

## **Tasty ways of cooking fish.**

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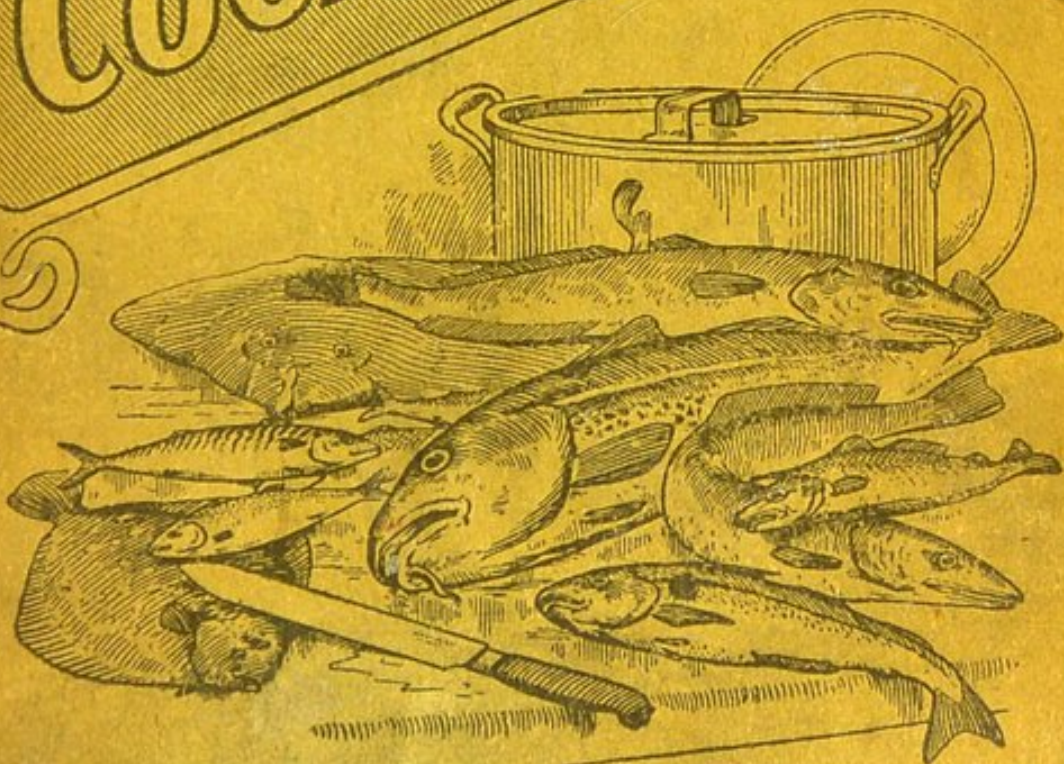


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Tasty Ways  
Cooking Fish



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# On The Food Value of Fish.

## An Introduction

By Sir JAMES CRICHTON-BROWNE, M.D., D.Sc.,  
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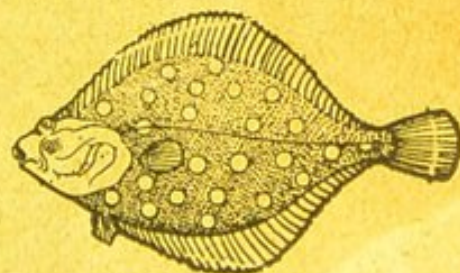
HERE is a favourite Scotch song in praise  
of "caller herrin'" that affirms that

"They're bonnie fish and halesome farin'"  
and that

"Wives and mithers maist despairin'  
Ca' them lives o' men,"

and that is true not only of "caller herrin'" but of many of the fish that swim in the seas around these islands. The harvest of the sea, not less than that of the land, is wholesome food for all, and cheap and sustaining food for those who have to practise economy. It is highly desirable from a dietetic point of view that there should be an ample supply of fish throughout the country, and that wives and mothers should know the value of fish as fare and should be taught to cook it daintily.

Fish has formed the sole or principal animal nourishment of many races of mankind which have shown no lack of energy or failure in





physical development. Our Scandinavian ancestors, whose fine lineaments and sturdy character may still be traced in the population on our East Coast, subsisted largely on fish, and the Japanese, who have given such conspicuous proof of bodily and mental vigour, have been fish-eaters for generations. No doubt the modern Japanese in the large towns are becoming meat-eaters, but the soldiers who won the war had been brought up on fish and rice, and at a Japanese banquet to-day fish figures in every course—pounded and rolled into little baked balls in the first course, raw, cut in slices and served with vinegar in the second, and as soup in the third. In China, the country people practically live on fish, rice and vegetables, and they are hardy in no ordinary degree, and capable of enduring extraordinary fatigue, and of carrying for great distances a weight which an Englishman could with difficulty raise from the ground, while they are intelligent, sober and persevering.

