

BACON AND FISH ROLLS

Regulo Setting Mark 5
Time 25 Minutes.

Ingredients —

Rashers of Bacon.

Lemon Juice.

Fillets of fish.

Salt and pepper.

Method.— Spread the rashers of bacon on a board. Place a fillet of fish on each rasher. Squeeze lemon juice on the fish and sprinkle with salt and pepper. Roll up the fish and bacon together. Place in a tin or au-gratin dish and bake in the oven for 25 minutes with the "Regulo" at Mark 5. This makes an excellent breakfast dish.

BREAM, Baked and Stuffed.

Regulo Setting Mark 5
Time 45 Minutes.

Ingredients —

1 large bream weighing

1 oz. butter.

about 2 lbs.

1 dessertspoonful mushroom
ketchup.

3 — 4 ozs. breadcrumbs.

$\frac{1}{2}$ teaspoonful salt.

1 egg.

$\frac{1}{4}$ teaspoonful pepper.

Dripping.

$\frac{1}{2}$ teaspoonful herbs.

Method.— Wash and trim the bream. Mix the crumbs, salt pepper and herbs and rub in the butter. Mix with the ketchup and beaten egg. Fill the cavity in the fish with this stuffing. Place the fish in a greased tin and smear with dripping. Bake in the oven for 45 minutes with the "Regulo" at mark 5.

Remove the fish. Pour off some of the dripping and make a brown gravy, using fish or meat stock. Pour over the fish or serve separately.

COD OR HAKE STEAKS.

Regulo Setting Mark 5
Time 30 Minutes.

Ingredients —

2 or 3 steaks, $\frac{1}{2}$ lb. each.

$\frac{1}{2}$ pint velouté sauce (see p. 19).

Salt and pepper.

1 teaspoonful mustard.

1 shallot.

1 oz. grated Parmesan cheese.

2 small mushrooms.

Method.— Dry the steaks, season with pepper and salt, and sprinkle with the shallot, and mushrooms minced; roll each steak in buttered paper, place in a greased tin, and bake for 30 minutes with the "Regulo" at mark 5.

Prepare the sauce, add the mustard and cheese and any liquid from the fish. Dish the steaks, and garnish them with lemon. The sauce may be served with the fish or separately in a tureen.

COD & MACARONI CASSEROLE.

Regulo Setting Mark 5
Time 50 Minutes.

Ingredients —

2 ozs. macaroni.

3 ozs. white crumbs.

2 lbs. cod.

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

Salt and pepper.

1 egg.

$\frac{1}{2}$ teaspoonful chopped parsley
or dried herbs.

Butter.