

**The brawny fisherman lives on fish... : eat more fish : try the recipes
overleaf / British Trawlers' Federation Ltd.**

Contributors

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The brawny fisherman lives on fish

Magnificent sons of the sea, Britain's fishermen, her bulwark from earliest history, iron-nerved, iron-armed, eat, as practically their sole food—fish. Eat more fish yourself, give more fish to your family, and you will find health improves all round.

It is not only the splendid nourishment given by fish that makes it beneficial. It is its extreme digestibility. Fish

is naturally in flakes, ready broken up for you to digest. Fish never makes you feel heavy or sleepy, as most solid foods do. That is why fish has always been recommended for brain workers and growing children. Many authorities also consider fish to be a prime source of the phosphorus that builds bone, brain and nerves. If you feel tired or run down try what a fish diet will do for you.

EAT MORE FISH

Try the recipes overleaf

No 1 Leaflet

SIMPLE AND DELICIOUS

BRILL AU GRATIN

Ingredients.

1 small brill	1 tablespoonful to- mato sauce
1 gill of brown sauce	1 oz. of butter or margarine
Pepper and salt	Squeeze of lemon juice
A few brown bread- crumbs	

Method.—Thoroughly clean the fish, take out the eyes, trim the tail, remove the fins, etc. Skin the fish, then wash it and dry in cloth. Put it into a greased pie-dish or gratin dish, sprinkle a little lemon juice over and put the butter on the top.

Cover with a greased paper and bake in a moderately hot oven for about twelve minutes to fifteen minutes, or until the flesh will move easily from the bone.

Mix the two sauces together and heat in a saucepan, add pepper and salt to taste.

Take the fish from the oven, pour the sauce over it, and sprinkle a few breadcrumbs over the top. Return to the oven for a few minutes to reheat it and serve in the dish.

Bestway Recipe.

STEWED HAKE & SAUCE

Ingredients.

1 lb. hake	1 oz. margarine or butter
Milk to cover	Flour
Pepper and Salt	1 dessertspoonful chopped parsley

Method.—Wash the hake and cut it into thick slices. Put them into a saucepan (enamel lined) and cover with milk, about half a pint will be sufficient. Add the margarine and pepper and salt to taste, and cover the saucepan. Bring just to the boil and cook very slowly for about six minutes, or until the fish can easily be removed from the bone.

While the fish is cooking, scald and chop the parsley, which should have previously have been picked over and well washed. Mix a little flour to a smooth paste with water (one oz. will be sufficient to a $\frac{1}{2}$ -pint of milk.)

Place the fish slices on a dish, being careful not to break them, and keep hot in the oven for a few minutes.

Now stir the thickening into the saucepan of milk in which the fish was cooked.

Put it over the fire and stir it until it comes to the boil. Simmer for five minutes, then stir in the parsley, and when quite hot pour the sauce over the fish so as to coat it well.

Bestway Recipe.

HADDOCKS & TOMATOES

Ingredients.

1 dried haddock (about 1 lb.)	1 teaspoonful of chopped parsley
3 tomatoes	Pepper
1 $\frac{1}{2}$ oz. butter	3 oz. of rice
1 very small onion	

Method.—Wash and wipe the haddock. Put it into a frying pan with a little water and cook gently until the fish will move easily from the bone. When cooked take it up, remove all the bones and skin, and flake the flesh into very small pieces. Peel and finely chop or grate the onion. Melt the butter and cook the onion in it, and only slightly brown it. Skin the potatoes, cut them into slices, then into small pieces. When the onion is almost cooked add the tomatoes and cook gently together until quite soft.

Add the fish and season it all to taste. Stir round until thoroughly hot. Wash, scald and chop the parsley finely. Pile the haddock and tomatoes on a hot dish, and garnish with lines of chopped parsley, and serve a border of boiled rice.

Bestway Recipe.

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THE BRITISH TRAWLERS' FEDERATION LTD.
FISH DOCKS, GRIMSBY