That fish should thus have been found sufficient for human requirements in people displaying great physical vitality is not surprising when it is known that it fulfils the two great functions of food, by supplying the material by which the body is built up and repaired, and the material by means of which it does its work. To revert to the old and, if not strictly accurate, still serviceable analogy of the steam-engine, fish contains the metal of which the engine is constructed, and the fuel for getting up steam. It contains what is called proteid, the nitrogenous constituent, which is mainly concerned in the formation of the tissues of which the body is composed, and it contains fat—one of the main sources from which the energy of the cells is derived.



It is true that both as regards proteid and fat, fish is inferior to meat. It may be estimated that as



regards fat, one and a half pounds of fish are equal to one pound of lean beef in nutritive value, and that in the nutritive nitrogenous material the flesh of white fish is from 2 to 4 per cent. poorer than that of meat. But the price of white fish is considerably less than that of meat, and when it can be bought at 3d or 4d a pound, as the coarser kinds of fish always can be, it is, for equal nutritive value, exceedingly cheap when compared with beef and mutton, even allowing for the larger proportion of waste and unedible material in fish.

As a rule it is the cheaper, or as they are unfortunately called, the coarser kinds of fish, such as plaice, skate, dabs, mackerel, hake, haddock, and sprats that afford the most nourishment for a given sum. It has been remarked that the humble bloater offers the largest amount of animal nourishment for a given price of any animal food, and that two salt herrings contain as much proteid as is requisite in the daily dietary of an ordinary working man. One pound of fresh herring at 2d. is certainly as sustaining as half a pound of beef at 6d.; verily they are the "lives of men"!

The price of fish is no criterion of its food value. It is flavour, fancy, fashion and rarity that rule the market. We have to pay dearly for what is uncommon or has a good name, or appeals to the æsthetic sense or tickles the palate, while that which, although of equal nutritive value, has a mean name or is not in vogue, or is plentiful, is cheaper. Thus haddock, which is not inferior in nutritive value to sole, is sold at a third or a fourth of the price. But the cheaper sorts of fish may by skilful treatment have a fine flavour evolved in them, and be made as acceptable to the sense of taste as the dearest, and hence the importance of supplying to the people, as in this booklet, recipes for converting the cheapest fish into



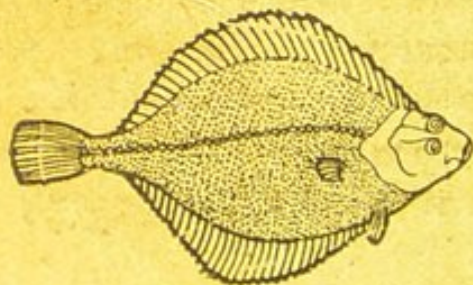


dishes as delicious as any that the most expensive can furnish forth.

It cannot be too strongly insisted on that for working people of all classes—those who work with their heads as well as those who work with their hands—fish is an economical source of the energy necessary to enable them to carry on their work, and that for children and young persons it furnishes the very stuff that is needed to enable them to grow healthy and strong. Even the dearer sorts of fish are sometimes worth the money paid for them. Salmon, for instance, weight for weight, contains nearly three times as much nutriment as cod, and so a pound of salmon at 1s. 6d. is not more costly from an alimentary point of view than one pound of cod at 6d., or a pound of mutton at 10d. When it is practicable, as I suppose it will be, to place on the market even in our midland towns farthest from the sea the finer varieties of fish, such as sole, turbot and brill, at more moderate prices than have hitherto ruled, then these will be by no means extravagant luxuries even in humble homes. But it is in the coarser kinds of fish, such as plaice, skate, mackerel, hake, dabs, sprats, haddock, and conger eel, which can be bought at 3d. or 4d. a pound in most towns, that the great and hitherto much-neglected storehouse of food for the people is to be found.

It is not possible or advisable that fish should to any large extent take the place of butchers' meat in the diet of the inhabitants of this country. There is plenty of room for both. There are amongst us classes who habitually eat too much butchers' meat, and who would do well to reduce their meat ration

and substitute fish for some part of it; but there are also classes, much larger classes, who habitually eat too little butchers' meat, and to whom a supply of cheap fish should





be an inestimable boon. Perhaps it was an exaggeration to say that there are in this country thirteen millions of people always on the verge of starvation, but it is unquestionable that there are millions of our people who are under-nourished, and the facts that are now being brought to light by the medical inspection of elementary schools, as to the state of the teeth, eyes, ears, throats, skins, general health and mental capacity of the children attending them, reveal the urgent need of improved feeding as one remedial measure in a deplorable state of affairs. If physical degeneration, with the national dangers attending it, is to be arrested, the children must be properly fed, and one step towards their better feeding will be the distribution throughout the country of ample supplies of good sound fish, the sale of fish at prices within the reach of the poorest, and the awakening of the public to a just conception of the nutritive value of fish, and of its gastronomic possibilities. Instruction in the preparation of fish for the table in at least a dozen different tempting ways should, I think, be made a leading feature in the cookery classes in all elementary schools. A fish cake of common skate, well made, is a delicacy that an epicure need not despise; and a well-seasoned fish pie of cod, served hot, is really a dainty enough dish "to set before a king."

