



MRS. C. S. PEEL'S  
COOK-BOOKS



FISH AND HOW  
TO COOK IT









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# THE SIMPLE COOK BOOKS

BY MRS. C. S. PEEL

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MRS. C. S. PEEL'S COOK-BOOKS

# FISH AND HOW TO COOK IT

BY

MRS. C. S. PEEL

*Author of "10/- a Head for House Books," "The Single  
Handed Cook," "How to Keep House,"  
"The New Home," etc., etc*

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## NOTE

As these books are intended primarily for households where both labour and money must be economized, the recipes are neither over-expensive nor over-elaborate.

Care has also been taken not to repeat more than is absolutely necessary the recipes which appear in 10s. *a Head for House Books* and *The Single-handed Cook*.



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## CHAPTER I

### **HOW TO CHOOSE, PREPARE AND FILLET FISH —HOW TO KILL LOBSTERS AND CRABS MERCIFULLY—LIST OF FISH AND WHEN IN SEASON—HOW TO SERVE FISH.**

IN choosing fish, the housekeeper should always remember that when fresh it is firm and the eyes are bright, the gills red, and the scales in good condition ; when stale, the flesh is flabby, and the eyes are dull and have a film over them. The smell is hardly apparent in fresh fish, and small fish like herrings, sprats, smelts and white-bait should always be bright and silvery ; if otherwise, it is not safe to buy, mackerel being particularly dangerous when the colour has departed. In the case of lobsters, if fresh, the tail is elastic.

#### **To Prepare Fresh Fish.**

Open the fish and cleanse it thoroughly in cold water, remove the eyes, trim by cutting off the fins, etc., and leave in a pan of water, which has

## FISH AND HOW TO COOK IT

been slightly salted, for one hour to one and a half hours. Dry carefully with a soft cloth. If a scaly fish, scrape well with a blunt knife. Tie up carefully with tape to prevent the flesh falling while being boiled or steamed, and do not forget to remove the tie before serving.

### To Prepare Salt Fish.

Salt fish requires rather different treatment. It should be obtained in time to allow of its being soaked for several hours, if practicable, under slowly-running water, otherwise the water used must be changed constantly, the last water being tepid.

### How to Fillet Fish.

If fillets are needed, the fishmonger will always fillet the fish chosen ; but it is more economical to do this at home, as the bones and trimmings may be used for fish stock and for soups and sauces. To fillet a sole, lemon sole, or plaice, skin the fish and lay it flat on the table, and with a cook's knife cut the flesh right down the backbone and then round the fins. Ease the flesh from the backbone by means of the knife, and then, so to speak, peel the four pieces of fish away from it. A small sole will make four fillets. If a large fish is used, these four fillets may be divided into eight. A cook's knife should be

## FISH AND HOW TO COOK IT

used, and it must be extremely sharp, otherwise it will not be possible to skin and fillet neatly.

In filleting whiting, haddock and fish of that description, remove the heads and fins, split the fish open, remove the backbone and divide the fish into two fillets, and these into smaller pieces if required.

### How to Kill Lobsters and Crabs.

The horribly cruel and only too prevalent idea that lobsters and other shellfish cannot be killed save by being boiled alive is absolutely false. To kill a lobster, pierce the spinal cord right through with a sharp skewer, just where the back of the head joins the spine, and in this way death will be instantaneous.

Crabs are quickly killed by stabbing through the spine, just at the root of the tail.

For directions for boiling, *see* page 37.

### Table of Fish and when in Season.

**January.**—Barbel, bream, brill, cockles, cod, carp, crayfish, dory, eels, flounders, haddock, halibut, lampreys, ling, lobster, red and grey mullet, mussels, perch, pike, plaice, prawns, scollops, shrimps, skate, smelts, soles, sprats, tench, thornback, turbot, whiting, whitebait.

**February.**—Barbel, bream, brill, carp, cockles, cod, crayfish, dory, eels, flounders, halibut, had-

## FISH AND HOW TO COOK IT

docks, lampreys, ling, lobsters, red and grey mullet, mussels, oysters, pike, prawns, plaice, scollops, shrimps, shad, skate, smelts, soles, sprats, tench, thornback, trout, turbot, whiting, whitebait.

**March.**—Barbel, bream, brill, cockles, cod, crayfish, dory, eels, flounders, haddock, halibut, lampreys, ling, lobsters, red and grey mullet, mussels, oysters, prawns, plaice, salmon, shad, shrimps, smelts, skate, soles, scollops, trout, turbot, thornback, whiting, whitebait.

**April.**—Bream, brill, crabs, crayfish, cockles, dory, flounders, halibut, lampreys, ling, lobsters, mackerel, red and grey mullet, mussels, oysters, prawns, plaice, salmon, shad, shrimps, scollops, smelts, soles, sturgeon, turbot, trout, thornback, whiting, whitebait.

**May.**—Bream, brill, crabs, crayfish, cockles, dory, flounders, halibut, herrings, lampreys, ling, lobster, mackerel, red and grey mullet, perch, plaice, prawns, salmon, shad, shrimps, scollops, sturgeon, soles, thornback, trout, turbot, whiting, whitebait.

**June.**—Bream, brill, crabs, crayfish, cockles, chub, dace, dory, eels, flounders, gudgeon, halibut, herrings, lampreys, ling, lobsters, mackerel, red and grey mullet, perch, prawns, plaice, salmon, shad, shrimps, soles, sturgeon, thornback, trout, turbot, whiting.

**July.**—Bream, brill, cockles, chub, crabs, cray-

## FISH AND HOW TO COOK IT

fish, dace, dory, eels, flounders, gudgeon, halibut, herrings, lampreys, ling, lobster, red and grey mullet, perch, plaice, prawns, salmon, shad, shrimps, soles, sturgeon, thornback, turbot, whitebait, whiting.

**August.**—Bream, brill, cockles, chub, crabs, crayfish, dace, dory, eels, flounders, gudgeon, haddocks, halibut, herrings, lampreys, ling, lobster, red and grey mullet, plaice, prawns, salmon, shad, shrimps, soles, sturgeon, thornback, trout, turbot, whitebait, whiting.

**September.**—Bream, brill, crabs, crayfish, cockles, chub, dory, dace, eels, flounders, gudgeon, lampreys, ling, lobsters, herrings, halibut, red and grey mullet, oysters, pike, prawns, perch, plaice, skate, shrimps, soles, turbot, thornback, whiting.

**October.**—Barbel, brill, bream, cod, cockles, crabs, crayfish, chub, dace, dory, eels, flounders, gudgeon, haddocks, halibut, herrings, lampreys, ling, lobsters, red and grey mullet, oysters, plaice, perch, pike, prawns, skate, shrimps, soles, smelts, turbot, thornback, whiting.

**November.**—Barbel, brill, bream, carp, cod, cockles, chub, crayfish, dace, dory, eels, flounders, gudgeon, halibut, haddock, herrings, lampreys, ling, lobsters, red and grey mullet, oysters, plaice, perch, prawns, pike, shrimps, sprats, skate, soles, smelts, turbot, tench, thornback, whiting.

**December.**—Barbel, bream, brill, carp, cod,

## FISH AND HOW TO COOK IT

cockles, chub, crayfish, dory, eels, flounders, gudgeon, haddock, halibut, herrings, lampreys, ling, lobsters, red and grey mullet, oysters, perch, pike, plaice, prawns, shrimps, smelts, skate, sprats, soles, tench, thornback, turbot, whiting.

### How to Serve Fish.

Boiled or steamed fish should be placed on a folded napkin, and lightly garnished with green parsley.

Turbot is further garnished with slices of lemon, and cod with lemon or pickled walnuts, though these latter are often handed separately. The sounds generally accompany boiled cod.

Fried fish, such as fillets, rissoles, etc., should be served on a dish paper and garnished with fried parsley.

Fried sole (served whole) is served with slices of lemon.

Fried whiting are always curled round with the tail drawn through the eyeholes.

Cold salmon should have the skin removed, and be garnished with parsley, lettuce, cucumber, tomato or beetroot. No lace paper is required.

For Sauces and adjuncts, *see* pages 21 and 22.



## CHAPTER II

### FISH STOCKS AND SOUPS

#### About Fish Soups.

As a general rule fish soups seem to be unknown to the average good plain cook. She may be able to make a bisque of lobster or of oysters, but the chances are against it, and as for making stock out of the bones and trimmings of fish from which the fillets have been removed, such an idea is unknown either to herself or to her mistress. Even in Catholic, or High Church, households where *maigre* soups are constantly required and where so much fish is used that there is ample material for fish soups which would be a pleasant change from the better known vegetable purées, they do not appear upon the menu, and good material which should have been employed is wasted.

#### Fish Stock. No. 1.

Take the bones and trimmings of any white fish,

## FISH AND HOW TO COOK IT

cleanse them thoroughly in salt and water and dry them on a soft cloth ; cut them into small pieces and put into a stewpan with 2 oz. of butter or clarified dripping ; add two or three sliced onions, two or three tomatoes sliced (if obtainable), two cloves, six peppercorns, and a bunch of herbs. Place the fish on the top of the vegetables, etc., and fry all together from fifteen to twenty-five minutes, according to the thickness of the pieces of fish, add three pints of cold water, or, better still, water in which fish has been boiled, and simmer the stock slowly for one hour. Strain the liquor from the fish and vegetables, and put it aside to get cold, then remove all fat which will have risen to the top. Remove the bones and herbs from the vegetables, etc., and keep the latter in another basin until required. Use for the foundation of any fish soup or sauce or for moistening cold fish moulds, mousses, etc.

### **Fish Consommé.**

Prepare about three pints of fish stock (No. 1). Clarify it in the following manner :—Pound 8 oz. of raw fish, mix into it one raw egg, and place this in the cold stock ; place on the fire and stir it without stopping until it boils ; at the first signs of this, stop and leave the pan for half an hour on the side of the stove. Strain through a

## FISH AND HOW TO COOK IT

cloth, leaving the pounded fish and sediment at the bottom of the pan. Heat again to boiling point, and serve garnished with little fish quenelles (*see* p. 19), or shapes of savoury custard, (*see* p. 20), or with cooked vegetables cut in shapes.

### Fish Stock. No. 2.

Put the bones and trimmings of fish in a pan, with enough milk and water (in equal quantities) to cover them, add pepper and salt, a small onion sliced, and one carrot also sliced, and a blade of mace. Simmer for an hour and strain. This is an excellent foundation for white soups and pureés and for most of the purposes mentioned above.

### White Fish Soup.

Take two pints of Stock No. 2 and make it hot. Mix 2 oz. of *crème de riz* smooth in a teacupful of cold stock, and stir it into the hot stock until it boils, and allow it to boil for some minutes. Let it cool a little, and then add a gill of cream or of milk and cream mixed, or the yolk of an egg beaten up in milk, and stir well. Keep hot, but do not let the soup boil again. Garnish with tiny quenelles of fish, with boiled rice, or oysters cut in pieces, or serve plain with dice of fried bread. This recipe provides you with

### Cream of Whiting

(or of whatever fish was used),

## FISH AND HOW TO COOK IT

### **Cream of Rice,**

### **Oyster Soup ;**

while by using a flavouring of curry powder you achieve

### **Cream of Whiting a l'Indienne.**

For this, proceed as before, but to the *crème de riz* add a tablespoonful (or more, according to taste and quality) of curry powder. Stir it smooth, and cook for ten minutes before adding it to the soup. Serve with boiled rice, handed separately.

### **Fish Purée.**

Take a small fresh haddock, wash it, and cut off the head, tail and fin, skin and fillet it, place the head, bones, etc., in a saucepan with 2 quarts of water, 1 tablespoonful of oatmeal, a bunch of parsley, pepper and salt. Boil gently for one hour, stirring occasionally ; then pass through a sieve, remove all bones from the saucepan, and replace the stock with a piece of butter the size of a walnut. Stir until the butter is melted, then add the fillets of haddock, boil until the fish is cooked, about ten minutes, and then pass soup and fish through a hair sieve. Reheat and serve with bread cut into dice and fried. Whiting, plaice, or lemon sole may be used in place of haddock.

