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Contributors

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STORK MARGARINE COOKERY SERVICE

TO FRY FISH WITH LITTLE FAT OVER LOW HEAT

Fish fillers (plaice, cod, etc.) 1/2 oz. margarine
1 reconstituted egg 1/2 teaspoonful salt
1 heaped tablespoonful flour 1/2 teaspoonful pepper
About 2 heaped tablespoonful dried baked breadcrumbs
Mix flour, salt and pepper together on a plate, spread the dried breadcrumbs on a second plate and have ready in a basin the reconstituted egg. After washing and drying, place each fillet on the floured plate, turning over until covered on both sides. Shake off the surplus flour and dip the fillet in the egg. Then place the fillets quickly on the breadcrumbs, turn over and press gently to coat the other side, shaking off the surplus.

Melt a knob of margarine in a strong frying pan or saucepan. Place the fillets in the hot fat, cover with a tight-fitting lid, or large plate, and fry over a very low heat. Brown one side and turn and brown the other. Allow 5-7 minutes to each side according to the thickness of the fillets. Sprinkle very lightly with salt and pepper and a little lemon juice or vinegar before serving.

NOTE: For this method the heat must be very low.

SOME SAUCES TO SERVE WITH FISH

FOUNDATION RECIPE FOR WHITE SAUCE

1 oz. margarine 1 heaped tablespoonful flour
1/2 pint milk, or milk and water, vegetable or fish stock.
Salt and pepper or gravy from cooked fish
Melt the margarine, add the flour and cook until it bubbles. Add the liquid and cook until boiling. Continue boiling for 3 minutes, stirring all the time. Season, and stir in the following ingredients to make the various sauces:

MUSTARD SAUCE

Stir in 2 level teaspoonsful made mustard, or more, if a stronger flavour is preferred. Serve with herrings, mackerel, or pilchards.

PARSLEY SAUCE

Stir in 1 good tablespoonful finely chopped parsley. Serve with steamed or boiled fish.

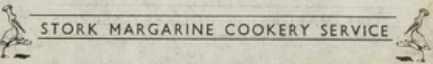
ANCHOVY SAUCE

Stir in 1-2 teaspoonsful anchovy essence, when obtainable, and, if liked, a pinch of cayenne. Serve with steamed, boiled or baked fish.

TOMATO SAUCE

1/2 lb. tomatoes A few bacon rinds 1 small carrot
1 onion 1 oz. margarine 4 peppercorns
Salt and pepper 1 bay leaf and 1 sprig of thyme
1 level teaspoonful cornflour, or 1 level teaspoonful flour
1 gill vegetable stock (or enough to cover tomatoes)

Prepare and chop the vegetables into small pieces. Chop the bacon rinds. Melt the margarine in a saucepan, add the onion, carrot, bacon rinds, thyme, peppercorns and bay leaf, and cook gently for a minute or two, stirring well together. Add the tomatoes and stock, cover and simmer gently for about 1 hour until the tomatoes are soft. Press through a sieve. Mix the cornflour to a smooth cream with a little water and add to the tomato purée. Return to the saucepan, bring to the boil, and cook for 3 minutes, stirring all the time. Season well. Serve very hot with baked, grilled, fried, steamed or boiled fish.



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**STORK MARGARINE
COOKERY SERVICE**

COOKERY NOTES No. 86

JUNE, 1947

FISH COOKERY

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(1) IN A STEAMER
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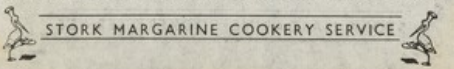
FOUNDATION RECIPE FOR WHITE SAUCE
MUSTARD SAUCE
PARSLEY SAUCE
ANCHOVY SAUCE
TOMATO SAUCE

TO CLEAN FISH

When fish are bought whole, or freshly caught, they must be cleansed with great care both inside and outside before cooking. Fish such as cod, haddock, whiting and herrings should be slit down the under side from the head to the solid part of the tail. Flat fish, such as sole and plaice, should be slit on the dark side of the fish below the head. The intestines should then be removed by hand, the roes, and liver, if any, separated and put aside and the rest thrown away. The inside and outside of the fish should then be thoroughly washed under a running tap, taking particular care to remove all blood and dark matter from the inside of the backbone, and if very slimy wash again in salted water.

Fish with soft scales, such as herrings, can be scaled while being washed by rubbing them backwards with the hand from the tail to the head. Fish with very hard, stiff scales, such as perch, pilchards, etc., should be scaled before removing the intestines. Hold the fish firmly on a board, and scrape from the tail to the head with the edge of a strong knife pressed firmly against the fish. If very difficult, plunge the fish into boiling water for a minute or two, to loosen the scales.

The gills and fins should be cut off with a pair of scissors. If the head and tail are to be left on, the eyes should be removed. Slit the



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skin over the eyes with scissors, and push them out from the inside. After the final wash, dry fish with a cloth before cooking.

Wash the roes, and liver (from large whole fish such as cod, etc.), and cut off the gall bag from the liver, taking care not to break it. The roes and liver may be replaced in the cavity of the fish, or cooked separately as desired.

Cutlets and fillets of fish, or flat fish from which the intestines have been removed by the fishmonger, should be well washed under a running tap. Dry with a cloth after washing.

TO SKIN FLAT FISH

It is better to skin the black side of fish before filleting. With scissors, cut off the fins all round. Cut the skin across just above the tail and insert the point of a knife between the skin and the flesh and separate gently. Hold the skin with one hand and push the forefinger of the other under the skin, moving towards the head. Complete the other half in the same way. Then pull the skin from the tail end, drawing it off, easing it away from the flesh with a knife if necessary.