One of the great recommendations of fish as a food is its easy digestibility. Even feeble and delicate stomachs like those of under-fed children, dyspeptics and convalescents can deal with it without difficulty. The rapidity with which any kind of meat dissolves in the stomach depends on the fineness of its fibres. Beef is less digestible than mutton, because its fibres are longer and harder, and for the same reason mutton is less digestible than the breast of a fowl. But in fish the muscle fibres are very short and arranged





in flaky masses which are easily separated from one another, and hence fish lends itself to comparatively speedy digestion. Of course, fish differs greatly in digestibility, the lean kinds being more quickly disposed of than the fat; and salt fish, owing to the hardening of its fibre during salting, lingering longer in the stomach than fresh fish. Cod is the most indigestible of the white fish, because its muscle fibres are large and coarse; and whiting seems to be the tenderest of all, and has been called "the chicken of the sea." It has been experimentally found that whereas seven ounces of white fish are digested in two hours and a half, the same quantity of beef steak requires three and a quarter hours for its digestion. And not only is fish easily digested by the stomach, but it is completely absorbed by the intestine (being in this respect on a parity with meat), fully 95 per cent. of its solids being appropriated and entering the blood, and there is therefore but little residuum or refuse.

But the digestibility, absorbability and nutritive value of fish must largely depend on the cooking of it. When presented in a savoury form it not only stimulates the flow of saliva, but by its mere flavour sets the gastric glands a-working, even before it has reached the stomach; whereas when served in a watery and insipid way it fails to afford either stimulus or satisfaction. The flavouring ingredients in fish, as well as other useful soluble solids, salts and extractives, are readily washed out of fish fibre, and hence boiling, unless expertly conducted, is not as a rule the best way of cooking it. If fish is to be boiled it should be plunged into boiling water and kept there for a few minutes, so that by the sudden coagulation of the proteid in the fibres of the surface, a sort of casing may be formed which will prevent the escape of the soluble ingredients, and then it should be removed and





placed in a pan just sufficient to hold it and with water just sufficient to cover it, and of lower temperature, the process of cooking being continued slowly. In this way its more fugacious properties will be retained intact. To leave fish when cut up, as is sometimes done, with a stream of cold water flowing over it, is infallibly to rob it of some of its most desirable constituents. In the frying of fish—now perhaps the most popular method of dressing it—as in the boiling of it, the primary object should be to prevent the loss of soluble substances by the instantaneous coagulation of the superficial layer of proteid, and in order to secure this the fish should be exposed at once to a very high temperature. Some fatty medium, by preference olive oil or good cotton-seed oil, should be heated in a pan almost to its boiling point, and the fish should be fully immersed in it and retained in it for several minutes until it is cooked through its whole thickness and indeed slightly charred. The mere frizzling of fish in a pan on the top of a thin layer of some kind of fatty material is not frying in the best sense. The portions of fish should be entirely covered by the highly heated oil, so that all their good qualities may be bottled up. The spluttering that takes place under such circumstances does not mean that the fish is parting with any of its virtues, it is merely due to the driving off, as steam, of the moisture on its surface.

The proper mode of frying fish may be specially commended to public institutions in which fish dinners are given. I visited one such institution lately in which boiled fish, subjected I suspect to very copious washing before boiling, had been tried to the universal discontent of the inmates, and with a prodigal amount of waste, for large quantities were always sent away uneaten; but at length, the experiment was tried of giving fried fish, properly fried, instead





of boiled fish, with the result that general satisfaction was given and that the whole of the meal was consumed.

I have studied the many "Tasty Ways of Cooking Fish" contributed to this booklet by Mr. Herman Senn, from the nourishing soup to the cold salad, and find that they are not less admirable from a scientific than from a culinary point of view. Armed with these simple recipes, the thrifty housewife may ring the changes on fish diet in a delightful way, make her domestic dinner-table highly attractive, and keep her husband and children in good health and good humour at a surprisingly little cost. The mere perusal of some of Mr. Senn's prescriptions makes one's mouth water.