## FISH AND HOW TO COOK IT

### **Bisque of Lobster.**

Boil one lobster, having previously killed it as directed on page 9, and, when cool, remove the meat from the shell and pound it to a smooth paste. Place 2 oz. of butter into a stewpan with 1 very finely sliced carrot, 1 onion, 1 leek, a good dust of coralline pepper and a bunch of herbs, place a cover on the pan, and fry the contents for about twenty minutes. Next, pour rather more than a quart of good fish stock into the pan, colour with carmine, and bring to the boil. Leave the pan on the stove and simmer for half an hour or longer, if the vegetables are not tender, then add the pounded lobster. Place in a basin 2 oz. of *crème de riz*, and mix it with  $\frac{1}{2}$  pint of cold stock ; add this by degrees to the pan on the fire. Stir all the time until the mixture boils, and then rub it through a hair-sieve or tammy cloth ; return the soup to the pan, let it get quite hot, but not boiling, and then stir into it  $\frac{1}{2}$  pint of warm cream. Serve with dice of fried bread. This soup may, of course, be made with prawns, shrimps, or crab.

### **Bisque of Oyster.**

Take rather more than 1 quart of fish stock and bring it to the boil. Mix  $2\frac{1}{2}$  oz. of *crème de riz* in a basin with  $\frac{1}{2}$  pint of cold fish stock, mix it until quite smooth, and then add it to the

## FISH AND HOW TO COOK IT

hot stock ; stir altogether until it boils. Take eighteen sauce oysters, cut off their beards, and then cut the oysters into small pieces. Put the beards with their liquor into a stewpan with 1 oz. of butter, cook them gently until at boiling point, then strain the liquor away. Place the beards in a mortar and pound them to a smooth paste, then mix them with the liquor they have been boiled in, and add this to the thickened stock. Put the mixture through a hair sieve or tammy, and then replace it in the pan. Warm  $\frac{1}{2}$  pint of cream, and add to it the yolks of two eggs, then strain this into the soup, adding a little salt and a shake of pepper, and a claret-glassful of white wine. Now add the oysters cut into pieces, make hot, but do not boil (or the cream would curdle and the oysters toughen), and serve with dice of fried bread.

### Bisque of Shrimps.

Take the required quantity of fish stock, strain it into a bowl. Pick a  $\frac{1}{2}$  pint pot full of shrimps—this will be about 1 pint unpicked—pound them in a mortar with butter enough to make a paste. Save the shells, season the paste with salt, pepper, and a pinch of mace. Melt 1 oz. of butter in a stewpan, and add to it 1 oz. of flour ; when mixed, stir in the shrimp paste. Take about the same amount of breadcrumbs that you

## FISH AND HOW TO COOK IT

have of shrimp, and soak it in a little of the white stock ; add to it the shrimp paste, taking the pan off the fire and mixing the two together by degrees. Add the stock gradually, and have the mixture a little less thick than you eventually want the soup. Place on the fire again and stir until the soup thickens, then remove and stand to get cool, remove the fat and pass through a hair sieve. Reheat and mix into it, just before serving, some shrimp butter made as follows : Pound the shells in a mortar with 1 oz. of butter, pass through a hair sieve. Serve with dice of fried bread.

### Fish Quenelles for Garnishing.

Proceed as for Fish Quenelles (*see* Chap. V, p. 52). Form into the shape of olives with the help of two teaspoons ; place in a shallow pan, the bottom of which has been buttered ; cover with boiling water, and poach for ten minutes. Drain carefully on a sieve, and add to the soup just before serving.

### Fried Bread.

Cut a slice of stale bread  $\frac{1}{4}$  inch thick, remove the crust, and then cut into small squares. Place in a frying basket, plunge into boiling fat, and when a golden brown, remove, drain, and dry them on paper in the oven. Serve hot on a lace paper on a hot plate.

## FISH AND HOW TO COOK IT

### **Savoury Custard for Garnishing Soup.**

Season two whole eggs with white pepper and salt, and mix them with two tablespoonsful of cream or new milk. Pour into a buttered mould, stand on buttered paper, pour in sufficient boiling water to reach three parts up the mould, and steam until the custard is firm. When cold, cut into shapes. The custard may be coloured with carmine or sap green, if liked, the colouring to be added to the milk or cream before it is mixed with the egg.

### **Quantity of Soup Required for Each Person.**

When calculating what quantity of soup will be required, allow  $\frac{1}{2}$  pint for each person.



## CHAPTER III

### FISH SAUCES AND THE FISH THEY ACCOMPANY

BEFORE dealing with recipes for fish sauces, it will be well to give a list of the sauces and other adjuncts generally served with fish.

**Sauces, etc., and the Fish which they Accompany.**

**Hot Boiled Salmon.**—Sauces : Tartare (cold), mayonnaise (hot or cold), mousseline (hot), Dutch (hot). Sliced cucumber should be handed, either plain or dressed with oil, vinegar and pepper.

**Cold Boiled Salmon.**—Tartare (cold), mayonnaise (cold), horseradish. Cucumber as before.

**Hot Grilled Salmon.**—Tarragon (hot), oiled butter (hot), tomato (hot), Dutch (hot), mayonnaise (hot or cold), oil and vinegar sauce.

**Hot Boiled Turbot.**—Lobster (hot), shrimp (hot), Dutch (hot), Tartare (cold), mayonnaise (cold), anchovy (hot).

**Brill.**—Same as turbot, and with cucumber sauce.

## FISH AND HOW TO COOK IT

Hot Boiled Cod.—Egg (hot), lobster (hot), shrimp (hot), Tartare (cold), caper (hot), anchovy (hot). Pickled walnuts should be handed.

Grilled or Fried Cod.—Tomato (hot), oiled butter (hot).

Salt Cod.—Egg (hot), caper (hot).

Halibut.—Same as cod.

Hot Boiled Mackerel.—Fennel (hot), parsley (hot), gooseberry (hot), melted butter (hot).

Grilled Mackerel.—Oiled butter (hot); or is often served without sauce owing to natural richness.

Fried Sole, Lemon Sole, and Plaice.—Dutch (hot), tomato (hot), chutney (hot), melted butter (hot), mussel (hot), mushroom (hot), anchovy (hot).

Sole, etc., Grilled.—No sauce is necessary.

Whiting.—Same as Fried sole.

Baked Fresh Haddock.—Piquante (hot), tomato (hot).

Fresh Herrings.—Mustard (hot), melted butter (hot).

Whitebait or Smelts.—No sauce. Thin brown bread and butter, lemon and cayenne handed.

The sauces here named are those generally used with plainly cooked fish. When fish entrées or réchauffés are concerned, a greater variety of sauces is employed.

## FISH AND HOW TO COOK IT

### SAUCE MAKING.

The first sauce on the list is the well-known melted butter, which it is most important that the cook should learn to make well. The making is quite a simple matter, and success merely depends on attention to correct quantities and then to the care shown in mixing. When made, it must be served hot in a really hot tureen, or all the care taken previously will be wasted. Neither mace nor nutmeg should be used.

#### Melted Butter

(the foundation of many other sauces) (Hot).

Melt 2 oz. of butter in a clean pan and stir in by slow degrees  $1\frac{1}{2}$  oz. of dry sifted flour. Stir until the sauce will leave a clean place in the pan when lifted up in the spoon. Add very gradually  $\frac{1}{2}$  pint of hot fish stock or water (the former is of course best for fish sauces), stirring all the time, and then boil for twelve minutes, stirring occasionally.

This sauce should be perfectly smooth and creamy; if not, it should be put through a fine sieve or tammy cloth. If properly made, it in no way resembles the lumpy pasty mixture often served as melted butter.

If melted butter is to be served plain, add a little salt, white pepper, and a few drops of

## FISH AND HOW TO COOK IT

lemon juice just before serving, and at the very last a teaspoonful of butter or a tablespoonful of cream.

### A Richer Melted Butter (Hot).

Proceed as for melted butter, but have ready the yolk of an egg beaten up with a spoonful of cream, a dash of white pepper and salt and 8 drops of lemon juice. Stir this into the hot sauce off the fire and then reheat, but on no account allow it to boil.

The following sauces are made with melted butter as a foundation—

### Anchovy Sauce (Hot).

To  $\frac{1}{2}$  pint of melted butter sauce add a small dessertspoonful of anchovy essence, a few drops of lemon juice, a dust of cayenne, and 5 or 6 drops of carmine to improve the colour, and stir thoroughly.

### Shrimp Sauce (Hot).

Follow the recipe for anchovy sauce, but add, five minutes before serving,  $\frac{1}{4}$  pint of picked shrimps, but do not let them boil. If liked, a stock may be made from the shells of the shrimps, strained, and used instead of water. For another shrimp sauce, leave out the anchovy essence and carmine colouring, thus making a white

## FISH AND HOW TO COOK IT

sauce slightly flavoured, adding the picked shrimps just before serving.

### **Caper Sauce (Hot).**

Chop well 1 teaspoonful of capers and add them to  $\frac{1}{2}$  pint of melted butter, stir well and serve.

### **Parsley Sauce (Hot).**

Add 1 teaspoonful of chopped parsley to  $\frac{1}{2}$  pint of melted butter, mix well, and add a squeeze of lemon juice ; serve very hot. Before chopping the parsley blanch it in boiling water and dry it thoroughly.

### **Fennel Sauce (Hot).**

Proceed as for parsley sauce, but use chopped fennel instead of parsley.

### **Egg Sauce (Hot).**

Add just before serving finely chopped white and yolk of hard-boiled egg to the melted butter. One egg is sufficient for  $\frac{1}{2}$  pint of sauce, unless it is liked very thick.

### **Lobster Sauce (Hot).**

Make  $\frac{1}{2}$  pint of good melted butter sauce and mix into it 2 tablespoonsful of cream, 1 dessert-

## FISH AND HOW TO COOK IT

spoonful of anchovy essence, salt and cayenne to taste. Mix all thoroughly, and then add the meat of half a lobster in small pieces, let it become thoroughly hot, but do not allow it to boil ; at the last moment stir in the lobster spawn pounded in a mortar with  $\frac{1}{2}$  oz. of butter, and put through a hair sieve.

### Oyster Sauce (Hot).

Make  $\frac{1}{2}$  pint of thick melted butter sauce. Strain the liquor from 1 doz. oysters and place it and the oysters in an enamelled saucepan, let them come almost to the boil, remove the oysters and cut them into four pieces, strain the liquor and stir it into the melted butter sauce. Stir well, and then place the pieces of oyster in the sauce. Make thoroughly hot and it is ready for use.

### Mussel Sauce (Hot).

This is an excellent substitute for oyster sauce, and should be made in the same way.

### Tarragon Sauce (Hot).

Follow the directions for melted butter and add a dessertspoonful of finely-minced green tarragon, a dessertspoonful of vinegar or lemon juice, and lastly the yolk of an egg mixed with an ounce of melted butter.

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### **Savoury Fish Sauce (Hot).**

One dessertspoonful of anchovy sauce, one sherry glass of white wine, a squeeze of lemon juice and the liquor which flows from fish when baked in the oven, or if baked fish is not available, make up for the lack of the fish liquor by adding more melted butter (about  $\frac{1}{2}$  a teacupful) and serve with fried or grilled fish.

### **Mushroom Sauce (Hot).**

Remove the stalks, peel, wipe and break into pieces 4 oz. of fresh raw mushrooms and cook them in  $\frac{1}{2}$  pint of melted butter until soft. Rub through a sieve, add salt and pepper and serve very hot.

### **Mustard Sauce (Hot).**

Mix  $\frac{1}{2}$  oz. of unmade mustard with the flour with which you make melted butter, and finally add a teaspoonful of vinegar or lemon juice.

### **Horseradish Sauce (Cold).**

To  $\frac{1}{2}$  pint of melted butter add a tablespoonful of grated horseradish,  $\frac{1}{2}$  a teaspoonful of castor sugar, and a spoonful of cream.

### **Horseradish Cream (Iced).**

Grate 2 tablespoonsful of horseradish and mix it into a  $\frac{1}{4}$  pint of stiffly whipped cream flavoured with salt and pepper.

