

## **The story of whitebait : (and how to cook it).**

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WHITEBAIT  
A FISH OF KINGS  
LET IT BE  
A FISH FOR YOU

THE STORY OF WHITEBAIT (AND HOW TO COOK IT).



AN EAST COAST WHITEBAIT BAWLEY.

#### WHITEBAIT.—THE FISH OF KINGS.

The recent visits of Her Majesty the Queen and H.R.H. The Prince of Wales to the Whitebait Dinners held in connection with the Greenwich Night Pageant revive memories of the earlier Whitebait Banquets held at that historical town.

In those good old days His Majesty's Commons journeyed by water from Westminster and according to whether they were Whigs or Tories, dined on Whitebait at the "Ship" or "Trafalgar." In 1880 Disraeli was the guest of honour, and up to Lord Rosebery's Cabinet in 1895, the Ministries dined annually at the greatest social event of the year.

Authors and painters flocked at the call of Whitebait to Greenwich. Dickens gave such a dinner in honour of the introduction of his book "Martin Chuzzlewit" to the public. Stanfeld, the landscape artist regaled Turner, and both Dickens and John Leech took their wives to a Whitebait Dinner instead of taking them to Ascot one year.

The Thames has always been the habitat of this little aristocrat, and, from Leigh-on-Sea, on the estuary, Whitebait is sent all over the world. Indeed, the quaint fishing town there is the only place from which smacks leave each day to net that elusive and delicious fish. To-day there is a great revival of interest in this dainty fish, and although so tiny, it is doing much to alleviate unemployment among those fine men, the British Fishermen.

Eaten at every exclusive hotel, restaurant and club in London and the provinces, this aristocrat of fish is now offered to you by your fishmonger, within twelve hours of landing from these smacks, as a welcome addition to your menus. Remember, no fish is more quickly and easily served, and that this delicacy ranks highest in the estimation of the true gourmet.

#### A FAMOUS CHEF'S RECIPE.

##### FRIED WHITEBAIT (or Blanchailles).

Pass the Whitebait through milk, and after draining thoroughly, put into some flour.

Then put the flour and fish into a sieve and shake well to allow surplus flour to fall through. (The fish must not be stuck together.)

Place a quantity of fish into a wire basket, and dip this into a vigorously boiling fat or oil. (Oil is the best.) Allow to fry two minutes.

The fish, when cooked, should be crisp but not dried up.

Then it may be seasoned according to taste, with salt, pepper, cayenne pepper or paprika pepper.

Serve whilst hot with sliced lemon and brown buttered bread.

Cold fried Whitebait can be made into a Hors d'Œuvre or savoury dish. Season with tomato ketchup, vinaigrette, cream, lemon or herb sauce.

M. PIERRE TOULEMON,

Chef de Cuisine,

Ladies' Carlton Club,

LONDON, S.W. 1.

(Leading Medical opinion recommends Whitebait for those who wish to dine in accordance with the dictates of modern fashion and health.)