



## *Buying fresh fish*

It is most important that fish should be fresh. It is a very perishable food and loses its freshness quickly. To enjoy fish at its best, cook it as soon as possible after purchase. If the fish is in fillets or steaks, the flesh should be firm and there should not be any disagreeable odour. If the fish is whole, the following are points to look for:—

- (1) The gills should be bright and clear.
- (2) The eyes should be full and bright, not sunken and dull.
- (3) The flesh should be firm.
- (4) There should be no disagreeable odour.

## Steaming

Suitable for fillets, small steaks and small whole fish. Place the fish on a greased plate. Sprinkle with salt and pepper and a few shavings of margarine. Cover with an inverted plate. Place the plates over a pan of boiling water, and cook for 15-20 minutes according to the thickness of the fish. Serve with a well flavoured sauce.

Whole fish, and large cuts of fish such as cod should be steamed in a steamer or fish kettle allowing 10 minutes to each lb. of fish and 10 minutes over.

## Boiling

Suitable for whole round fish, or cuts of large round fish, e.g., cod. Do not use too big a pan and allow only enough water to cover. Add 1 level tablespoon salt, and 1 teaspoon vinegar to every quart of water. Bring the water to the boil, add the fish and simmer gently till cooked. Allow 10 minutes to the lb. and 10 minutes over for boiling fish. Care must be taken to cook the fish gently otherwise it will break up. Use the liquid for fish soup or for a sauce to serve with the fish.



# Frying

Suitable for fillets, steaks, and small whole fish only. Dry the fish thoroughly and coat in any one of the following:—

## COATINGS

1. FLOUR Dry flour, salt, and pepper.

2. THIN BATTER

2 oz. flour Water  
Salt and pepper

Mix together the flour and seasoning. Add enough water to make the mixture the consistency of thin cream. Dip the fish in this batter, then in breadcrumbs. Pat the breadcrumbs well on to the fish.

3. THICK BATTER

4 oz. flour 1 teaspoon baking powder  
Salt and pepper Milk or water to mix  
1 egg, fresh or dry

Mix together the flour, seasoning and baking powder. Add the egg and enough milk or water to mix to a stiff batter which coats the back of a spoon thickly. Dip the fish in this batter, and coat evenly.

4. EGG AND BREADCRUMBS

Use reconstituted dried egg or beaten shell egg. Have it in a deep plate and dip the fish in this to coat it well. Then put in breadcrumbs in another plate or on a piece of paper and pat firmly to give an even coating. Shake before frying to remove any loose crumbs.

5. EGG OR MILK AND FLOUR

Dip the fish in milk or egg and then in flour seasoned with salt and pepper. Be sure there is an even coating.

## Shallow fat frying

Heat enough fat to cover the bottom of a frying pan. When a faint blue haze rises, place the fish to be fried in the hot fat, and fry till golden brown on one side. Turn over and brown on the other side. When cooked drain on absorbent paper and serve.

# Baking

Suitable for whole fish such as whiting, haddock, sole, plaice, and thick steaks of cod and hake. Wash the fish, and clean. If a whole fish is being used, remove the eyes and fins. If liked fill the body of the fish from which the inside has been removed with forcemeat stuffing. Sprinkle the fish with breadcrumbs. Cover with greased paper and bake in a moderately hot oven till cooked. Allow 10 minutes to the lb. for fish weighing up to 4lb. and 5 minutes for each additional pound.

## FORCEMEAT STUFFING SUITABLE FOR FISH

4 oz. stale breadcrumbs	1 oz. fat melted
4 tablespoons chopped parsley	Few drops lemon substitute
2 teaspoons mixed dried herbs	Milk to mix
Salt and pepper	

Mix all the ingredients together to form a stiff consistency. Use to stuff fish or as stuffing balls.

## Grilling

Only suitable for very small whole fish, fillets and steaks. Wash, and dry the fish, Grease the grill grid. Sprinkle the fish with salt, and pepper, and a few knobs of margarine (or brush with melted fat). Place under a hot grill until brown. Turn and continue grilling until cooked.

## *Tests which show when fish is cooked*

1. The flesh leaves the bone easily.
2. The watery substance in the fish becomes opaque.

## *What to serve with fish...*

Method of Cooking	Potatoes	Vegetables	Sauces and Accompaniments
Fried or grilled	Fried or boiled	Green salad, coleslaw, green peas or beans, carrots, tomatoes, parsnips, artichokes.	Tartare sauce, caper sauce, Hollandaise sauce, tomato sauce, lemon, parsley butter, pickled beetroot or red cabbage, chutney, mustard sauce.
Boiled or steamed	Boiled jacket or mashed	Green peas or beans, carrots, tomatoes, spinach, celery, green salad, cucumber salad, parsnips, artichokes.	Cheese sauce, horse-radish sauce, chutney sauce, parsley sauce, egg sauce, fennel sauce, anchovy sauce, Hollandaise sauce.
Baked	Baked or boiled	Green peas or beans, carrots, green salad, tomatoes, cucumber salad, spinach, celery, parsnips, artichokes.	Tomato sauce, brown sauce, tartare sauce, caper sauce, lemon, parsley butter, anchovy sauce, Hollandaise sauce, mustard sauce.

The Ministry of Food has compiled the "A.B.C. of Cookery" which gives suggestions and methods for cooking and preparing food. Obtainable from H.M. Stationery Office or through any Bookseller. Price 1/- or 1/2 by post.