## FISH AND HOW TO COOK IT

### **Béchamel Sauce (Hot)**

is practically another and more elaborate form of melted butter known to plain cooks as white sauce, and is made as follows—

Take 2 oz. fresh butter,  $1\frac{1}{2}$  oz. dried and sifted flour. When the butter is melted add the flour by degrees and stir the ingredients until thoroughly mixed. Have ready  $\frac{1}{2}$  pint of white stock, pour on the flour and butter, stirring carefully to prevent lumps, add  $\frac{1}{2}$  pint of milk (previously boiled with a bouquet of herbs and a green onion to flavour it) in the same way. Let this boil for twelve or fifteen minutes, till reduced to a fourth part, and so thick as to leave clean spaces when dropped from a spoon, stir in 2 table-spoonsful of fresh cream, season with pepper and salt, add a squeeze of lemon juice and serve. If stock is not to hand, substitute milk or water. This sauce may of course be varied in many ways.

We now come to

### **BROWN SAUCES,**

and the following recipe, which may be used as it stands or as a foundation for other sauces, is both simple and good.

Therefore it will be seen that directly the cook can make melted butter and brown sauce well, she will have little trouble in mastering a variety of the simpler—and at the same time most excellent—sauces.



## FISH AND HOW TO COOK IT

### **Brown Sauce (Hot).**

Melt 2 oz. of butter in a pan and stir into it  $1\frac{1}{2}$  oz. flour, stir well over a slow fire until the mixture is a café au lait colour, then pour into it very gradually  $\frac{1}{2}$  pint of dark brown stock, stir all together over the fire until the sauce thickens, add a few drops of lemon-juice and a shake of pepper, and if at all lumpy put through a strainer before being used.

### **Brown Mushroom Sauce (Hot).**

Prepare the mushrooms as before, (p. 27) and fry lightly in butter. Then cook in  $\frac{1}{2}$  pint of brown sauce, gravy or stock. Rub through a sieve, season with salt, pepper, and a teaspoonful of lemon-juice. If not sufficiently thick, allow the sauce to cook slowly until it becomes sufficiently solid.

### **Chutney Sauce (Hot).**

Have 6 tablespoonsful of brown sauce and mix into it 2 tablespoonsful of mild chutney, a teaspoonful of made mustard (French if possible), salt and pepper, and, if liked, a tablespoonful of tomato pulp or tomato ketchup. Boil for three minutes.

Now follow some sauces which require neither white nor brown sauce as a foundation.

### **Milanaisé Sauce (Hot).**

Wash and bone two anchovies, chop one

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mushroom and one shallot, put them into a saucepan with 2 oz. of butter, brown them and then dredge in 1 oz. of flour, stir all over the fire until the mixture is a good colour, add one tablespoonful of caper vinegar, 1 tablespoonful of white wine, and  $\frac{1}{2}$  pint of brown stock. Stir over the fire until it boils, then add  $\frac{1}{2}$  teaspoonful of made mustard, a few grains of cayenne and salt. Boil for twenty minutes, then strain, add 1 tablespoonful of capers, boil for five minutes and serve.

### Fricassee Sauce (Hot).

Put  $\frac{1}{2}$  pint of cold water in a saucepan with a small piece of fat bacon, a blade of celery or a small amount of celery seed, half an onion sliced, half a carrot sliced, and a sprig of parsley, two or three strips of lemon-peel, pepper and salt to taste. Bring this to the boil, then simmer gently for twenty minutes. Strain off the vegetables and add 3 gills of milk, simmer for twenty minutes longer. Make a roux by melting  $\frac{1}{2}$  oz. of butter in a pan, and mixing into it 1 oz. of flour, mix well and gradually pour on to the hot stock, stirring all the time. Stir this over the fire until it thickens, and if lumpy, strain it.

### Tomato Sauce (Hot).

$\frac{1}{2}$  lb. tomatoes, 1 onion,  $\frac{1}{2}$  pint of stock or

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water,  $\frac{1}{2}$  teaspoonful of salt, 1 carrot, 1 turnip, 2 oz. butter, 1 oz. flour, 10 peppercorns. Slice the vegetables and quarter the tomatoes, add the peppercorns and the butter, and fry ten minutes, then the stock and flour (the flour mixed smooth with the stock previously), and salt. Simmer for about half an hour and rub through a sieve. Reheat and improve the colour with a drop or two of carmine or cochineal. If put away in a corked jar this sauce will keep for several days.

### Dutch Sauce (Hot).

Boil 2 tablespoonsful of Tarragon vinegar with 1 tablespoonful of cold water until it is slightly reduced, then let it cool by placing the saucepan at the side of the stove. Stir in slowly the yolks of 3 eggs, 2 oz. of butter, and a large pinch of salt, stir very slowly and carefully until the mixture has well amalgamated, but do not let it boil.

### Tartare Sauce (Cold).

Put into a basin one or two shallots, a little chervil and green tarragon, all chopped very finely indeed, a large spoonful of French mustard, pepper, salt, and about a tablespoonful of vinegar. Add about 2 tablespoonsful of oil very slowly, stir all the time until the mixture thickens. The quantities depend on the amount of sauce required, but more than double the quantity of

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oil than vinegar should be used. Serve very cold.

### Oil and Vinegar Sauce (Cold).

Mix 1 saltspoonful of salt and a good pinch of black pepper with 1 tablespoonful of tarragon vinegar ; stir until the salt has dissolved, then add gradually 3 tablespoonsful of salad oil.

### Spring Sauce (Hot).

Blanch for five minutes 1 oz. of onion, one clove and a dessertspoonful of parsley. Place them in  $\frac{1}{2}$  pint of milk and boil it up. Strain the milk through muslin. Mix  $\frac{1}{2}$  oz. of butter and  $\frac{1}{2}$  oz. of flour in a pan and gradually add the strained milk, stir until the mixture thickens. Just before serving add a dessertspoonful of chopped parsley, a teaspoonful of fine chopped cress, a teaspoonful of chopped chives and chervil, and a squeeze of lemon. Colour a pale green and use.

### Mayonnaise Sauce (Cold).

First rinse the basin to be used in very cold water and make the sauce in a cool place, if possible keeping the basin on ice while you mix the sauce. See the oil is perfectly good, and add it drop by drop. This is important, otherwise the sauce will curdle. A good plan is to cut a three cornered slit out of an ordinary cork, then measure the quantity of oil into a bottle, cork

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it, and then let the oil fall drop by drop through the prepared cork. Use the very best vinegar, as very little will suffice, and if the best wine vinegar is used, less still. If the mayonnaise must be made long beforehand, add two table-spoonsful of liquid aspic to 3 gills of mayonnaise, and if a stiff sauce is required still more aspic must be used. Put the yolks of two raw eggs in a basin and add to them a pinch of salt, half a saltspoonful of white pepper, and half a teaspoonful of French and English mustard in a dry state, and a tiny pinch of cayenne. Work these together, then stir in drop by drop 3 gills of olive oil. When quite thick add half a teaspoonful of lemon juice and two dessertspoonsful of vinegar drop by drop, set in a cool place or on ice until required. In case the sauce curdles, the yolk of another egg must be beaten up and the curdled sauce added to it little by little. Serve with salads, cold fish, moulds, etc.

### Gooseberry Sauce (Hot).

Stew a pint of green gooseberries without sugar, and during the last five minutes add 2 oz. of butter and a little white pepper. Rub through a sieve and serve.

### Oiled Butter (Hot).

This is often spoken of as melted butter, and therefore confused with the sauce of that name.

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It is simply butter melted until it becomes oil ; but note that the butter is far better if only half melted over the fire and then stirred off the fire until it is liquid.

### Curry Sauce (Hot or Cold).

Mince up 2 oz. of shallot finely, and put it into a pan with 1½ oz. of butter or well clarified dripping, add, if liked, a finely-minced clove of garlic, and fry it all together slowly until the onions are a golden-brown, then add a heaped up tablespoonful of curry powder, and one dessertspoonful of curry paste, or, failing this, allow an extra dessertspoonful of curry powder, then cook these all together for seven minutes more, adding if necessary a little more butter, then add by degrees 1 pint of stock, keeping the mixture boiling, and then simmer for twelve to fifteen minutes. Rub through a hair sieve and serve very hot ; or if for a cold dish, icy cold.

### Aspic Jelly.

Dissolve 2 oz. of gelatine in 1 quart of hot water, with a dessertspoonful of salt, the juice of a lemon and two dessertspoonsful of white wine vinegar, a sliced onion and twenty peppercorns. Bring to the boil, and then run through a jelly bag which has been rinsed in boiling water. If the jelly is needed for making borders, use an extra ½ oz. of gelatine.

## CHAPTER IV

### TO BOIL, BAKE, STEAM, POACH, FRY, GRILL, STEW AND ROAST, AND TO COOK FISH “ EN PAPPILOTTE ”—MARINADE AND STUFF- ING FOR BAKED FISH—TIME TABLE FOR COOKING FISH—OVEN TEMPERATURE.

#### How to Boil Fish.

IN boiling fish remember that the water in the fish kettle must be absolutely boiling before the fish is put into it, otherwise the juices of the fish would be drawn into the water. It should also be slightly salted (one teaspoonful of salt to three pints of water), and flavoured with vinegar (one tablespoonful to three pints of water). The water must be kept boiling for five minutes after the fish is put into it, and there should be sufficient to cover it ; then the pan can be drawn aside and the contents allowed to simmer until the fish is done. The scum that arises should be skimmed off, and the fish removed from the water directly it is cooked.

The usual time allowed for boiling fish is ten

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minutes for every lb. of thick fish to be cooked, five minutes for every lb. of thin, but as so much depends on the size and thickness of the fish, it is well to test it from time to time with a skewer. As soon as the flesh parts easily from the bone it is ready to be removed from the kettle. There should be no redness near the backbone of a sufficiently cooked fish.

*Salt fish*, such as cod, after being soaked in water for some hours, should be soaked again in skim milk or milk and water for several hours more, in all twenty-four hours, and finally cooked, if possible, in half milk, half water. If it has already been soaked for some time before you obtain it from the fishmonger's, only soak in milk and water.

In boiling it is treated differently to fresh fish, and should be placed in a fish-kettle with a drainer, and entirely covered with cold or cool milk and water or plain water. Allow this to come slowly to the boil, keeping it well skimmed as the scum rises, then at once draw the pan to the side of the fire, and cook slowly till ready only do not on any account allow it to actually boil again, or the fish will be spoilt. Never let the fish remain soaking after it is cooked. Drain it at once.

If you have not a fish kettle with a strainer, tie the fish up in a clean napkin ; it can then be



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lifted out easily when cooked, and will not break in pieces. Be careful to strain every drop of water off before serving ; nothing looks nastier than a fish which has not been sufficiently drained.

*Fresh fish* are very good when boiled in a vegetable stock, consisting of 4 oz. of onions sliced, 4 oz. of carrot sliced, 1 oz. of parsley, a bunch of herbs, 1 oz. of butter, and 1 oz. of salt. Stir all together for ten minutes, then add 2 quarts of water and  $\frac{1}{2}$  pint (or less if preferred) of vinegar, simmer for one hour, and strain. If better liked, a mixture of white wine and water in equal parts can be used instead of the vinegar and water. When cooked in wine or stock, when serving, some of the boiling stock may be poured round the fish, which then looks better if served in a deep earthenware dish.

### To Boil Lobsters.

Fill a large kettle with salted water, and when it boils put the lobster in head first. Boil it briskly, drain and wipe it.

A lobster weighing 1 lb. takes one hour to boil.

### To Boil Crabs.

Place in boiling water, add one teaspoonful of salt. Boil for thirty minutes for a crab of medium size, and more if large.

All shell fish should be killed previous to being boiled. For directions *see* page 9.

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In most cases, however, especially in the case of slices of fish, it is far better to cook by steaming rather than boiling. Food which is steamed loses far less of its taste and quality than when boiled.

### To Steam Fish.

Wash and wipe the fish and place it in the strainer. Bring the water in the pan to the boil, place the steamer in the pan and put on the lid. Keep the water boiling fast and fill up with more boiling water if necessary. A quarter of an hour to each 1 lb. of fish should be the time allowed for steaming thick fish, and seven or eight minutes per lb. for thin fish, but it is easy to test the fish with a skewer. When done there is no redness near the bone and the flesh is easily separated from the bone.

### To Poach Fish.

The fish should be cut into slices or fillets, the bones, trimmings, etc., put into a pan with some sliced onion, carrot, turnip, celery, if in season, a bunch of parsley, a bunch of herbs, pepper and salt, and covered with cold water. Bring to the boil, then simmer for half an hour. Strain off the liquor and pour it into a shallow sauté pan. Put this on the fire, and when it boils place in it the fish, bring to the boil again, and simmer until cooked. It can then be served in a variety of ways, as will be seen later.