So great are the genuine merits of fish as a food that there is no need to bolster it up by ascribing to it mythical advantages, such as that it is a special brain food because it contains a large amount of phosphorus. Fish is not charged with as large a proportion of that element as many other kinds of food, and whatever phosphorus the brain requires can be got from an ordinary mixed diet. But although not a special brain-food, fish is an excellent food for brain workers, especially for those who are leading a sedentary life, as most brain workers do. It contains less proteid or nitrogenous material than meat, and just on that account it is less stimulating and exciting, and that is no unimportant point in these highly strung and nervous days in which we are living. Nitrogen is the essential element in all explosives, and any excess of it in the system may conduce to sudden discharge of the nerve centres. In one highly explosive disease, epilepsy, fish has been found useful as a substitute for meat, and it is possible that it may be employed with



advantage, instead of meat, in some other nervous ailments.

There is no one acquainted with



the valuable nutritive qualities of fish but must regret that these are not more widely recognised, and must applaud any endeavour to bring a knowledge of them home to our people. It is a pressing duty to educate the masses to appreciate and make use of the commoner kinds of fish. With so much shortage of food around us it is lamentable to think that thousands of tons of these, which should go to nourish and fortify the workers and their children, are thrown back into the sea, or spread as manure on the land.

In order that perfectly fresh fish may be always accessible to the people, it seems to me highly desirable that its sale should be permitted on Sundays.

A relish should be added to fish as a food in England by the reflection that, in consuming it, we are encouraging an industry salutary and invigorating and calculated to provide the country with stalwart defenders in its hour of peril. Japan's naval victories were in no small measure due to the fact that she has a large sea-faring population. She has 400,000 fishing boats and 900,000 families, or upwards of 3,000,000 individuals, engaged in marine industries. This country resembles Japan in its extensive sea-board, in the number of indentures or harbours of refuge on its coast, and in being on all sides washed by seas teeming with many varieties of food fishes. These bounties of Nature have not yet been utilised as fully as they might have been, but it is to be hoped that before long our people, and especially the poorer classes, will realise the benefits to be derived from fish as food.





# The Value of Fish as Food

By D. NOËL PATON, M.D., B.Sc., F.R.C.P.Ed.

*Regius Professor of Physiology at the  
University of Glasgow.*

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NORMOUS as is the quantity of fish landed in Great Britain, amounting in value to over £11,000,000 in 1908, there is no doubt that its use as an article of food might with advantage be greatly increased.

Cheap food is the first requirement of the working classes, who are the backbone of the nation. Fish is a cheaper food than beef, and yet we found, when investigating the diets of the working classes of Edinburgh, that, on an average, the amount of fish consumed by the poor was less than half the amount of beef consumed by them.

Food is taken for two purposes. First, to yield the energy required in the performance of work, and, second, to build up and repair the muscles. The value of a food must therefore be estimated by its yield of energy and its yield of repairing and building material.

In fresh fish the average cost of energy is rather less than in beef, but the cost of building and repairing material is only about one-third. It is one of the cheapest sources of such material, and the energy required may be economically added by the addition of potatoes.

Fish and potatoes, therefore, afford one of the cheapest and best foods which can be obtained. The ordinary fish-pie, made of fish, potatoes, and lard or dripping, is an ideal poor man's dish.

If this book helps to make fish more popular as an article of diet, and to increase its consumption, it will confer a benefit upon the nation as a whole, by assisting the working man to procure a suitable diet at a low price, and by stimulating the fishing industry upon which the nation depends so largely for men capable of taking a place in its first line of defence.





# On Cooking Fish

*By C. Hermann Senn*



THE reason we often waste more fish than we consume is because of the careless way in which it is cooked, so that fish is often sent to the table in an uninviting and unwholesome fashion, and it is hoped that the few recipes herein given will be found useful, as they show both appetising and inexpensive ways of cooking fish.

Fish are divided into two classes—viz., oily fish and white fish. The white fish is not so wholesome as the oily fish. The latter has the oil mingled through the flesh, whilst the white fish has the oil preserved in the liver, and this is as a rule removed when the fish is dressed. White fish—such as turbot, plaice, soles, whiting, haddock, cod, &c.—is more easily digested than oily fish, and is therefore more suitable for invalids and persons of weak digestion than the other kind, which comprises mackerel, herring, eels, salmon, trout, &c.

Broiling or grilling is the most profitable way of cooking fish, whilst boiling is the least profitable, because in boiling much of the juice and flavour is wasted.

The fish mentioned in the following pages are all easily prepared for the table, and can be readily obtained, at moderate prices, almost the whole year round.





## On Species :: of Fish. ::

### **Herrings, Mackerel and Sprats.**

Just as salmon is known as the "rich man's fish," so the herring has been christened as "the poor man's fish," though it may be said that herring as a fish dish, when properly cooked, is sought after by the rich man quite as much as by the poor man.

