

Fish! : delicious tasty meals, very easy to cook... : eat more fish : try the recipes overleaf / British Trawlers' Federation Ltd.

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FISH!



Delicious tasty meals —very easy to cook

Do you realise that the sea which surrounds our Island home is teeming with food, cheap, delicious and health giving?

Our seas are full of fish and our men and ships are ready to go out in all weathers for it. Will you on your part include fish somewhere in your diet at least once a day?

Think how much you enjoy fish! Why don't you have it more often? Fish is so good for you—contains phosphates that

feed brain and nerves and build bone. Gives splendid nourishment, yet is very easily digested because fish is ready broken in flakes. Children and brain workers need fish.

There are delicious fish and dainty fish dishes you have never tasted. Ask your fishmonger "What fish can you recommend to-day?" He will probably introduce a kind you have never tried before at an economy price.

EAT MORE FISH

Try the Recipes overleaf

LEAFLET No. 3





SIMPLE AND DELICIOUS RECIPES

NOVEL FISH DINNERS

BRAISED FISH

Place about 2½lbs. of cod, hake or skate in a stew pan or casserole together with half a pint of brown or tomato sauce, two finely chopped shallots, a sprig of parsley and thyme, and a slice of lemon.

Cover the pan with a tight-fitting lid and allow to simmer very gently for half an hour over gas or fire.

Then baste the fish well with the sauce, return the lid, and finish cooking for another half an hour in a moderate oven.

Place the fish on a hot dish and keep warm.

Strain the sauce and boil rapidly over the gas until it has reduced to half the bulk.

Coat the fish with this and garnish with slices of lemon.

Serve immediately.

FISH PILAW

3 or 4 slices of cod, hake or skate
4oz. rice
4oz. butter or margarine
Chopped pimento (if possible)

Cook 4oz. of rice till tender in boiling salted water. While this is cooking cut three or four slices of cod, hake or skate into small pieces (removing the skin and bone) and fry in 4oz. of butter or margarine. When cooked through, pour off some of the butter, add the cooked rice and a chopped pimento (if possible). Mix carefully, season well, and serve hot.

FRICASSEE OF FISH

1lb. of hake, cod or skate
1 pint of water
A few sprigs of parsley
Grated rind of half a lemon

For the sauce—

½oz. of butter or margarine
½ pint of fish stock and milk
½oz. of flour
1 teaspoonful of lemon juice

Remove bone and skin from the fish and cut into neat pieces. Cook for ten minutes gently in the water to which the parsley and lemon rind have been added.

Make the sauce, add the fish and cook for another ten minutes.

Dish on a border of mashed potato or rice.

BAKED FISH PUDDING

1lb. of cooked cod, hake or skate
½lb. cooked potatoes
2ozs. of butter
2 eggs
2 tablespoonsful of milk
2 tablespoonsful of chopped parsley
2 teaspoonsful of grated onion
Pepper and salt

Remove skin and bone from the fish and break into flakes. Mash the potatoes, then mix with the fish: season. Melt the butter in a saucepan, add the fish mixture, mix well.

Stir in the egg, milk, parsley, and onion.

Turn into a buttered mould or deep pie-dish and cover with breadcrumbs. Bake in a moderate oven for half an hour. Turn out on to a dish, garnish with parsley and lemon, and serve.

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

