food cooked in deep fat should be dry and coated with egg and breadcrumbs or batter, etc. Fish, meat and sweets can then be fried in the same fat.

*Method.*—Prepare the fish and dry it in a cloth, dip into seasoned flour, coat with egg and breadcrumbs or dip it into batter (see below). Place the fish in the fat which should be smoking hot and cook until golden brown, remove from the fat and drain on soft paper before serving.

Serve with fried parsley, slices of lemon and a fish sauce if liked.

## COD OR HAKE STEAKS IN BATTER.

### *Ingredients* —

1½ lbs. cod or hake steaks.	1 egg (optional).
¼ lb. flour.	Seasoning.
¼ pint milk.	

*Method.*—Mix the flour and salt together, make a well in the centre and break the egg into it. Stir the flour in slowly, adding the milk gradually. Beat thoroughly. Divide the steaks through the bone. Dip into the batter, using a skewer to lift the fish. Allow the batter to drain off, then lower the fish into the smoking-hot fat. Fry, not too quickly, until a golden brown. The use of the frying-basket should be avoided, since the batter would stick to the wire. As cooking proceeds, the steaks will rise to the top of the fat.

## GRILLING.

1. Prepare the fish as described in the general directions.
2. Dip into seasoned flour.
3. Allow the grill to become red hot. Cook the fish on the greased bars of the rack in the grill pan turning down the gas as necessary. Cook until a golden brown on one side. Turn carefully to avoid piercing the skin or outer coating. Continue cooking until golden brown and cooked through. Brush over with butter and serve the best side uppermost.

The following are suitable for grilling :—

Halibut.	Herrings.	Sole.
Mackerel.	Salmon.	Steaks of Cod or Hake, etc.

## GRILLED MACKEREL.

*Method.* Clean, cut each fish down the back and remove the bone. Sprinkle with salt, pepper, and brush over with butter. Cook steadily under the heated grill; serve with maitre d'hotel sauce (see page 19).