TO FILLET FLAT FISH

Cut off the fins and lay the fish on a board with the tail pointing towards you. Use a sharp pointed knife and make a deep incision in the centre of the fish just below the head (Illustration 1), cutting right down to the tail, keeping the knife close to the side of the centre bone. Then cut down the side of the fillet, close to the edge (see dotted lines on Illustration 1). To remove the fillet, turn the fish round with the head towards you and begin where the knife was first inserted below the head (Illustration 2). Insert the blade between the flesh and the bone and, holding the fillet with one hand, slide the knife close to the bones, so that the fillet is cut out cleanly and smoothly with as little flesh as possible left adhering to the bones. Cut the fillet from the other half in the same way, then turn the fish over and cut the two fillets from the other side.

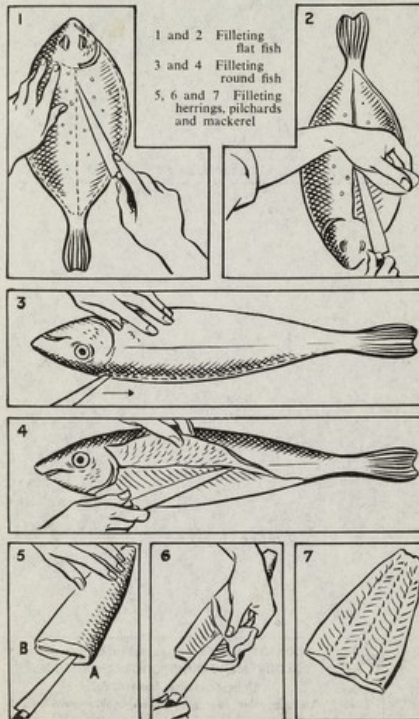
NOTE: Always cut away from the centre bone.

TO FILLET ROUND FISH

To fillet cod, haddock, etc., make a deep incision all round the head just below the gills, cutting to the bone. Then insert the point of the knife at the top of the back and cut deeply from the head to the tail right through to the bone (Illustration 3). Completely open the other side down to the tail. Then turn the head towards you and insert the knife below the head between the flesh and the backbone (Illustration 4) and, holding up one corner of the fillet, cut smoothly and cleanly away from the backbone. Turn over and cut off the other fillet in the same way, making two fillets from the round fish.

TO FILLET HERRINGS, PILCHARDS AND MACKEREL

After washing and cleaning, cut off the head, tail and fins and completely open the under-side of the herring down to the tail. Insert the knife between the flesh and the backbone where the head has been cut off (Illustration 5) and carefully ease the flesh away from the bones across the top from A to B (Illustration 5). Now lift the flesh from corner B and ease it away from the bones from head to tail, taking care not to cut through the flesh at the back (Illustration 6). Fold back on to the table the filleted flesh from one side, ease away with the knife the bone framework and one large flat fillet is left (Illustration 7).



TO BOIL FISH

For all fish except salmon, the water should be hot but not boiling when the fish is put in, in order to avoid breaking the flesh. For salmon the water should be boiling slowly. If possible, a saucepan with a drainer should be used to facilitate lifting out without breaking. If this is not possible, place an enamel plate in the bottom of the pan. Allow enough water to cover the fish and to each quart add 3 heaped teaspoonsful salt and one tablespoonful vinegar. To improve flavour of plain boiled fish, simmer in the water half an hour before adding the fish, a good bunch of parsley, 2 pieces of mace and 6 peppercorns.

To retain flavour, sprinkle the fish with lemon juice or a little vinegar, season with pepper and salt and tie in greased paper before boiling. Place the wrapped fish on a large coarse cloth and lower into the water, allowing the ends of the cloth to come over the edge of the pan. Put on the lid and allow to boil gently until cooked. For average-sized fish allow approximately 10 minutes to the pound and 10 minutes over. For salmon or very thick cuts of cod or other fish, allow 12 minutes to the pound and 12 minutes over. Lift out very carefully, by the ends of the cloth, remove paper and transfer to a hot dish.

TO STEAM FISH

Method No. 1—in a Steamer

Season lightly with pepper and salt, sprinkle with lemon juice or a little vinegar, wrap in greased paper, place in a steamer, put on the lid and cook over a saucepan of fast-boiling water, allowing 15-20 minutes per pound, according to size and thickness.

Method No. 2—in a Saucepan

Prepare fillets or thin cutlets as for Method No. 1, but do not wrap in greased paper. Rub two large soup plates with margarine, place the fillets on one, cover with the other, put on the lid, and steam over a saucepan of fast-boiling water, allowing cooking time as for No. 1. If the fish is for an invalid, do not season or sprinkle with vinegar or lemon juice, unless these flavourings are permitted.

TO GRILL FISH

Make the grill red hot and cut lightly across the fish in several places to prevent cracking. Roll the fish in seasoned flour and pour on a little melted margarine. Grease the bars of the grill pan, add fish and grill until the surface is brown. Lower heat and cook 2-3 minutes longer, according to thickness. Turn over, brush on melted margarine and grill the other side.

TO BAKE FISH WITH LITTLE FAT

Fillets or cutlets of fish $\frac{1}{2}$ oz. margarine
Vinegar or lemon juice (a few drops per fillet) Salt and pepper
2-3 tablespoonsful water or vegetable stock

Melt the margarine, and lightly grease the bottom of a fireproof dish. Place the fillets or cutlets in the dish. (If the cutlets are thin they may be rolled.) Sprinkle with salt, pepper, and vinegar or lemon juice. Pour the water or vegetable stock around the fish and cover with greaseproof paper brushed with melted margarine. If any margarine remains, sprinkle it over the fish before covering. Bake for 25-35 minutes in a moderately hot oven (Regulo Mark 5).