The same may be said of Sprats, both of which are highly nutritious on account of the large percentage of fatty matter found in them.

Herrings and Sprats are best grilled or baked, the former when boiled and soured or pickled make an excellent breakfast or supper dish.

The herring forms an important item of the great fish supply, and the several recipes given herein will, it is hoped, be found serviceable.

Mackerel as an article of food is much esteemed, being very nutritious, easily assimilated and of delicate flavour, indeed it is said that the constitution of mackerel in regard to its food value, compares more favourably with butchers' meat than any other fish, because it possesses a larger percentage of fatty matter than most other kinds of fish. It must, however, be remarked that mackerel will not keep fresh as long as other fish, and it is essential that this fish, like all fish, should be consumed whilst quite fresh.

The best methods of cooking mackerel are boiling, steaming, grilling and baking.

Mackerel is in season during the spring months, but obtainable and good almost during the whole year.

*For Recipes see pages 19, 20 and 21.*



## **Haddock and Whiting.**

The Haddock has always been considered a favourite fish, proof of which is attested by the very large quantities of it that are consumed annually by all classes. Indeed many prefer a haddock to the cod or whiting, which are so much thought of by fish eaters.

The best ways of cooking fresh haddock are baking, boiling, frying and grilling; smoked haddock or "Finnan Haddie" is probably the most favourite breakfast delicacy in this country.

Whiting is termed a "light" fish, possessing a delicate flavour and is especially suitable for invalid diet, being easily digested.

*For Recipes see pages 21 and 22.*

## **Cod, Codling, Hake, Ling, Halibut, Cole or Saith and Jack.**

Cod, and the other fish named in this class which are of the same family, provide some of our best fish foods and form a favourite dish, both fresh and salted. Almost all the parts of the Cod are adapted for the nourishment of mankind. For instance, the head and shoulder, which many would consider waste, are useful in making fish soups, stews and fish puddings, while the roe, when smoked, is a great delicacy. From the liver we get the well-known medicinal Cod liver oil.

The most popular ways of cooking cod, ling, hake, &c., are boiling, baking, frying and grilling. Cod, like plaice and other white fish, contains nitrogen or tissue-forming properties, and when properly cooked forms a very light and easily digestible food.

Halibut is not unlike turbot, only much larger, and the fish is less delicate in flavour. Hake is of the cod family, and is prized as a fish food.

Both Halibut and Hake can be prepared and cooked the same as directed for Plaice and Haddock, several recipes for which are given in this booklet.

Ling is especially valuable for large families, on account of its having few bones and being an exceptionally "fleshy" fish.

*For Recipes see pages 23 and 24.*



**Plaice, Witches,  
Lemons, Megrams,  
and Dabs**

Belong to the order of the flat fish family, and are much the same as turbot, brill, and halibut. They are all of excellent flavour and highly esteemed by rich and poor alike. The best

way of cooking this class of fish is to fry it, and it is also very suitable for fish cakes and fish pies.

Like all white fish, plaice, &c. are highly nitrogenous and easily digested.

*For Recipes see page 24.*

**Turbot, Brill,  
and Sole.**

The greatest testimony for brill is that it may be served as a passable substitute for turbot, which is known as the king of the flat fish family. Brill is a good as well as a nutritious

fish, and of fine flavour.

Brill, turbot and sole may be prepared and cooked the same as plaice.

*For Recipes see page 24.*

**Skate, Rays,  
and Roker.**

These fish are all of one family and are by no means so highly esteemed as food as they deserve to be. Skate is a favourite dish with the poorer classes, though epicures who know its fine flavour greatly value it as a fish delicacy.

Skate is usually boiled or fried and the same recipes may be followed for Rays and Roker.

*For Recipes see page 24.*

**Monks, Catfish,  
Gurnurd (or Gurnet)  
and Bream.**

These are not so generally used as the fish previously mentioned, but can be relied upon to provide many a delightful dish as a change to the better

known kinds, catfish and bream, in particular, being very succulent and nutritious.

**Conger  
Eel.**

This useful fish has of late come into prominence, for it forms a food of no mean merit. In the great fish markets of Paris and Bordeaux, conger eel is much sought after. When boiled and served with a good white sauce, or egg sauce, it forms a delicious dish. It can also be cut into slices, boned and skinned, and dipped in batter, or egg and bread-crumbed, and fried in deep fat. Slices of conger eel can also be grilled and served with parsley butter—this makes an excellent dish.



## Hints on Frying Fish.

There are three ways of preparing fish for frying—viz., firstly, dipping it in milk and flour; secondly, of coating it with prepared batter; and, thirdly, egging and crumbing. The last is considered the nicest, but it is also the most expensive.