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### To Stew Fish.

Wash and dry the slices or fillets, make a fish stock with the bones and trimmings (*see* previous recipe), add a wineglassful of white wine, if liked, place the fish in the mixture, simmer for fifteen minutes and serve as directed in the recipes.

### To Bake Fish.

Place the fish, cleaned, wiped and tied into shape, on a greased baking tin or fireproof dish, pour a little stock, milk, water or wine round, add pepper and salt, and flour lightly or cover with buttered paper. Bake in a moderate oven, and allow about the same time as for boiling.

When baking fillets of fish they should first be put in a marinade—that is, laid for an hour or two in a seasoned liquid mixture such as the following—

### Marinade.

Put two tablespoonsful of salad oil in a dish and mix into it one dessertspoonful of vinegar, two or three slices of onion, some parsley stalks, and some salt and pepper. Lay the fillets in this and turn two or three times.

If this marinade is not used the fillets may be brushed over with plain lemon juice.

### Forcemeat Stuffing for Baked Fish.

2 oz. finely grated breadcrumbs, one egg, one

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teaspoonful of finely minced parsley, one teaspoonful of finely minced onion, a large pinch of salt, a shake of pepper, and half teaspoonful of mixed herbs if liked. Mix all together thoroughly, stirring until the egg has moistened all the bread crumbs.

### To Grill or Broil Fish.

The objection of the average cook to the use of the gridiron is that it necessitates a very carefully-made up fire ; also, many of the modern closed ranges are not well adapted for grilling. To grill by means of a coal fire necessitates considerable care. A clear, red-hot fire must be ready just at the right moment, and it must not be touched until the grilling process is over. The cook who may have some house work to do, who has to answer the back-door bell, and prepare vegetable and other dishes, no doubt finds it inconvenient to be obliged to pay great attention to the state of the fire. In such circumstances, therefore, when possible, it is better to use a gas-griller.

When using the griller of a gas stove see that it is red-hot before the article to be grilled is put in position, and be sure that the pan containing the meat is sufficiently near the red-hot grill. A gas stove is so arranged that objects of somewhat large size can be grilled ; thus, if a small thing such as a cutlet or a kidney is to be cooked,

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the pan containing it should be raised in some way. It is also advisable to place a large pan of water or a sheet of asbestos over the griller, in order to throw the heat down on to the meat.

The fish to be grilled should be liberally brushed over with oil or butter, peppered, placed in the pan, then pushed under the griller and cooked as quickly as possible on one side, turned and cooked on the other side. In turning, however, do not stick a fork into the fish ; keep the cooked crust unbroken in order that none of the juice may escape.

### To Cook Fish "en Pappilote."

Brush the fish over with butter, or oil, slightly pepper and salt it, wrap it up carefully in well oiled paper, broil over a fast, clear fire, turn once, remove the papers or not, as liked, and serve.

Mullet and slices of fish are often cooked thus, while at other times the fish *en pappilote* is baked instead of being grilled.

### To Fry Fish.

Wash and prepare the fish and then wipe it perfectly dry with a clean soft cloth. If not dry, the crumbs or batter with which it is to be coated will not adhere, also the cold moisture will cool the fat in which it is to be fried.

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Have ready a plateful of fine stale breadcrumbs and on another plate a well beaten egg with a teaspoonful of salad oil and a teaspoonful of cold water mixed with it. Brush the fish well with the egg, taking care to moisten it all over, then roll it in the breadcrumbs, pressing them well on the fish. If rolled fillets are wanted, they should be tied into shapes with narrow white tape or cotton, but care must be taken to remove all the ties before serving. Whole whiting should be curled round and have their tails put through their heads, while sprats and smelts should be well dried and fried without being cut in any way.

Have ready a stewpan half full of clarified fat, which must be absolutely boiling ; a blue smoke rises from it when in this state, but if you are not an experienced cook, test the heat by means of a piece of bread : when the bread browns quickly and crisply, the fat is sufficiently hot to use. Have a frying basket ready, place the fish in it, and plunge it into the fat ; when a golden brown remove, drain, and lay on a paper in the oven to dry. Serve when free from all grease. When a large sole or plaice is being fried whole, a frying kettle will be required, but for smaller fish, rissoles, fillets, etc., a stewpan with basket to fit it is all that is required.

When fried fish (or any other food) is served in a greasy, flabby state you may be sure that it

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has been cooked in fat which was not sufficiently hot, and therefore the fat has soaked into the ingredients. Had the fat been boiling it would at once cause a crisp skin to form round the article which is being fried, which may then be cooked at leisure. Were the fat too hot the outside of the fillet or rissole would be burnt before the inside was cooked.

Do not attempt to fry without a frying basket, and believe me when I tell you that it is absolutely necessary that you should have an ample quantity of fat to cover the articles to be cooked. Some unlearned persons imagine that the utensil in which to fry is the frying-pan, but, as a matter of fact, it is only such things as sausages and bacon which should be fried in the frying pan, and they correctly are sautéd, not fried. Carefully clarified dripping is the best frying medium of all, though, should the supply be short, lard may be added. Butter is not good for the purpose, and oil is too costly for general use. Besides, why not use the medium (namely, dripping) which you have—or should have—to hand, and which is the best for the purpose.

When fish is fried with a coating of flour instead of breadcrumbs, it should be first dipped in milk and then rolled in well-dried flour, and this method is worth noting, especially in times when eggs are dear. Remember, too, that the

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white of egg only will serve when, as is often the case, the yolk is needed for some other purpose.

No matter what you fry—be it a large sole, fillets of fish, or rissoles—the procedure is the same.

Fried fillets of fish should be served very hot in an entrée dish on a lace paper, garnished with fried parsley, and the sauce to eat with them served separately.

Whitebait needs somewhat different treatment, so I give the process in detail.

### How to Fry Whitebait.

Dredge flour over the surface of a clean cloth an eighth of an inch deep ; place the whitebait on this and separate each one with a fork. Shake them in the cloth gently until they are covered with the flour all over, then turn them into a frying basket and shake off the superfluous flour. Plunge this into a pan of boiling fat, but do not try to cook too many at a time, for they must be entirely covered with the boiling fat. Stir them carefully so as not to break them, once in three minutes' time, and then once again ; four to five minutes should be ample time to cook them thoroughly, as they should not be allowed to turn brown. Lift out the basket, give it a shake, and then turn the whitebait on to a dish on which is some white paper or a hot



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dry cloth, place them in the oven and let all the fat dry thoroughly. Serve in a hot entrée dish on a lace paper, with slices of lemon, thin brown bread and butter and cayenne pepper served separately.

Care must be taken to have the fat really boiling, otherwise the whitebait will be flabby ; should this be the case, if they are allowed to get cold and then plunged for a minute in boiling fat they will, on being drained, become quite crisp.

When devilled whitebait is required add cayenne, white pepper and a little salt to the flour in which they are tossed before frying.

### Batter for Frying Fish.

Whip two eggs and mix in with them about two tablespoonsful of flour. This is generally sufficient to make a stiff batter. Then add by degrees  $\frac{1}{2}$  pint of milk, salt and pepper, cover and put by for an hour or two before using. Have the fish very dry before dipping it into the batter.

### To Fry Parsley for Garnishing.

Wash the parsley and look well over it, remove the largest stalks. Dry it gently on a clean cloth. Place it in a frying basket, which should be in a pan of hot but not quite boiling fat, reheat it gently, and when the leaves are crisp,

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which will be in a minute or two, take them out and drain them of all the fat on a paper, and use as a garnish. Parsley should not be frizzled up and brown, hence it is that the fat should not be too hot.

### To Roast Fish.

To those people who possess a spit let me recommend this way of cooking fish. One of fairly good size should be chosen, then when prepared, stuff it with a good forcemeat, wrap it in a sheet of well oiled paper, and tie it carefully at the head, twisting the paper round at the tail, secure it firmly to the spit and baste it continually with clarified dripping or butter in which is mixed a teaspoonful of vinegar to a  $\frac{1}{4}$  lb. of butter. Remove the paper before serving.

Large whiting and fresh haddock are excellent cooked thus.

### Oven Temperature.

Hot : 450 deg.

Quick or sharp : 400 deg.

Moderate : 350 deg.

Steady : 300 deg.

Slack or cool : 275 to 250 deg.

If tested with a piece of white cooking paper left in for two or three minutes—

Dark brown colour : hot.

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Cigar brown : quick.

Yellowish brown : moderate.

Yellow : steady.

Slightly tinged : slack.

### Time allowed to Cook Fish.

To roast thick fish, fifteen minutes for each lb.

To boil thick fish, ten minutes for each lb. ;  
thin fish, five minutes.

To bake thick fish, ten minutes for each lb. ;  
thin fish, five minutes.

To steam thick fish, fifteen minutes for each  
lb. ; thin fish, eight minutes.

To fry, ten to twenty minutes, according to  
size.

To grill, ten to twenty minutes, according to  
size.

To broil, ten to twenty minutes, according to  
size.

## CHAPTER V

### HOW TO MAKE SOUFFLÉS, MOUSSES, QUENELLES AND MOULDS OF FISH, AND TO MAKE RIS- SOLES.

SOUFFLÉS, mousses, creams and quenelles are methods of cooking fish most popular at present. These dishes require practice, and should not be attempted for a party until the cook has tried them several times for the home dinner. They are simple to make, but need experience in the cooking, as it is important that they should be served exactly at the right moment.

#### **Fish Soufflé (Hot)**

**(Just sufficient for six persons).**

The soufflé is to be baked or  
preparations are the same.  
soufflé tin (or fireproof  
stiff band of buttered  
paper protrudes four  
dish. In no case  
fills full, and always

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cook gently. If cooked fast, the soufflé will be spoiled. Now melt 1 oz. of butter, and stir into it 1 oz. of flour and 1 gill of milk, and let this all cook together till perfectly blended; take it off the fire, let it cool a little, then mix in the yolks of three eggs, one at a time, beating each well in before adding the next; season with pepper and salt, add 4 oz. of raw fish free from skin and bone, minced, and then put through a sieve. Finally, stir in the whites of the eggs, beaten to a very stiff froth.

If you wish for a

### Baked Soufflé (Hot),

place the dish in a moderate oven and bake for thirty minutes, and be careful to shut the oven door gently. Remove the paper rim, put the tin into a silver soufflé dish, and serve at once. If baked in a china dish, wipe it and place on a lace paper on an entrée dish.

Should you require a

### Steamed Soufflé,

cover the top of the soufflé with buttered paper and place in a pan with two folds of paper under. Pour in gently some boiling water and cook slowly. The water should not reach more than half way up the soufflé dish. If cooked fast, the soufflé will be honeycombed and dry. Steam for

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thirty minutes and serve as before, or turn out and serve with sauce poured round.

A variety of fish may be used for the soufflé, but whiting or fresh haddock serves as well as any, and there is certainly no object in using an expensive fish such as sole for this purpose.

The soufflé appears on the menu as Soufflé de Merlan, de Saumon, de Merluce, d'Homard, etc., etc., or if served with a sauce, as Soufflé de Merlan à l'Indienne, for example.

An excellent soufflé is

### Oyster Soufflé (Hot).

For this proceed as before, using whiting, but instead of the gill of milk, use all but a gill of the oyster liquor, and make up the amount with cream and add (for the quantities given above, which are sufficient for six persons) one dozen oysters cut in half.

A mousse, or mousseline, is a richer, lighter form of steamed soufflé. It may be served in the dish in which it is cooked, or turned out, but it is by no means easy to turn out successfully. It is not a dish to attempt when the cook has not a dependable kitchenmaid.

### Mousse of Fish (Hot).

To each  $\frac{1}{2}$  lb. of raw fish purée (minced, pounded and sieved) allow  $\frac{1}{2}$  pint of thick cream, a gill of

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well-flavoured rich white sauce, and two raw eggs. Flavour with salt and white pepper, and cook in exactly the same way as a steamed soufflé.

