

RECIPES

Fish pie

- | | |
|----------------------|-------------------------------|
| 1½ lb. mashed potato | ¾ pint white sauce |
| 1½ oz. grated cheese | 3 tablespoons chopped parsley |
| ¾ lb. cooked fish | Salt and pepper |

Mix potato and cheese together, and line a greased pie dish with this mixture, leaving enough to cover the top. Make a white sauce, add the fish, parsley, and seasoning. Pour into the dish, and cover with the remaining potato mixture. Bake in a moderate oven for ½-¾ of an hour. Serve hot.

Fish au gratin

- | | |
|-------------------------------------|-----------------------------------|
| 1½ lb. raw fillets | 1 dessertspoonful chopped parsley |
| 1 oz. bacon fat or dripping | 1 teaspoonful vinegar |
| 1 tablespoon chopped onion | Salt and pepper |
| 3 tablespoons flour | Browned breadcrumbs |
| ½ pint milk and water or fish stock | |

Place the fillets in a greased fireproof dish. Melt the fat, fry the onion until it is brown. Stir in the flour, and brown it, then gradually stir in the fish stock. Boil the sauce for a few minutes, stir in the parsley and vinegar, and season to taste. Pour this over the fish. Sprinkle

All spoons mentioned in

Fish chowder

- | | |
|------------------------------------|---------------------|
| 1 lb. fish | 1 pint water |
| Little fat | 2 tablespoons flour |
| 1 large onion, sliced | ½ pint milk |
| 2 bacon rinds | Pepper |
| 2 medium sized raw potatoes, diced | ½ teaspoon salt |
| 2 raw carrots, diced | Chopped parsley |

Cut the fish into small pieces. Fry the onion and bacon rinds in a little fat; add the potatoes, carrot and water. Simmer for 10 minutes and then add the fish; cook until the potatoes are tender. Remove rinds. Add the flour mixed with a little cold milk and stir until the mixture boils; cook 5 minutes. Add remaining milk and reheat without boiling. Season and sprinkle with chopped parsley before serving.

This makes a thick soup, suitable for lunch or supper.

Sauces suitable for serving with fish

with the browned breadcrumbs and bake for about 20 minutes.

Fish roast

2 lb. middle cut of cod
8 oz. tomatoes
1 oz. fat or dripping

Salt
Pinch of pepper

Remove any fins and make about four shallow slashes across the back of the fish. Cut one of the tomatoes into thick slices and place one of these in each slash. Dot the fish with the fat or dripping, sprinkle with salt and pepper and put into a baking tin. Put the rest of the tomatoes round the fish and bake in a hot oven for about half an hour or until the fish is cooked. Baste once or twice during the baking.

Fish pasties

6 oz. short crust pastry

FILLING

8 oz. cooked fish
8 oz. mixed cooked vegetables
2 tablespoons chopped parsley

Salt and pepper
 $\frac{1}{4}$ pint white sauce
1 tablespoon vinegar

Roll out the pastry thinly. Cut into rounds about 6 inches in diameter. Flake the fish, mix it with the other ingredients, and season well. Put a portion of mixture on half of each circle of pastry. Fold over the remaining half of pastry, seal the edges, and bake in a moderate oven for about 25-30 minutes. Serve hot with parsley sauce or cold with salad.

Spiced fish salad

3 tablespoons vinegar
2 cloves
Pinch of pepper
 $\frac{3}{4}$ lb. cooked fish
 $\frac{1}{2}$ pint stewed or bottled tomatoes

1 teaspoon of a Worcester Sauce
1 lb. shredded cabbage
1 cooked beetroot, or $\frac{1}{2}$ lb. tomatoes
1 bunch watercress.

Bring to the boil the vinegar, cloves and pepper. Pour this over the finely flaked fish and allow to stand for 30 minutes. Add the tomatoes and sauce. Arrange the fish on a bed of shredded cabbage. Decorate with slices of beetroot or tomatoes and watercress.

Chutneyed fish

4 fillets fish
 $\frac{1}{2}$ oz. margarine
3 tablespoons flour
Salt and pepper

$\frac{1}{2}$ pint. fish stock or milk and water
2 tablespoons chutney
A few drops lemon substitute

Grill or bake the fish. Melt the margarine, mix in the flour and cook for 1-2 minutes. Add fish stock and stir until well blended, bring to the boil. Add other ingredients and cook 5 minutes. Serve the fish with sauce poured over.

Fish paste

3 oz. cooked fish
2 oz. mashed potatoes
1 tablespoon chopped parsley
2 tablespoons chopped onion

1 tablespoon vinegar
1 teaspoon made mustard
Salt and pepper
 $\frac{1}{2}$ oz. melted margarine

Flake the fish and mix it with all the other ingredients. Mix thoroughly to form a smooth paste. Use as a sandwich spread or on toast.

Parsley sauce

1 oz. fat
3 tablespoons plain flour
1 pint milk
1 teaspoon salt

Pepper
2 tablespoons vinegar
4 tablespoons chopped parsley

Melt the fat in the pan, add the flour, mix well, then add the milk slowly and bring to the boil, stirring well all the time. Boil for 5 minutes. Add the seasoning, vinegar, and parsley and serve hot with fish.

Sharp sauce

3 tablespoons flour
1 teaspoon mustard
1 teaspoon sugar
1 teaspoon salt

Pepper
 $\frac{1}{2}$ pint milk, or vegetable water
1 oz. margarine
4 tablespoons vinegar

Mix the flour, mustard, sugar, salt and pepper. Mix to a smooth paste with a little of the milk or vegetable water. Boil the remaining milk or water, pour on to the blended flour, return to the pan, bring to the boil, and boil for 5 minutes. Remove the pan from the heat and add the margarine and vinegar. Stir and serve hot.

Tomato sauce

$\frac{1}{2}$ oz. fat
1 onion or leek, chopped
2 or 3 bacon rinds, chopped
1 bayleaf
Sprig of thyme

4 peppercorns
 $\frac{1}{2}$ lb. tomatoes fresh, or bottled
2 tablespoons vinegar
1 teaspoon flour, or corn-flour

Melt the fat, and fry the onion, bacon, bayleaf, thyme and peppercorns. Fry for five minutes, and then add the tomatoes and vinegar. Boil gently for 15 minutes. Rub the mixture through a sieve, or mash well with a wooden spoon. Return to saucepan and reheat. Mix the flour or cornflour with a little cold water. Add to the sauce, and boil 5 minutes.

Brown sauce

1 onion
1 small carrot
1 oz. dripping or lard
3 tablespoons flour

$\frac{1}{2}$ pint water or stock
 $\frac{1}{2}$ teaspoon salt
Pepper
Gravy browning, if necessary

Dice the onion and carrot and fry in the fat until slightly browned. Work in the flour and cook again until dark brown. Add the water or stock gradually, stirring all the time, and cook for 15 minutes. Season to taste, add gravy browning if necessary, strain and serve.

Salad dressing

2 oz. flour
1 tablespoon sugar
2 teaspoons mustard
2 teaspoons salt

$\frac{1}{4}$ teaspoon pepper
1 pint milk
3-4 tablespoons vinegar (according to taste)

Mix the dry ingredients with some of the cold milk. Bring the rest to the boil and pour into the blended mixture. Return to the pan and boil for 5 minutes. Beat in the vinegar and allow to cool before using.

To make a stiff dressing use less of milk and vinegar.

*All recipes are level * All recipes are for 4 persons **