The pan used for frying should contain sufficient fat to thoroughly cover the fish. Dripping, lard or oil can be used for frying purposes.

The fat must be quite hot—it must, in fact, be *boiling*—before the fish is put in so as to harden the outside, thus preventing the fat from entering into the fish, which would spoil the flavour and make it indigestible.

Only a small quantity of fish should be fried at a time, and the fat should be allowed to get thoroughly hot before the next lot is put in.

As soon as the fish is done, drain it, and place it on paper or a cloth, so as to absorb all the fat. It is then to be dished up on a folded paper and placed on a hot dish.

When done frying, allow the fat to cool a little, strain it to remove any loose crumbs or bits of batter, and the fat will then be quite fit for future use.

### Fish Fried in Batter.

1 plaice or any other white fish (whiting, hake, haddock, conger eel, etc.), for batter: 2 oz. flour,  $\frac{1}{2}$  gill tepid water, 1 dessertspoonful of oil or butter.

Wash the fish, dry it, then bone or fillet it, and cut into convenient pieces. Prepare a frying batter as follows: Put the flour into a basin, add a pinch of salt, stir in the oil and sufficient tepid water to form a smooth batter free from lumps, and allow it to stand for half an hour or longer. Dip each piece of fish into the batter, and drop into the fat (smoking hot), fry to a light brown, drain well, dish up, and serve hot.

The fish may be cut up without filleting, and be fried in this way.



## Hints on Boiling Fish.

Clean and wash in plenty of cold water the fish intended for boiling. Add a little salt to the water; this will help to clean it, and it keeps the fish firm.

Cod, haddock, whiting, conger eel, mackerel, hake, ling, etc., are best suited for boiling.

The fins should be cut off and the eyes taken out, if a small fish such as haddock, whiting or mackerel.

Put the fish into warm water; add sufficient salt and vinegar to taste. Vinegar helps to keep the fish firm and white.

Allow about ten minutes for each pound of fish, and fifteen minutes over if large. A moderate-sized fish usually takes from fifteen to twenty minutes to cook. Fish must not be allowed to boil fast; the slower it boils the better. When done lift it out carefully; let it drain, and place it on a hot dish. Serve it with melted butter, parsley, caper, eggs or anchovy sauce. Boiled fish when once cooked should be served promptly.

The water in which fish is boiled should not be thrown away, for it can be used as stock for soups and fish sauces.

### Boiled Fish.

*(Cod, Haddock, Hake, Ling, Conger Eel or Brill).*

Put the fish into a large pan with tepid water, add salt and enough vinegar to flavour the water, boil gently till the fin or tail bone will come out if lightly pulled. When fish is boiled too fast the skin will break. A medium-sized piece of fish usually takes from fifteen to twenty minutes to cook. When done carefully lift the fish out of the water, drain it, and dish up. Serve with melted butter, anchovy or parsley sauce.

### SPECIAL NOTES.

In buying fish see that the eyes are bright and prominent, and the flesh firm, not flabby. You are sure then of getting fresh fish.

In the case of fish puddings, pies, cakes, curries, &c., great care must be taken to remove all bones.





### **Fish Soup** (*Nourishing*).

Take 1 lb. white fish, haddock, hake, cod or ling,  $\frac{1}{2}$  lb. potatoes, 1 onion, 1 gill of milk and 1 oz. butter or dripping.

Clean the fish, and cut it up rather small. Peel and slice the potatoes and onion, melt the fat in a saucepan, put in the vegetables when hot, cook over the fire for a few minutes, then add the fish, also a quart of water, and cook slowly till tender. Rub the soup through a colander or sieve, and return to the saucepan; season with salt and pepper to taste. Now add the milk to the soup, boil up again, and serve. A little chopped parsley may be added before serving.

### **Fried Herrings** (*Scotch Style*).

Remove the heads and tails from as many herrings as may be required. Split them open, and take out the bones. Season the cut sides with salt and pepper, and dip them in a little milk, and then in Scotch oatmeal. Have ready some hot dripping in a frying-pan, and fry for about ten minutes till a nice golden brown. Drain on paper or a cloth, dish up, and serve hot.

### **Boiled Herrings.**

Wipe and clean the herrings, rub them over with salt and vinegar, then skewer each, and place in a flat saucepan containing sufficient *hot* water, seasoned with salt, to well cover the herrings, and boil for about ten minutes.

Drain them carefully, and dish up—garnish with sprigs of fresh parsley and lemon quarters—serve with or without a sauce.



