

**For their health's sake give them fish... : eat more fish : try the recipes
overleaf / British Trawlers' Federation Ltd.**

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For their health's sake give them fish

From the deep blue seas that surround our island home come countless kinds of delicious fish, rich with health to give your children what they must have to grow up strong and well. Your children need tempting — give them fish. Your children need building up — give them fish to supply the phosphates that build brain and bone and feed the nerves.

No other food can take the place of fresh caught fish. The sea is Britain's national element, fish her national food. Britain is one of the few countries in the world that can enjoy fresh caught fish all the year round. For health's sake take full advantage of this great gift nature has sent you — make fresh caught fish a daily dish.

EAT MORE FISH

Try the Recipes overleaf

LEAFLET No. 4





SIMPLE AND DELICIOUS RECIPES

TASTY FISH SUPPERS

RISSOLES OF FISH

Either "left-over" boiled fish or $\frac{1}{2}$ lb. of freshly boiled or baked fish, skate, cod, hake or fresh fillets can be used for this.

Free the fish from skin and bone and break it into flakes. Make a very thick sauce with an ounce of flour and an ounce of butter or margarine and a gill of milk and water or fish stock. Stir and beat this until it leaves the sides of the pan. Add the fish, a tablespoonful of chopped parsley, and a teaspoonful of anchovy essence. When well mixed, turn on to a plate or dish, and leave until cold. Then divide the mixture into equal portions, make into small rolls, brush with beaten egg, toss in breadcrumbs and fry a golden brown in hot fat. Serve with anchovy or parsley sauce.

FISH MOULD

$\frac{1}{2}$ lb. of cooked haddock, cod, hake or skate
1 oz. of breadcrumbs 1 teaspoonful of
2 ozs. of suet chopped parsley
1 egg Pepper and salt.
 $\frac{1}{2}$ gill of fish stock
or milk

Remove the skin and scrape the flesh from the bones of the fish, put in a basin, add breadcrumbs, finely chopped suet, and parsley.

Add beaten egg and stock or milk. Season. Turn into a greased pudding bowl: cover with greased paper. Steam for 20 minutes and serve with egg sauce.

WHITING PUDDING

Half a pound cooked whiting. Two yolks and one white of egg. Two ounces breadcrumbs. Pepper and salt. One teaspoonful chopped parsley. Brown crumbs. Half a gill milk or fish stock.

Melt a little dripping in a plain round tin, and while hot, run the fat round the sides and shake on some brown crumbs to coat the tin.

Remove the skin and bones from the fish: chop finely.

Put fish, breadcrumbs, parsley, beaten eggs, and fish stock into a saucepan and cook together for a few minutes.

Season, and turn the mixture into the prepared tin.

Cover with greased paper and bake in a moderate oven from thirty to forty minutes.

Serve with anchovy or parsley sauce.

SAVOURY LING

Wash and dry 2 lbs. of ling and cut into slices $\frac{3}{4}$ inch thick. Dip into seasoned milk and then into breadcrumbs.

Put in a baking dish in which an ounce of dripping or butter has been made hot.

On the top of each slice of fish put a slice of bacon which has been cut into dice.

Bake in a moderate oven until firm.

Thicken the liquor with a little flour, season, and serve with the fish.

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