The following is a variation of the usual recipe just given—

### Mousse of Oysters (Hot).

Beard a dozen oysters and cut them up, straining the liquor into a cup. Stir together over the fire 1 oz. each of butter and fine sifted flour, letting it cook together till thoroughly blended, stirring it all the time ; when thoroughly mixed, begin to add the oyster liquor, and if there is not 1 gill of this make it up with either milk or fish stock, stirring it well all the time to prevent lumps forming, and drawing the pan off the fire each time the liquid is added, only returning it when all the lumps have been stirred out of it ; then let this boil for five minutes, when you take the pan off the fire, and add the cut-up oysters ; then when it has cooled a little, the yolks of three eggs and one whole egg, beating each one well in before adding the next ; then, finally, add the whites of three eggs beaten to a very stiff froth, and two or three spoonsful of stiffly-whipped cream. Steam for about forty-five minutes, covering the mould with a greased paper, and standing it on paper, and do not on any account allow the water to boil at all fast during the process. Then turn out and serve immediately.

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We now come to the making of fish creams and quenelles. An excellent recipe is the following—

### **Recipe for Fish Cream (often called Timbale of Fish) and for Quenelles (Hot).**

Dissolve 1 oz. of butter in a pan, then add 2 oz. of flour, and let this cook slowly over the fire till quite smooth, stirring it all the time, then gradually moisten it with 1 gill of boiling milk or fish stock, and allow this to cook together till it is quite smooth, and will leave the sides of the pan quite clean ; lift the pan off the fire and leave this to cool. Meanwhile remove the skin and bones from any raw fish, such as whiting, and for every 4 oz. of the above mixture allow  $\frac{1}{2}$  lb. of fish, and pound it well together, seasoning with salt and pepper, and moistening it with 1 oz. of butter, a whole egg, and a tablespoonful of cream for the 8 oz. of fish and 4 oz. of panade ; when thoroughly mixed together it should be quite smooth and fairly stiff. Have ready a well-buttered mould and fill this carefully, knocking the mould now and again during the filling against the edge of the table, so as to ensure its being quite smooth when turned out ; fill the mould well up, and smooth the top over with a wet palette-knife into a dome shape. Lay a sheet of buttered paper in a stewpan, place the



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mould on this, and pour in enough boiling water to just come two-thirds of the way up the mould. Cover the mould with a sheet of buttered paper. Bring the water once more to the boil, then draw to the side of the fire, and let it simmer gently for about forty-five minutes. Turn out and serve with sauce.

If, however, quenelles or small creams are required, use suitable moulds, place them on paper, and pour in enough boiling fish stock or water to cover, bring to the boil again, and simmer very gently for fifteen or twenty minutes.

A rather more substantial fish cream may be made as follows—

### **A Plainer Fish Mould (made with Cooked Fish), (Hot).**

Take  $\frac{3}{4}$  lb. of cooked fish (one or several kinds mixed), free from skin and bone, mince it and then pound it with 2 oz. of fresh breadcrumbs soaked in boiling milk, and enough butter to enable you to work the mixture easily. Season with pepper and salt, stir in two well-beaten eggs and a gill of white sauce. Fill a buttered mould, steam for  $\frac{1}{2}$  of an hour, and serve with sauce poured round. If there is any lobster, shrimp or oyster sauce handy, use it instead of white sauce, and if not enough, make up the quantity with milk or cream.

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A still plainer mixture may be made without the sauce.

Soufflés and mousses may be varied considerably, for example—

### **Soufflé à l'Indienne.**

Cook the soufflé in a ring mould, and serve with the centre filled with rice and a curry sauce poured over.

For Curry Sauce, *see* page 34.

### **Soufflé de Merlan au Champignons.**

Cook the soufflé in a plain mould, and pour mushroom sauce over.

### **Soufflé d'Homard à la Princesse.**

Make a soufflé of whiting, but add to it some pieces of boiled lobster and shred truffle, and decorate the top of the mould with shapes of truffle.

The same applies to timbales and creams. Very excellent is a

### **Timbale de Merlan aux Epinars,**

that is, a timbale steamed in a ring mould, with a purée of spinach in the centre.

A cold mousse of salmon or of lobster is delicious, and a useful dish for summer dinner parties or suppers.

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### Mousse of Salmon (Iced).

Have ready a china soufflé dish (sufficiently large for eight persons), with a band of paper round. Take 1 lb. of cold boiled salmon, free from skin and bone, and pound it in a mortar. Then add to it  $\frac{1}{2}$  pint of hot fish stock, which has been stiffened with two leaves of white leaf gelatine, and pepper and salt to taste. Rub through a sieve. Have ready  $\frac{1}{2}$  pint of thick cream, slightly salted, and whip it and the fish mixture together. Place in the soufflé dish, smooth the top with a wet knife, and place in a pan of crushed ice for two or three hours before serving. Decorate with chopped aspic or with whipped cream coloured pink, and arranged in patterns by the help of a bag and pipe, or sprinkle with finely-chopped truffle. Remove the paper band and serve.

### Mousse of Lobster (Iced).

Proceed as before, but use a  $\frac{1}{2}$  lb. of cooked whiting, with  $\frac{1}{2}$  lb. of lobster.

### A more elaborate Iced Soufflé.

Remove the meat from a lobster, and chop it up finely; stir it into 1 gill of béchamel sauce, season to taste, and heat whilst stirring; then stir in 1 gill of just liquid aspic jelly, pour it all into basin, and leave it to cool. Whisk  $1\frac{1}{2}$  gill

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of double cream till stiff; mix it with 1 gill tomato mayonnaise, and work it all carefully into the mixture in the basin. Have ready a papered soufflé dish, pour the mixture into this, then put into the ice-cave, and leave till slightly frozen, when it should be taken out, sprinkled with paprika and lobster coral, and the paper band removed.

### How to Make Fish Rissoles.

There are, of course, many ways of making rissoles, and any method which results in a rissole which is crisp and golden outside and soft and well-tasting inside, is a successful one. I have found the following plan answer well—

Have ready some fish sauce: melted butter, parsley and butter, shrimp, lobster—it matters little. Then take any remains of cold cooked fish (several kinds mixed together, if necessary) and free it most carefully from skin and bone. Rissoles with bones in them are a reproach to the cook. Put the fish three times through a sharp mincing machine and then heat it in the sauce, allowing sufficient sauce to make the mixture of the consistence of gooseberry fool. Flavour with salt and pepper, and spread on a clean dish and let it cool. When cold, form into shapes, egg and crumb and fry.

If a very superfine kind of rissole is needed.

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the fish should be pounded and rubbed through a sieve, and, of course, if salmon rissoles or lobster rissoles are needed, that fish and no other should be used. The shape of the rissoles may be varied, and flat cakes, balls, cones, or pear-shapes formed. A pretty effect is gained by forming the mixture into the shape of pears and inserting a piece of parsley to form the stalk.

This should be done just before serving. Lobster rissoles are often garnished with a piece of the feelers in like manner.

The ordinary rissole errs on the side of substance—it should not be what schoolboys term “wodgy.” When there is a lack of fish, mashed potato, boiled rice or cooked and minced macaroni may be added to make up.

It is unnecessary to use raw fish for rissoles, as the cooked fish answers the purpose perfectly well.

## CHAPTER VI

### RECIPES—HOT FISH DISHES—TO KILL LOBSTERS AND CRABS PAINLESSLY (*see page 9*)

#### Fricassee of Lobster.

PICK all the flesh from a medium-sized lobster, and mince it roughly. Melt 1 oz. of butter in a saucepan, stir in one tablespoonful of Brown and Polson's Paisley Flour. Allow this to cook thoroughly, but not colour. After this, moisten by degrees with  $\frac{1}{2}$  pint of milk, and season with salt and pepper. When thoroughly mixed, add the lobster, and let it all simmer slowly for ten minutes, stirring it well. Then add a good squeeze of lemon-juice and two tablespoonfuls of cream. Heat it all up, but on no account allow it to boil. Serve at once with brown bread and butter.

#### Scalloped Lobster.

Cut the flesh of a boiled lobster in small pieces and mix it into some well flavoured melted butter sauce (*see page 23*). Place it in the buttered

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shells and scatter fine bread crumbs over. Place in the oven until the crumbs are brown (about ten to fifteen minutes) and serve garnished with powdered lobster coral or coralline pepper.

### Crab au Gratin.

Remove the meat from one boiled crab, pound it in a mortar, add to it a grating of nutmeg, a shake of pepper, one tablespoonful of salad oil, two tablespoonsful of vinegar, 2 oz. of bread-crumbs, and 1½ oz. of butter, mix all well together and put the mixture in the shell of the crab. Cover the top with breadcrumbs, place a few pieces of butter on them and put the shell in the oven to get hot through and the crumbs browned. Serve garnished with parsley.

### Lobster au Gratin.

Lobster is excellent when cooked in the same way, but it should be served in china shells instead of in its own shell.

### Whitebait.

For whitebait, plain or devilled, *see* page 44.

### Salmon Steak with Tarragon Sauce.

Cut the salmon into steaks ½ inch thick, and brush each steak all over with butter or salad oil. Place the steaks on a gridiron over a hot, clear fire and baste with a paste brush dipped in butter or oil, turn the steaks once, arrange neatly in an

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entrée dish, and serve very hot with tarragon sauce (*see* page 26).

### Salmon Cutlets à la Milanaise.

Cut as much salmon as is required into steaks  $\frac{3}{4}$  inch thick, halve them, removing the bones and skin. Put one wineglassful of Marsala on a plate, dip each piece of salmon into it, wrap each cutlet carefully in a piece of well buttered paper, screwing up the ends. Fry in boiling fat for ten minutes. Remove the papers and serve with horseradish sauce (page 27).

For cold salmon dishes *see* Chapter VII.

### Baked Sole.

Well butter a dish and sprinkle it with finely chopped parsley, pepper and salt. Lay the sole on this, first brushing it over with beaten egg. Sprinkle with parsley, pepper, salt and fine stale breadcrumbs, and squeeze over it a few drops of lemon juice. Put some pieces of butter on it and bake for fifteen minutes in a hot oven, and serve with tomato sauce.

### Sole à la Tour d'Argent.

Fillet a fair sized sole and divide the fillets into eight pieces. Place them in a stewpan with  $\frac{1}{2}$  pint of white stock and  $1\frac{1}{2}$  doz. button mushrooms, season with salt and a very little cayenne pepper. Place over the fire for ten to fifteen



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minutes, and when the fish is cooked drain the fillets and place them on a hot dish, arranging the mushrooms on the top of them. Now melt 1 oz. of butter in a pan, stir gradually into it 1 oz. of flour ; when quite smooth stir into 1 gill of cream and the same amount of the stock in which the fish was stewed. Stir until the sauce thickens, but do not let it boil. Pour over the fish and serve.

### Sole à la Lyonnaise.

Fillet a sole and tie each fillet into a knot, butter a fireproof dish and put the fillets into it with some small pieces of butter, cover them with a buttered paper. Cook from ten to fifteen minutes until the fish is done. Place the trimmings in a stewpan with one small carrot sliced, half a stick of celery also sliced, one clove, a bunch of herbs and one tablespoonful of chopped parsley and enough stock or water to cover them. Bring to the boil and then simmer for one hour. Strain off the liquor. Cut one small onion into thin slices and fry it in butter until a golden brown, mix gradually into it  $\frac{1}{2}$  oz. of flour and then add nearly  $\frac{1}{2}$  pint of the liquor, stir until the sauce thickens, add a dessertspoonful of chopped parsley and the moisture from the fillets. Pour the sauce over and serve very hot.

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### **Steaks of Hake, Cod or Halibut.**

Take the number of steaks required—they should be 1 inch thick—and brush them over with one egg well beaten and mixed with one tablespoonful of melted butter, one tablespoonful of chopped parsley, the juice of half a lemon and a pinch of pepper and salt. Roll them in finely grated breadcrumbs, covering them all over. Fry for ten to fifteen minutes in boiling fat and serve garnished with fried parsley (page 46), accompanied by caper sauce, oiled butter, mushroom sauce, or any other which may be liked.

### **Baked Cods' Sounds.**

Boil three or four cods' sounds in milk and water, when nearly done remove them and leave them until cold. Make a forcemeat of six oysters finely minced, 1 oz. of breadcrumbs, a piece of butter the size of a walnut, a large pinch of pepper and salt, and the yolks of three eggs. Mix thoroughly and spread over the sounds, roll and cut them into neat pieces, and skewer or tie them into shape, dust over with a sprinkling of flour, and bake them slowly in the oven. Serve very hot with a good oyster sauce poured over (*see page 26*).