### **Broiled Fresh Herrings.**

Wash, gut and wipe the herrings, and dip each in a little flour; brush them over with a little salad oil or oiled butter. Make three or four incisions across each side with the point of a knife. Put them on a griller, and cook over a quick fire for about ten minutes, turning them occasionally. Dish up, garnish with parsley, and serve hot.

### **Stuffed Herrings.**

Take 6 fresh herrings, 2 tablespoonfuls bread-crumbs, 1 tablespoonful milk,  $\frac{1}{2}$  tablespoonful chopped suet, 1 dessert-spoonful chopped parsley, and  $\frac{1}{2}$  teaspoonful mixed herbs.

Wash, dry and slit the herrings, remove the heads and backbones, and season with salt and pepper. Spread on a little stuffing made of the above-named ingredients, and roll up each fish. Place them in a greased pie-dish, brush over with egg or milk, sprinkle with bread-crumbs, add a few bits of dripping, and bake from twenty-five to thirty minutes in a moderately hot oven.

### **Broiled Bloaters.**

Wipe the required number of bloaters with a cloth, and split each from head to tail down the back, flatten, place them between a greased gridiron, and cook before or over a bright fire for about ten minutes. Dish up, spread a little butter over the top and serve. Another way is to fry the fish over the fire in a frying-pan with a little butter, but the former method is preferred by most.

### **Kippered Herrings.**

These are treated and cooked in the same way as directed for bloaters.

### **Soused or Pickled Mackerel.**

Take 4 to 6 fresh mackerel 12 peppercorns, 1 blade mace, 1 gill vinegar,  $\frac{1}{2}$  gill water,  $\frac{1}{4}$  teaspoonful salt.

Wash and clean the mackerel, cut off the heads and fins, remove the backbones carefully. Roll up the fish, place them in a pie-dish. Mix all the ingredients together, and pour over the fish. Cover the dish closely with greased paper, and bake in a cool oven about thirty minutes. Serve cold, and garnish with parsley.



## **Baked Stuffed Mackerel.**

Remove the gills from three mackerel, and wipe the insides with a damp cloth. Preserve the roes and milts, wash them, and put in a basin of salted water. Soak about 6 oz. of stale bread in tepid water or milk. Parboil the roes and milts, drain and chop them finely; put them into a basin; add 1 oz. of dripping, lard, chopped suet or cooking butter, a dessertspoonful of chopped parsley, and the bread squeezed dry. Mix well, and season with salt and pepper, then stuff the inside of each fish with this. Put them in a greased baking-dish, add about a gill of water or stock, and bake in the oven for half an hour. Lift out the fish, put on a hot dish, pour over the gravy, garnish with watercress or parsley, and serve.

## **Baked Whiting Fillets.**

Remove the fillets from four small whiting and skin them carefully, season with salt and pepper, and fold each over. Range them neatly in a buttered fire-proof china dish, sprinkle a few drops of lemon juice over the fish and put a mushroom (champignon) head on each fillet. Heat up one gill of brown sauce with a small glass of sherry or Chablis, sauce over the fish with this. Sprinkle over some fine bread-crumbs, placing a few tiny bits of butter here and there. Bake in a fairly sharp oven for about fifteen minutes, by which time the fish should be cooked and the surface of the dish be evenly browned. Place the gratin dish on to a flat dish, covered with a folded napkin and serve hot.

## **Boiled Whiting (*An Invalid Dish*).**

Skin a whiting—skewer it, placing the tail part into the head. Have ready some boiling water, slightly salted, in a saucepan; put in the fish and boil, *i.e.* poach for about three or four minutes, according to the size of the fish. Take up the fish, drain it thoroughly, and put it on a hot plate; place a little fresh butter on top of the fish and serve.

## **Fried Whiting or Small Haddock.**

3 to 4 small whittings, 1 egg, bread-crumbs, flour, salt, pepper, frying fat.

Cut off the fins of the whiting, skin them, commencing at the head, take out the eyes and put the tail through the mouth. Dredge with flour and season with salt and pepper. Brush over with egg, roll in bread-crumbs, fry in very hot fat to a golden brown, drain on a cloth or soft paper. Dish up, garnish with parsley and lemon, and serve hot.



## **Baked Stuffed Haddock.**

Wash, scale and wipe a large fresh haddock, and remove the eyes. Prepare a stuffing with 2 oz. chopped suet, 1 oz. of bread-crumbs, 1 teaspoonful herbs and parsley, and season with salt and pepper. Mix with this the stuffing with half an egg. Stuff the body of the fish with this, and sew up the opening. Pass a trussing needle, threaded with string, through the tail of the fish, centre of body and the eyes, draw the fish up into the shape of the letter S, brush it over with beaten egg, and sprinkle some bread-crumbs over it and a few pieces of dripping. Bake in a brisk oven for about half an hour or longer, basting frequently. Dish up and serve with brown sauce or melted butter.

