

**Growing children need more fish... : eat more fish : try the recipes overleaf /
British Trawlers' Federation Ltd.**

Contributors

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Growing Children need more fish

Rosy faces, active minds, steady nerves—to build up these you must have phosphates, the phosphates fish so richly gives. Our magnificent race of fishermen whose physique and endurance are the admiration of the world, are your living proof of what a fish diet will do.

There is all the health of the sea in fish. It is the freshest of foods, the most inviting and the

most heartily enjoyed. Workers work better on fish because it nourishes without imposing a strain on the digestive powers. Invalids recover more quickly. Failing appetites are tempted again.

A fish diet is as good as a tonic. See what it will do for you and your family. Ask your fishmonger every day what he can recommend and make fresh caught fish a daily dish.

EAT MORE FISH

Try the Recipes overleaf

LEAFLET No. 2





SIMPLE AND DELICIOUS RECIPES

MACARONI FISH PUDDING

Boil $\frac{1}{2}$ -lb. long macaroni in a quart of boiling salted water for a few minutes, drain well, grease a basin, line it with the macaroni. Start by putting a small piece in the middle of the basin, and then curl round until the bottom of the basin is well covered. Boil a thick slice of cod in a little salted milk, bone and chop it, add a hard-boiled egg (chopped), pinch of cayenne, a cupful of breadcrumbs, and a teaspoonful of cornflour. Mix with the salt milk from the boiled fish.

Carefully put the mixture into the lined basin, cover with a good layer of macaroni, put a plate over firmly and steam for about three-quarters of an hour. Turn out on to a flat dish, pour a sauce round, made of $\frac{1}{2}$ -pint milk, a dessertspoonful cornflour, and a teaspoonful Marmite and some butter.

FISH SALAD

Any boiled or steamed white fish can be used as the basis of this salad. Fresh fillets are most economical for a large family on account of having no bones and being exceptionally "fleshy." Put the fish into warm salted water and add a little vinegar, which helps to keep the fish firm and white. Allow at least ten minutes for each pound of fish and boil slowly—the slower the better. When it is done lift it out carefully and let it get quite cold. Then break it into small pieces.

Wash a lettuce, tear into small pieces and dry in a cloth. Add grated carrot, a couple of sliced gherkins, a little parsley or whatever else you choose for your salad. Mix the salad with the fish and season well with salad dressing. Garnish with slices of lemon. A simple dressing can be made by mashing a cold potato with a tablespoonful of milk until it is very smooth and adding two table-spoonsful of salad oil, one tablespoonful vinegar, half a teaspoonful white sugar, one teaspoonful made mustard, a pinch of salt and a little pepper.

BAKED HADDOCK

Ingredients.

2lbs. fish—fresh haddock, hake, cod, or bream.

$\frac{1}{2}$ to $\frac{3}{4}$ lb. tomatoes. 1oz. butter or margarine.

$\frac{1}{4}$ lb. onions. Pepper and salt. Water, milk or stock.

Grease a pie dish or fire proof dish. Wipe the fish, divide it into thick slices or cutlets. Cut as many slices of onion as pieces of fish. Chop the remainder of the onions and sprinkle over the bottom of the pie dish. Arrange the cutlets of fish neatly in the dish. Put one slice of onion on the top of each, and a slice of tomato. Sprinkle fairly generously with pepper and salt. Place small pats of butter on the top of each. Cut the remainder of the tomatoes and place round the fish. Pour over sufficient water, milk, or stock to cover the tomatoes and onions. Cover with a piece of well buttered paper, and bake slowly until the fish is cooked, basting occasionally with the liquor.

When cooked, garnish with hard boiled egg and chopped parsley.

FISH WITH BROWN SAUCE

Ingredients.

2lbs. fish—skate, hake, bream, or fresh haddock.

$\frac{1}{2}$ oz. dripping. 1 pint fairly thin brown sauce.

4ozs. rice. 2 onions.

$1\frac{1}{2}$ lbs. potatoes. Pepper and salt.

Wipe the fish and pass it through seasoned flour. Melt the dripping in a saucepan and when smoking hot, brown the fish on both sides lightly. Remove it from the pan and stir the finely chopped onion into the dripping and fry lightly until the fat is absorbed.

Add the cooked rice and well seasoned brown sauce. Place the fish in the sauce and simmer very gently until it is cooked. The time required would be about 20 to 35 minutes according to the thickness of the fish. Serve on a large dish with a border of mashed potatoes. Garnish the top with a line of chopped parsley.

With the Compliments of
The British Trawlers' Federation, Limited
Fish Docks, Grimsby.