### **Baked Steaks of Cod with Tomato Purée.**

Cut three or four slices of cod an inch thick

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divide them and take off the skin and remove the bones. Sprinkle the slices with lemon-juice, pepper and salt, and place them in a well-buttered fireproof dish. Bake in a moderate oven for twenty-five to thirty minutes, turning the fillets once during that time, and moisten them with a little stock. Stew four large tomatoes, when cooked rub them through a sieve and mix with them the juice of half a small lemon, a shake of pepper and salt, add the liquid that is in the dish in which the fish has been cooked. Stir well, make thoroughly hot, and pour over the fish. Chopped mushroom or truffle may be added to the sauce, and sole or plaice used instead of cod.

A pretty fish entrée may be made in this way, using fillets of sole curled round and covered with the sauce to fill the centre of the dish, and surrounding them by an ornamental border of potato purée, prettily arranged by means of a bag and pipe.

### **Baked Mackerel.**

Two small mackerel filleted. Cut each fillet in two pieces, and place in a fireproof dish which has previously been well buttered. Dust with pepper and salt and sprinkle with one teaspoonful of lemon-juice. Cover with a piece of buttered paper and bake in a moderate oven for ten to

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fifteen minutes, serve plain or with parsley sauce poured over.

### **Poached Cod with Shrimps.**

Follow the directions given on page 38 for poaching fish, cutting the cod into neat pieces and the number needed, add a wineglassful of white wine to the stock, and when boiling place the pieces of cod into it. Bring to the boil again and simmer gently until the fish is cooked. Then place in a buttered dish and sprinkle well over it some carefully picked shrimps. Thicken the sauce as directed, and pour over, leaving the dish in the oven for a short time longer. Serve in the dish in which the fish is baked.

### **Grilled Haddock and Tomatoes.**

Fillet the haddock and divide each fillet into two pieces, wash and dry well, brush over each fillet with melted butter. Mix one tablespoonful of flour with a pinch of salt and pepper, dip the fillets into this. Rub the gridiron with a piece of suet or butter, place the fillets on it and cook for about ten minutes, turning them once. Cut two tomatoes in halves, bake them until soft in a quick oven (400 degrees) or cook them on the gridiron. Serve the fillets overlapping each other down the centre of a dish with half a tomato on each, and garnish with a little chopped parsley on each tomato.

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### Haddock en Orlie.

Fillet a small fresh haddock, halve these fillets if too large, and dip in batter, fry a delicate golden-brown, and serve with a good tomato sauce.

### Sole en Orlie.

Proceed as for haddock.

### Whiting à la Genoise.

Wash and clean some fresh whiting, and fillet them, then marinade these for two or three hours in oil, lemon-juice, two or three slices of onion, two or three parsley stalks, and a seasoning of pepper and salt. When soaked long enough, lift them out, and drain, then dip in egg and bread-crumbs, and fry.

### Fillets of Fish au Gratin (Sole, Lemon Sole, Whiting or Haddock).

Butter a fireproof dish, sprinkle it with freshly-made white breadcrumbs, some finely-minced shallot or chives, lay in the fillets, season with pepper and salt, sprinkle with more breadcrumbs, dot some small pieces of butter about, and just before putting the dish into the oven, pour in about  $\frac{1}{2}$  pint of fish stock, and, if liked, a little white wine. Bake in a moderate oven for thirty minutes.

### Fillets of Whiting with Cheese Sauce.

Place the fillets of fish on a buttered fireproof

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dish and pour in  $\frac{1}{2}$  pint of stock (water and a little white wine or milk will serve) and cook until tender. Drain off the liquid and keep the fish hot. Thicken the sauce with 1 oz. of flour and  $\frac{1}{2}$  oz. of butter in the usual way, and pour it over the fish, shake over it some grated cheese, leave it in the oven for a few minutes longer to brown, then serve.

### Lemon Sole à la Financière.

Prepare the fillets and have ready a buttered fireproof dish. Scatter it with chopped mushrooms, oysters or anchovies, minced parsley, shallot and herbs. On this place the fish to be baked, and pour round it enough fish stock, with a wineglassful of white wine, to almost cover it, place more mushrooms, oysters or anchovies over it, and sprinkle grated cheese over the top. Serve in the dish in which the fish is cooked.

### Herrings à l'Anvers.

Fillet, trim and remove all the bones from as many herrings as you have guests, washing the roe, and put it back; season with salt, pepper and lemon-juice, and sprinkle with finely minced parsley; wrap each in buttered paper, and broil, or put them in a buttered baking tin in the oven, cover all with a buttered paper,

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and bake till the paper in which they are wrapped puffs out.

### Fresh Herrings with Tartar Sauce.

Fillet three herrings and place them for some hours in a pie dish with one spoonful of oil, the same of vinegar, pepper and salt, an onion cut into slices, and sprigs of parsley. Turn the herrings at half time. When ready to cook roll them in breadcrumbs (it is not necessary to use an egg), broil them and serve with Tartar sauce (*see page 31*).

### Fillets of Dory à la Maître d'Hôtel.

Take the required number of fillets and simmer them in stock made from their own trimmings, etc. ; when cooked, place them on a hot dish and keep hot in the oven. Take  $\frac{1}{2}$  pint of good melted butter sauce, stir into it a table-spoonful of finely chopped parsley, beat up the yolk of an egg, add this and the juice of half a lemon, be careful not to let the sauce boil after these are added, pour over the fish and serve very hot.

### Halibut with Cucumber.

Cook the halibut by the directions given for poaching (*page 38*), but in making the sauce stir into it the yolk of an egg, pass it through a strainer into a clean stewpan in which have been

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placed pieces of cucumber which have been cooked by the directions given below. Place the fish into this and heat all together, but be very careful not to let the sauce boil. To cook the cucumber, peel off the green skin, and cut into pieces of  $1\frac{1}{2}$  inches long, remove the seeds, place them in a stewpan of boiling water, with a teaspoonful of salt and a pat of butter, simmer until tender.

### **Baked Bream.**

Wash and clean the bream and stuff it with forcemeat, and place it on a buttered baking dish, shake a small quantity of salt and pepper over it, and a few grains of cayenne, place small pieces of butter on the fish and cover it with a buttered paper. Place in the oven and bake for half hour. Serve with Chutney sauce (page 29) or a good brown gravy.

### **Baked Pike.**

Wash and thoroughly dry the fish, make a stuffing of the following ingredients in these proportions : enough finely grated breadcrumbs to fill the fish, to these add eggs enough to moisten the crumbs, mix into this one teaspoonful of thyme and one teaspoonful of marjoram to every 3 oz. of crumbs used, and not less than a fourth part of the whole of finely chopped and



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cooked fat bacon or suet, season with pepper and salt. Flavour with anchovy sauce and a table-spoonful of chopped parsley. Mix these ingredients thoroughly, and fill the inside of the fish, sewing up the opening when filled. Place the pike in a baking dish, or, if a small fish, in the dish in which it is served, and previously well buttered, fastening the tail in the mouth. Fill the dish about two inches deep with some fish stock No. 1 (page 13) and cover it over with buttered paper. Bake for fifteen to twenty minutes, basting occasionally. When cooked, drain off the liquor and add it to  $\frac{1}{2}$  pint of ordinary white sauce made with fish stock, boil all together for a minute, stirring all the time, pour round the fish and serve.

For soufflés, baked and steamed, *see* Chapter V.

### Stewed Eel (White).

Wash the eel in cold water and cut off its head, tail and fins, cut it into pieces about 2 inches long. Place it in a pan with enough cold water to cover it. Blanch it to extract some of the fat and clean it. Strain and place it in 1 pint of parsley sauce (*see* page 25), season with pepper and salt, and simmer for an hour or until the eel is cooked, keep the pan covered, and stir occasionally. Serve on a dish with the sauce poured over.

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### Stewed Eel (Brown).

Proceed as in the foregoing receipt, but stew the eel in 1 pint of brown sauce to which has been added a glass of port wine.

### Curried Prawns with Spinach.

Make a curry sauce (see page 34) and warm the picked prawns in this. Arrange a border of spinach purée on a hot entrée dish and place the curried prawns in the centre.

### Curried Lobster.

Proceed as for the prawns, but arrange the curry in the centre of a border of boiled rice.

For the following hot entrées see 10s. *a Head for Housebooks*, by Mrs. C. S. Peel—

Cod in Slices.

Cod Steak.

Fillets of Fish in cases.

Fillets of Lemon Sole.

Fillets of Plaice stuffed.

Fillets of Sole or Plaice à la Poulette.

Fish Fried in Batter.

Haddock Baked.

Haddock Broiled.

Halibut Steak.

Herrings Stuffed.

Lemon Sole au Vin Blanc.

Plaice à l'Italienne.

Plaice à la Portugaise.

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Plaice, Stuffed Fillets of.

Boiled Salmon.

Salmon Cutlets or Steaks.

Salmon Grilled.

Salmon Shad or Salmon Trout.

Sole Fillets in cases.

Soles in Aspic.

Sprats à la Napolitaine.

Sprats au Gratin.

Sprats Broiled.

Turbot with Shrimp Farce.

Whiting à la Venetienne.

For the following see *The Single-Handed Cook*—by Mrs. C. S. Peel.

Baked Herrings and Mackerel.

Baked Slips.

Casserole of Fish.

Fillets of Cod.

Stewed Cod.

Cod's Roe Cutlets.

Curried Shrimps.

Haddocks à la Genoise.

Haddock with Brown Sauce.

Filleted Herrings.

Fillets of Sole and Macaroni.

Timbale of Fish.

Fish Soufflé.

Haddock with Shrimps.

Fried Hake.

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Lobster à la Marie.

Lobster Cutlets.

Mackerel Baked.

Mazarin of Fish.

Mock Whitebait.

Tournedos of Fish.

Russian Fish Pie.

Sole à la Colbert.

Sole à la Marseille.

## CHAPTER VII

### COLD FISH DISHES.

#### Haddock à la Juive.

Slice one large onion, and put it in a stewpan with  $\frac{1}{2}$  oz. of butter, a seasoning of pepper and salt, and just sufficient water to cover. Leave it to simmer gently till the onion is quite tender, then lay in a fair-sized haddock, filleted, and leave it all to simmer again till the fish is quite cooked. Strain off the liquor, and leave it till cold. Then stir in the juice of one lemon, beaten up with the yolks of two small eggs, put this sauce back into a pan, lay in the fish, let it get quite hot, but on no account let it boil; then place the haddock and onions on a dish, sprinkle with finely-minced parsley, pour the sauce over and round, and serve cold.

#### Fish Cutlets in Aspic.

Steam a whiting, and take  $\frac{1}{2}$  lb. of the meat, chop it up finely, do the same to two hard-boiled eggs, add two tablespoonsful of chopped parsley;

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mix all well together. Melt 1 oz. of butter in a saucepan, stir in 1 oz. of flour until smooth, add 1 gill of cold water or milk, stir until the mixture thickens, add this to the fish and egg ; mix, and leave on a plate to cool. When cold, form the mixture into cutlets ; place a piece of parsley stalk in each to represent the bone. Pour a little aspic jelly into a Yorkshire pudding tin ; when set, put the cutlets on it, and pour warm aspic jelly gently over them until they are covered. Leave until quite cold, then cut them out, leaving a border of aspic jelly round each of them. Serve on a layer of chopped aspic (using what remains in the tin for this purpose), and garnish with parsley.

For recipe for Aspic Jelly, *see* page 34.

### Salmon Cutlets.

Take about  $\frac{1}{2}$  lb. of salmon and pound it smooth, season with pepper and salt, and moisten with cream or stock. Form into cutlets and proceed as before.

### Lobster Cutlets.

Proceed as for salmon.

### Salmon and Cucumber Croustades.

Take one or more large evenly grown cucumbers, according to the number of croustades required, and cut into pieces 3 inches deep ; remove part of the inside of each. Make a mix-

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ture of cold boiled salmon, flaked into small pieces, and mayonnaise sauce ; fill the cucumber cases, mask the top with mayonnaise sauce stiffened with aspic (*see* page 34). Arrange in a dish on a bed of lettuce or mustard and cress, and garnish with sprays of tarragon or a hard-boiled egg cut into small pieces.

