

BAKING.

Baking in the oven is an excellent method of cooking many fish. It is suitable for most fish, e.g., Bream, Cod, Gurnet, Hake, Halibut, Plaice, Salmon, Trout, Whiting, etc.

Method I.—1. Light the oven with the “Regulo” at Mark 5.

2. Wash, trim and dry and, if desired, stuff the fish. Either wrap in greased paper and place in a baking tin, or place in a greased baking tin and cover with greased paper. The fish can be sprinkled with salt, pepper and lemon juice before covering.

3. Allow about 20 minutes for fillets of fish. For thick cuts of fish, such as cod or salmon, allow about 15 minutes to the lb. and 15 minutes over. Serve with a fish sauce.

Method II.—1. Light the oven with the “Regulo” at Mark 5.

2. Wash, trim, dry and, if desired, stuff the fish. Fillets of fish can be rolled round small quantities of stuffing. Place in a greased meat-tin or pie-dish, sprinkle with flour, salt and pepper. Pour water, stock or milk around the fish. If the fish is to be kept white, cover with greased paper. If preferred brown, pour melted dripping over the fish.

3. Bake, allowing the same time as above. Use the liquid from the dish to make a sauce. Thicken with flour or cornflour blended with a little of the liquid (cold), or make up as for white sauce. Season and flavour as desired (see p. 18).

Method III.—Suitable for cutlets, small fish and flat fish.

1. Light the oven with the “Regulo” at Mark 5.

2. Wash, trim and dry the fish.

3. Mix together 1 tablespoonful flour, $\frac{1}{4}$ teaspoonful salt, $\frac{1}{8}$ teaspoonful pepper. Rub over the fish with a cut lemon then dust with the seasoned flour. Brush over with beaten egg and dip in browned crumbs. Place on a greased tin. Pour melted butter over the fish and bake for 15 — 25 minutes according to the size of the fish.

Serve with slices of lemon and parsley and a sauce, if required.

Method IV.—1. Light the oven with the “Regulo” at Mark 5.

2. Wash the fish. Place in a pie-dish or deep meat-tin and add milk or milk and water. Cover with buttered paper.

3. Bake for 20 — 30 minutes according to the size of the fish. Serve with some of the milk in which it has been cooked and place a little butter on the top.

The fish can be cooked in this way on the hotplate using a frying pan. After the fish has been removed from the pan, eggs can be poached in the milk to serve with the fish.