

Get out of the rut : buy a new kind of fish... : eat more fish : try the recipes overleaf / British Trawlers' Federation Ltd.

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Get out of the rut— buy a new kind of fish

How many kinds of fish do you serve, three or four?—there are a dozen! Delicious, nourishing fish you have never tasted before, yielding the fillets of boneless white fish everyone enjoys.

No need to have a nice piece of fish only as a treat, you can afford to enjoy fish every day. And you will feel all the better for it. Plenty of fish is as good as a tonic, because fish contains the phos-

phorus that makes bone, builds brain and feeds the nerves.

School children and brain workers need fish especially. It is so digestible. You can work on after a fish meal without feeling sleepy.

Improve the health of your family by making fresh caught fish a daily dish. Ask your fishmonger what he recommends and have some fish to-day.

EAT MORE FISH

Try the Recipes overleaf

LEAFLET No 5





SIMPLE AND DELICIOUS RECIPES

NEW WAYS TO USE FILLETS

GALANTINE OF FISH FILLETS

To 1lb. of cooked fresh fillets use 1lb. of mashed potatoes, 1 egg, anchovy or shrimp sauce to bind, pepper and salt.

Break the fish into flakes, mix with the sauce, beaten yolk of egg, and seasoning. Form into a large roll, put on to a greased baking tin, brush over with the white of egg and sprinkle with breadcrumbs. Bake until brown.

This galantine can be served either hot or cold.

If hot, it should be accompanied by whatever sauce has been used inside the roll.

CHELSEA FILLETS

Trim some fillets neatly.

Sprinkle the surface with pepper and salt and a squeeze of lemon juice.

Melt 2ozs. of butter or margarine in a saucepan, add a tablespoonful of finely minced onion, and, if possible, two tablespoonfuls of chopped mushrooms.

Fry till tender, lift from the pan, and lay a spoonful on each fillet.

Roll up neatly and pack into a casserole or pic-dish so closely that the fillets cannot be unrolled, cover with milk and bake very gently.

Make a white sauce with the milk and coat the fillets with this.

CURRIED FILLETS

$\frac{3}{4}$ lb. of fillets	Squeeze of lemon juice
Half an apple	$\frac{1}{2}$ oz. of butter
Half an onion	$\frac{1}{2}$ oz. of flour
$\frac{1}{2}$ pint of fish stock or water	$\frac{1}{2}$ oz. of curry powder
	Salt

1. Chop the onion and apple finely and fry in the melted butter.

2. Add the mixed curry powder and flour and fry for a few minutes.

3. Stir in the stock gradually, add salt and lemon juice, and bring to boiling point.

4. Let the sauce cook gently for ten minutes, then add the fish cut into neat pieces.

5. Cook gently for fifteen minutes, and serve with three ounces of well-cooked rice.

FILLETS AU GRATIN

Trim the fillets neatly, place them in a fireproof dish, sprinkle with a few drops of lemon juice, season with pepper and salt, and add a gill of milk or fish stock.

Bake in a moderate oven for ten minutes.

Drain off the liquid, and cover the fish with a thick brown or tomato sauce.

Sprinkle with breadcrumbs, place a few little flakes of butter here and there, and bake for another ten minutes.

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

