

Method.—Break the macaroni into pieces and place in boiling salted water. Boil for 10 minutes. Strain off the water. Wash the cod, and place it in a large greased casserole. Sprinkle with the salt, pepper and chopped parsley or dried herbs. Arrange the macaroni and some of the crumbs in layers round the fish. Heat the milk (not quite to the boil) and pour on to the beaten egg. Pour this over the macaroni. Sprinkle the remainder of the crumbs over the fish and macaroni; place a few pieces of butter on top. Cover with a lid and bake for 50 minutes with the “Regulo” at mark 5. Remove the lid for the last 10 minutes to brown the crumbs.

CODLING WITH RICE STUFFING. **Regulo Setting Mark 5**
Time 50 Minutes.

Ingredients—

A codling weighing about $3\frac{1}{2}$ lbs. Rice stuffing (see p. 19).
Milk.

Method.—Remove the head, clean and wash the codling. Sprinkle the cavity with salt and pepper. Stuff the fish with the rice stuffing and place it in a buttered tin or, preferably, in a glass fireproof dish, in which it can be served. Pour a little milk over the fish and cover with a piece of buttered paper. Bake in the oven for 50 minutes with the “Regulo” at mark 5.

Use the milk to make a parsley or any other fish sauce and pour over the fish.

FISH IN BROWN SAUCE. **Regulo Setting Mark 2**
Time 50 Minutes.

Ingredients—

{	1½ ozs. dripping	1½ pints water or stock	}	For Sauce
	Half a carrot.	Salt, pepper		
	1 onion.	Sprig of parsley		
	1 tomato, chopped.	Gravy browning.		
	1 oz. flour.			

1½ lb. cod or other white fish.

Method.—Heat the dripping in a saucepan. Add the carrot and onion cut into small pieces. Cover with a lid and cook slowly for 10 minutes. Remove the lid and continue cooking for a further 10 minutes. Add the tomato and cook for a few minutes, then add the flour. Stir together. Add the water or stock, stir and boil. Add the salt, pepper, parsley and gravy browning.

Place the cod in a casserole and add the sauce. Cover with a lid and bake in the oven for 50 minutes with the “Regulo” at mark 2.

FISH CROQUETTES. **Regulo Setting Mark 5**
Time 20 Minutes.

Ingredients—

2 whiting. Salt and pepper.
2 ozs. butter. Anchovy essence.
3 ozs. flour. Egg and breadcrumbs.
 $\frac{1}{2}$ pint of liquid (milk and fish liquor).

(continued on page 11)