### **Mayonnaise of Turbot.**

Make some mayonnaise sauce by the directions given on page 32, and add to it some aspic jelly. Take some neat pieces of cold boiled turbot, as nearly the same size and shape as possible, coat them with the mayonnaise sauce, leave until the sauce has set, and then arrange them neatly in a dish on a bed of salad. Decorate each square with a little chopped parsley, truffle, or the yolk of an egg pressed through a wire strainer.

### **Macedoine of Fish.**

Line a plain mould with aspic and put into it, to the depth of an inch, cooked carrots, turnips, French beans, peas, cauliflower, etc. ; shake pepper and salt over them, and a small quantity of oil and vinegar dressing. Next pour in another layer of aspic and allow it to set. Now fill up the mould within 1 inch of the top with a fish purée, made by passing any cooked fish you wish to use through a sieve and mixing into it

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enough mayonnaise sauce to moisten it, and 1 gill of stiffly whipped cream and nearly 2 gills of aspic jelly ; whip all together, and fill the mould, placing, when the fish purée is set, another layer of vegetables on the top. Finish with a layer of aspic jelly, and when quite set, turn out on to a bed of lettuce, garnish with eggs, cucumber, radishes, etc., and serve with mayonnaise sauce.

### Fish Salads and How to Make Them.

In making a salad dressing, remember that it should be made in a very cool place, on ice, if possible ; that the best oil and vinegar should be used for the sauce ; that the salad should not taste strongly of vinegar ; that the oil and vinegar should always be added drop by drop ; that if wanted to keep well, two tablespoonsful of liquid aspic to every 3 gills of sauce should be added ; that, if wanted for masking, more aspic should be added to the mayonnaise sauce ; that the sauce can be coloured with sap green or carmine, if liked ; but bear in mind that highly coloured dishes are not in good taste.

### Lobster Salad.

Remove the meat from the lobster and divide it into convenient portions. Arrange a bed of lettuce in an entrée dish, and place the head of



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the lobster in the centre ; then arrange the meat round it, and as a border to this, slices of cucumber. Strew over the meat some lobster coral, or if this is not obtainable, some sieved yolk of egg. Serve very cold with mayonnaise sauce or oil and vinegar.

### **Mayonnaise of Lobster.**

Place a bed of lettuce in an entrée dish, and on it the meat of the lobster. Cover with mayonnaise sauce. Then arrange a border of sliced tomato, hard-boiled egg and shred lettuce round and decorate the centre of the mayonnaise with sieved yolk of egg.

### **Mayonnaise of Salmon.**

Proceed as for Mayonnaise of Lobster.

### **Crayfish Salad.**

Pick the crayfish, removing all the meat from the shell, cut it into small pieces. Place a layer of fresh lettuce in the bottom of a salad bowl, place the crayfish on it, piling it in the centre of the dish ; place more lettuce round it, and pour over the fish a good mayonnaise sauce. Garnish with tomato cut into small slices.

### **Lobster Salad in Aspic.**

Pour liquid aspic jelly into a border mould to the depth of  $\frac{1}{2}$  inch, and let it set. Have

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ready the meat of a lobster, cut into small pieces, lay it in a circle in the mould, but not touching the sides. When the top of the mould is reached fill up with more aspic jelly, and put it away to set. Clean a lettuce and break it up. When the mould is set, turn out the jelly and fill the centre with the lettuce, over which pour plenty of mayonnaise sauce, garnish with cucumber and hard-boiled eggs, and keep very cold (on ice, if possible) until served. This salad can also be made with prawns or shrimps, salmon or turbot, and the garnishing altered in various ways.

### Russian Fish Salad.

Flake any cold cooked, white fish you have ; arrange it in a salad bowl, decorate with strips of anchovy and sardine and chopped egg, some chopped gherkin and capers. Surround with a ring of cold boiled and sliced potato, and pour mayonnaise sauce over the centre. Garnish with chopped gherkin and capers.

### Sardine Salads (Cold).

These should be served in little paper cases, one to each person. Skin and bone the sardines, and divide them into small pieces. Boil one fair sized onion and chop it very finely ; slice up also very finely half a stick of celery. Place a layer of celery in each case, then a tiny sprinkling of onion, then the sardine, and finish with another

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layer of celery. Hard boil the required number of eggs, and chop them up finely, but before putting a final layer of egg, pour an oil and vinegar dressing (*see* p. 32) over the celery. Heap up the egg, and garnish with coralline pepper.

For the following Cold Fish dishes, *see* 10s.

*a Head—*

Soles in Aspic.

Mayonnaise of Fish in cases.

For the following, <sup>1</sup>*see The Single-Handed Cook—*

Mayonnaise of Cod.

Dominoes.

Haddock with Mayonnaise Sauce.

Lobster Cutlets in Aspic.

## CHAPTER VIII

### RÉCHAUFFÉS (HOT AND COLD)

#### Pilaff of Cod (Hot).

THIS is an excellent way of serving the remains of salt cod as a réchauffé. Well wash a breakfast-cupful of rice, and put it into a pan with 1 pint of fish stock, or the liquor in which the cod was boiled (especially if it were boiled in milk), or, if not at hand, water and a pat of butter, and simmer it all gently; when all the liquid has been taken up by the rice, this latter should be sufficiently cooked; if by any chance it is not ready, add a little more butter or broth, and cook till each grain is separate, and quite tender. If liked, just before the rice is cooked, add two or three sliced tomatoes. Free the cod from skin and bone, flake it and heat it with a little butter, or again use a little of the liquid in which the fish was originally cooked, and serve the fish on a mound of the rice.

#### Fish and Tomato Pie (Hot).

Take any remains of cooked fish, either boiled

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or fried ; flake it and remove skin and bone, and mix it with any white sauce you may have. Butter a pie dish, place a layer of the fish in it, next a layer of breadcrumbs, then a layer of tomato cut into slices, with a scanty sprinkling of very finely chopped onion ; then more breadcrumbs, fish, etc., until the dish is full. The top layer should be of breadcrumbs, and on this place a few pieces of butter. Bake in a moderate oven.

### **Baked Marrow with Fish Stuffing (Hot).**

Peel and boil the marrow until three-parts cooked, cut off one end and remove the seeds, fill the centre with a mixture composed of two-thirds of cooked fish to one-third of breadcrumbs, one tablespoonful of finely chopped parsley, pepper and salt ; mix all together with a good white sauce or beaten egg, put the end in place, and tie the marrow up with tape. Bake in a moderate oven—350 degrees—for fifteen to twenty minutes, sprinkle with brown crumbs, and serve with brown or white sauce poured round or handed separately. Remove the ends of the marrow before serving.

### **Timbale of Fish (Hot).**

Take any remains of cooked fish, free it from skin and bone, and pound it well in a mortar ; add a quarter its weight in grated breadcrumbs,

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and mix the whole with enough fish stock or sauce to moisten it ; flavour with pepper, salt, and a few drops of anchovy ; then break into it one or two raw eggs—the number depends on the size of the timbale. Place the mixture in a buttered basin, tie a buttered paper on the top, and steam for thirty minutes. Any good fish sauce can be served with this.

### Russian Fish Mould (Cold).

Take 1 lb. of any white fish, which has been boiled, free it from skin and bone, and mince it finely ; add to it one teaspoonful of butter, make  $\frac{1}{2}$  pint of good white sauce, and let it get cold ; then add a few drops of anchovy, a good shake of pepper, salt, an atom of cayenne, and half teaspoonful of mustard, and last of all, if liked, add 2 ozs. of finely grated cheese. Butter a china mould or basin, put the mixture into it, and tie a buttered paper over the top. Place the mould in a steamer or in a saucepan of fast boiling water ; if in the latter, be careful that the water does not get into the mould. Boil for one hour, or steam one and a quarter hours. Let the mould get quite cold—on ice, if possible—then turn out on to a dish, and serve with mayonnaise sauce.

### Russian Fish Mould (Hot).

Follow the foregoing receipt, but turn out the

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mould as soon as it is cooked, and serve it with a good white or cheese sauce.

### Danish Fish Mould (Hot or Cold).

Mince the remains of any fish you have, and then pound it in a mortar, mixing in four table-spoonsful of butter. Beat up three or four eggs, and put them in a bowl with half a teacupful of finely grated breadcrumbs, a teaspoonful of minced parsley, pepper and salt. Mix these thoroughly together, and add them to the fish, stirring well. Butter a mould or basin, and place the mixture into it ; tie a buttered paper over the top. Steam for one hour. When cold, turn out and serve with mayonnaise sauce ; or, if required hot, serve with mushroom sauce.

### Curried Cod (Hot or Iced).

Place  $\frac{1}{2}$  oz. of butter or dripping in a frying pan, and, when boiling, place in it the flakes of cold cooked cod that you may wish to use for the curry ; fry it a golden brown, take it out and drain on paper ; slice a small onion, fry and drain it in the same manner, and proceed in the same way with a small apple and one dozen raisins. Place the onion, apple and raisins into a stewpan, add to them  $\frac{1}{2}$  pint of stock and a tablespoonful of curry powder, mixed smooth with a little milk, simmer gently for two hours, at the end of which time the sauce should have

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become quite smooth. Now place in the sauce the pieces of fried fish, and, should the liquid be insufficient to cover it, add a small quantity of stock, simmer gently for fifteen minutes, and then serve in a border of hot boiled rice.

### Haddock Roll (Hot).

Take equal quantities of mashed potato and cooked fresh haddock, free from skin and bone, first pounding the latter in a mortar. Mix them together, and add 1 oz. of melted butter, pepper and salt to taste, and a few drops of anchovy. Stir well, and add two raw eggs, and when well mixed form into a roll. Brush all over with beaten egg, and roll in breadcrumbs. Place on a buttered baking tin, and bake in a quick oven for thirty minutes. Serve with any good fish sauce, anchovy, shrimp or lobster, handed separately.

### Vol au Vent of Turbot (Hot).

Take any remains of cold boiled turbot, free it from skin and bone, and flake it finely; mix it until fairly moist with a white sauce made from fish stock, and add  $\frac{1}{2}$  pint of picked shrimps, pepper and salt. Mix thoroughly, and put in a pan on the fire; heat it to nearly boiling point, then take it off. Have ready a pastry vol au vent case, fill it with the fish, and serve very hot.



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### Little Fish Custards (Hot and Cold).

Take any remains of cooked fish and free it from skin and bone, pound it and arrange it neatly in little moulds, filling each three parts full. Beat up two eggs with  $\frac{1}{2}$  pint of milk, flavour with anchovy ; fill up the moulds with the mixture, and let it soak well in. Tie the top of each mould over with buttered paper, and steam for ten minutes. Turn out on to a hot dish, and serve with Dutch sauce. The custards may also be served cold with mayonnaise sauce.

### Stuffed Potatoes (Hot).

Take the requisite number of baked or boiled potatoes, all of a size, cut them in half lengthways, scoop out most of the inside, mix this with any remains of cooked fish, a small amount of chopped parsley, pinch of pepper and salt, and a little cayenne. Moisten with some sauce, fill the potato skins with the mixture, place in the oven to get thoroughly hot (about eight minutes), and serve garnished with parsley.

### Little Fish Pies (Hot).

Use tiny fireproof pans, line them with potato purée, fill with flaked fish moistened with sauce, cover with potato, rough the top of it with a fork, and put in the oven to become brown and very hot.

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For potato purée, take some cooked potatoes, mash them, and mix with a piece of butter and enough cream or milk to make them of a creamy consistency, but not too soft or they will not line the pans.

### **Baked Cod and Potato (Hot).**

Mash some cold potatoes with butter and milk, and put them as a border in a buttered fireproof dish, melt a small quantity of butter and place it on the top. Put the potato in the oven and bake until a golden brown. Take any remains of cold cooked cod, free it from skin and bone, and pull it into flakes. Place any fish sauce, shrimp, oyster, etc., you have in a pan, and add, if insufficient, some ordinary melted butter sauce. When quite hot, but not boiling, add the cold fish, season with black pepper, salt, and a very little cayenne, make thoroughly hot, and serve in the potato border. Any fish, or a mixture of fish, may be used for this dish. A prettier dish is achieved by arranging an ornamental potato border by means of a bag and pipe.

### **Salmon Croquettes (Hot).**

For  $\frac{1}{2}$  lb. of cold boiled salmon, cook 3 oz. of rice, dry the latter, and rinse both well together. Should the salmon be hard, put it through a mincing machine before mixing it with the rice. Season with pepper and salt, and bind the whole

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with the yolk of an egg. When cold, shape into balls or rolls the shape and size of corks, roll in breadcrumbs, then crush all over with the white of an egg, well beaten up. Roll again in breadcrumbs, place in a frying basket, plunge into boiling fat, and fry a golden brown.

For the following Réchauffés, *see* 10s. a *Head for Housebooks*. By Mrs. C. S. Peel.

Fish Pudding.

Fish Crescents.

Fish Cakes.

Rice Fish Cakes.

Fish Shape.

Kedgeree.

Cod au Gratin.

Fish Pie.

Salmon Rissoles.

Irish Curry.

Vol au Vent.

Fish Coquilles.

Fish Toasts and Croûtons.

For the following, *see A Single-Handed Cook*—

Boiled Fish Pudding.

Fish Custard Pie.

Fish Cutlets.

Fish Faggots.

Fish Fritters.

Fish Pie with Pastry Crust.

Pommés à l'Otero.

## CHAPTER IX

### BREAKFAST DISHES AND SAVOURIES (HOT AND COLD).

#### Dried Haddock and Tomatoes (Hot).

REMOVE the skin and bones from a cooked haddock and chop the flesh coarsely. Melt 1 oz. of butter or dripping in a frying pan and slice into it one small onion, fry a golden brown. Cut  $\frac{1}{2}$  lb. of tomatoes in slices, add to the onion, and cook all together for twenty minutes. Add last of all the fish and a large shake of pepper. Stir over the fire for a few minutes. Have ready 4 oz. of rice which has been boiled by throwing it into a pan of fast boiling water in which is half teaspoonful of salt, and left until cooked (ten to fifteen minutes should be sufficient time). Drain on a sieve and keep hot in the oven. When the haddock is cooked, arrange a wall of rice on a dish, pile the haddock mixture inside, and place the remaining  $\frac{1}{2}$  lb. of tomatoes on the top. These should be cut in slices and cooked slowly in the oven with a small piece of butter in each

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before being dished up. Garnish with coralline pepper and serve.

### Haddock Toast (Hot).

Proceed as before, but mix tomatoes, rice, haddock, etc., all together and serve very hot on buttered toast.

### Haddock Cream in Pans (Hot).

Flake the cooked dried haddock finely and mix it into some white sauce, add a little boiled rice, and serve very hot in small fireproof pans.

Remains of fresh haddock or whiting may be used in the same way.

### Mince of Salmon (Hot).

Pound any remains of salmon you may wish to use, and add to it half its quantity in bread-crumbs, season with salt, cayenne and a few drops of anchovy essence. Mix with it a pat of butter and some good white sauce if you have it ; if not, rather more butter and a little milk. Place the mixture in a saucepan on the fire and make it thoroughly hot, and if it seems dry, add enough sauce or butter to make it nicely moist. Serve piled up on a dish in a border of rice and garnished with pieces of hard boiled egg.

### Fricassee of Cod (Hot).

Take  $\frac{1}{2}$  lb. of cooked cod, remove the skin and bones and break it into flakes. Mix this with

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$\frac{1}{2}$  pint of white sauce, season with pepper and salt, also nutmeg, if liked, make hot and serve in a wall of boiled rice.

This is equally good made with any white fish.

### **Fricassee of Fish on Toast (Hot).**

Proceed as before, but mix the rice in with the fish and serve very hot on anchovy toast.

### **Scrambled Fish (Hot).**

Beat up three eggs, add one tablespoonful of cream or milk, season with pepper and salt. Melt 2 oz. of butter in a stewpan, and to this add 2 or 3 oz. of flaked fish (any white fish free from skin and bone will do), fry for a few seconds, and then add the eggs, stir all over the fire until the mixture thickens, and serve very hot piled up on pieces of hot buttered toast.

### **Potted Salmon (Cold).**

Take the amount of cold boiled salmon required, free it from skin and bone, and place it in a mortar ; if hard or tough, pass it first through a mincing machine. Pound it well with butter enough to make it into a smooth paste, or a little fish stock, season with pepper and salt, and press into a glass potted meat mould, filling it within  $\frac{1}{2}$  inch of the top. Melt enough butter to cover it, and pour over until about  $\frac{1}{2}$  inch thick.

### **Potted Shrimp (Cold).**

Pick 1 pint of shrimps, saving everything but

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the heads and tails. Pound the meat in a mortar, mixing with it a small amount of butter. Pound the shells also with a little butter and pass through a sieve, then mix with the meat. Melt an ounce of butter in a saucepan and mix the shrimp paste into this, stir, and as soon as the butter has been absorbed, take it off the fire, mix a very little powdered mace into it, and leave until cold. Press into a glass mould and run butter over the top in the same way as the preceding receipt.

### **Potted Lobster (Cold).**

Following the preceding receipt, substituting lobster for shrimps.

### **Potted Fish (Cold).**

Remains of white fish flavoured with anchovy and with plenty of pepper and salt may be used up in this manner.

### **Little Lobster Creams (Cold).**

Pound the flesh of one small lobster with 1 gill of milk ; rub it through a sieve, add 1 teaspoonful of anchovy essence, an atom of cayenne pepper and a squeeze of lemon-juice. Beat all well together, whip a short half teacupful of cream and add half of this to the mixture, whipping all the time you are adding it. Fill some small china cases with the mixture, and pile the rest of the cream on the top. Pound the

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coral of the lobster and rub it through a sieve, sprinkling the top of each case as you pass it through. Stand on ice, and serve cold with brown bread and butter.

### **Cod's Roe Savoury (Hot).**

Boil  $\frac{1}{2}$  lb. of cod's roe and let it get cold, then place it in a mortar and pound it, add a tablespoonful of butter, shake of black pepper, large pinch of salt, a very small quantity of cayenne and a dust of allspice. Mix well, put a small piece of butter in a stewpan, and when it melts, stir in the roe, adding a squeeze of lemon, make very hot, and serve on rounds of fried bread.

### **Bloater Roe Savoury (Cold).**

Take 2 oz. of cooked bloater roe and pound it in a mortar with two anchovies, the yolk of a hard boiled egg and 2 oz. of butter, a pinch of pepper and one of mace ; pass through a sieve. Pile on croûtons of buttered toast, garnish, and serve cold.

### **Croûtes of Salmon (Hot).**

Divide a piece of smoked salmon into fillets, heat it thoroughly in a frying pan with a little butter. Serve very hot on croûtes of fried bread.

### **Shrimp Toast (Hot).**

Pick  $\frac{1}{2}$  pint of shrimps as for potted shrimps (page 89). Pound the shrimps, and mix with



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them  $\frac{1}{2}$  oz. of melted butter, mix and make thoroughly hot, and spread on fried croûtons of bread, spreading this fish with the pounded shells and butter. Shake over a sprinkling of pepper, and serve very hot.

### Lobster Toast (Hot).

Proceed as above, substituting lobster for shrimp.

### Fresh Herring Roes (Hot).

Warm the roes in a pan with a very small quantity of butter to prevent burning, powder them with pepper and salt, cut each round, and lay them on a croûton of fried bread on which has been spread a thin layer of devil paste.

### Anchovy Puffs (Hot).

Scald the anchovies to remove the oil, wipe them, split them and remove the skin and bones, pound in a mortar with butter (proportions, 1 oz. of butter to four anchovies) and the yolk of two hard boiled eggs. Pass through a hair sieve, moisten with a tablespoonful of brown glaze (see *The Single-Handed Cook*), add a shake of pepper. Roll out some puff paste very thinly and cut it into rounds, place a teaspoonful of the anchovy mixture on one side of each piece, fold over the other side, moisten the edges, press them down to make them stick, sprinkle with grated cheese and bake. Serve hot.

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### **Anchovy Toast (Cold).**

Cut the required number of croûtes (rounds of bread) and fry them in oil until a golden brown ; in the same oil put a small onion chopped very finely, one bay leaf, a shake of black pepper, and one or two drops of the best vinegar. Stir until cooked. Place an anchovy on each piece of fried bread, strain the mixture over each, using a fine strainer ; leave until cold, and then arrange on a dish garnished with parsley.

### **Sardine Croûtons (Cold).**

Follow the preceding receipt, substituting sardines for anchovies.

### **Antwerp Oysters (Hot).**

Mix half a teacupful of cream with one teaspoonful of flour, place in a pan and stir on the stove until the mixture thickens, then put the same amount of the cream into six little fire-proof pans, place three oysters in each, a shake of pepper and a sprinkling of finely grated bread-crumbs. Melt 1 oz. of butter, and divide it between the pans, running it over the top of the breadcrumbs. Place in a moderate oven (350 deg.) and bake for twenty minutes.

### **Flaked Haddock (Hot).**

Take any remains of cooked haddock (fresh or dried), put them in a pan with 2 oz. of butter, pepper and salt. Warm this thoroughly. Cut out some rounds of white bread, fry it in butter,

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spread it with chutney or anchovy paste, heap up the cooked fish on them and serve very hot, garnished with yolk of egg pressed through a sieve and finely chopped parsley on every alternate heap.

### **Haddock Balls (Hot).**

Stew some dried haddock in milk until the flesh comes easily away from the skin, pound it in a mortar, and mix with it one tablespoonful of breadcrumbs, a pat of butter, a dust of cayenne, and the yolk of one egg. Mix thoroughly and form into small balls, roll each ball in the white of the egg, cover with breadcrumbs, and fry in boiling fat until a golden brown colour. Drain very well on paper and serve on tiny rounds of fried bread. Garnish with parsley.

### **Dressed Crab (Cold).**

Pick the crab to pieces and empty the shell, remove the unwholesome parts, place the meat in a mortar with two tablepoonsful of vinegar, two tablepoonsful of oil, a dust of white pepper and a small pinch of cayenne. Pound well and put back in the shell. Serve garnished with parsley and arrange the claws in a ring round the dish. Serve with brown bread and butter and cayenne.

### **Sardines in Batter (Hot).**

Skin very carefully the number of sardines required, dip them into batter (*see* page 45), and fry them very carefully in boiling dripping or

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water. Take them out, drain them, and serve garnished with parsley.

### **Sardine Puffs (Hot).**

Skin and bone the sardines and place the two sides together again. Lay them in a mixture composed of one tablespoonful of salad oil, one tablespoonful of lemon-juice, one tablespoonful of anchovy essence, one teaspoonful of French mustard, and a very little cayenne. Leave them for five minutes, then remove them and lay each sardine separately on a square of puff paste rolled very thin, fold over one side of the paste to make puffs, and moisten the lower edge with cold water, pressing the two sides firmly together. Place in a quick oven (400 deg.) and bake from five to ten minutes.

### **Shrimp Fingers (Cold).**

Order the required number of tiny finger rolls from the baker's. Split them open and remove some of the crumb. Butter the inside. Pick the shrimps carefully, removing all the shell; dust them with cayenne and salt, and fill the rolls, putting a few watercress leaves in each; press the sides together, and serve garnished with watercress.

### **Shrimp Fingers (Hot).**

Pick the shrimps and dust them with cayenne and salt. Cut some slices of thick bread and

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butter. Cut off the crust, and cut into pieces about 2 inches wide. Place some shrimps on one end of each piece, and very carefully roll up the slice, leaving the shrimps in the centre. Tie up very carefully and fry in boiling fat. Drain well on paper in the oven, serve garnished with fried parsley.

### **Sutton Kippers (Cold).**

Mince the remains of a cold, cooked kipper, freed from skin and bone ; put this in a mortar and pound it with 1 oz. of butter, the yolk of a hard boiled egg, a spoonful of minced parsley, a teaspoonful of anchovy essence, and a tablespoonful of cream. Pile this upon some crisp croûtons of fried bread, and serve garnished with parsley.

### **Shrimps and Macaroni au Gratin (Hot).**

Boil 3 oz. of macaroni by plunging it into boiling water slightly salted, and on no account soak it first. Boil until tender, but not mashy. It is wise to test it occasionally with a fork. When cooked, drain away the water and leave the macaroni in the hot dry pan to dry. Butter a fireproof dish and arrange the macaroni in it, place the shrimps amongst it, cover with white sauce to which has been added 2 oz. of grated cheese. Sprinkle grated cheese and breadcrumbs on the top. Brown in the oven and serve very hot.

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