## **Finnan Haddock or Smoked Fillets with Tomatoes.**

Wipe the haddock or fillet, and put it in a pie-dish with a little milk and water, and cook it in the oven till tender. Skin three tomatoes, and cut them into slices, peel and chop finely half an onion. Cook 4 oz. of rice in salted water till tender, and drain. Skin and bone the haddock, and flake it. Melt an oz. of butter or dripping in a saucepan, add all the above ingredients, season with salt and pepper, and beat up thoroughly. Dish on a hot dish, and sprinkle over some chopped parsley.

## **Smoked or Finnan Haddock.**

The following methods for cooking dried or smoked haddock are especially recommended:—

1. Put a smoked haddock into a flat saucepan or frying-pan with a pint of milk, or half milk and half water, sprinkle a little grated nutmeg over the fish and cover with a plate. Cook in front of a fire or in the oven for about twenty minutes; then take up the haddock and place it on a hot dish and serve.

2. Cook one or two haddocks in a Yorkshire pudding tin, with a little water, in the oven for about 30 to 35 minutes according to the size of the fish. When done, take up, drain and place on a hot dish. Put a few small pieces of fresh butter over the top, and serve.

3. Cook the fish as directed in one of the foregoing ways; remove the bones carefully, and place it on a hot dish. Spread over with fresh butter, and put a few nicely poached and trimmed eggs on top, then serve.

## **Grilled Smoked Haddock.**

Wipe one or more finnan haddocks with a cloth, and brush over both sides with oiled butter. Season with white pepper and very little nutmeg; then place on or between a gridiron and broil, *i.e.*, grill the fish in front or over a bright fire—allow about ten minutes for each side. When done, dish up—skin downwards—spread over a little butter, garnish with parsley, and serve.



## **Broiled Cod or Ling.**

Procure two or three slices of cod about  $\frac{3}{4}$  inch thick, wipe the fish, and season with salt and pepper; broil the slices over or in front of a good fire for about fifteen minutes, with a little butter spread on each slice. Use a gridiron, or else cook the fish in a flat stew-pan or frying-pan. Place the cooked fish on a hot dish; garnish with parsley, quarters of lemon with the rind on, and serve quickly.

## **Cod or Ling Steak with Bacon.**

Procure a slice of cod weighing from  $\frac{1}{2}$  lb. to  $\frac{3}{4}$  lb. Wipe it, and place on a buttered baking tin. Prepare a mixture of bread-crumbs, savoury herbs and parsley, and bind it with a little beaten egg. Place this upon the fish, and season. Upon top put one or two thin slices of bacon, and bake for about twenty minutes in a moderate oven. Dish up, pour round it some anchovy sauce, and serve.

## **Cod Steak with Macaroni.**

Two slices of cod, 1 oz. bread-crumbs, 1 teaspoonful of chopped parsley and mixed herbs, a little egg, 2 oz. boiled macaroni, 1 oz. butter,  $\frac{1}{2}$  oz. flour,  $\frac{1}{2}$  pint fish stock or milk,  $\frac{1}{2}$  tablespoonful anchovy essence, and a little grated cheese.

Wipe the fish, and place on a buttered baking-tin. Prepare a stuffing of the bread-crumbs, savoury herbs and parsley, and bind it with a little beaten egg. Place this upon the fish. On the top put the cooked macaroni, besprinkle with grated cheese, and bake for about twenty minutes in a moderate oven. Prepare the anchovy sauce. Dish up the fish when cooked, pour over the sauce, and serve.

## **Boiled Halibut.**

Procure a small fish (about  $4\frac{1}{2}$  lbs.) or piece of a large fish, and wash it in slightly salted cold water, and rub it over with the cut side of a lemon; put it into a large pan or fish kettle containing enough seasoned tepid water to well cover the fish. As soon as it boils remove the scum, and allow it to simmer very gently for about a quarter of an hour. When done drain and dish up. Garnish with slices of lemon and fresh parsley, and serve with egg sauce.



## **Hake Steak with Fried Onions.**

Proceed the same as directed for cod steak, see page 23, using a thick slice of hake in place of cod. Skin and slice thinly one large onion or two small ones; fry this in an ounce of butter or dripping to a golden brown. When the fish is cooked dish it up, and surround with the fried onions—then serve.

## **Baked Plaice or Lemon Sole.**

Fillet a plaice, cut the bones into small pieces, and put in a saucepan with sufficient water to well cover them. Add a little salt, half an onion, and one clove, and cook for fifteen or twenty minutes. (This will make fish stock.)

Place the fillets neatly on a well-greased dish or tin, sprinkle over them some finely-chopped parsley and a pinch of powdered sweet herbs (if handy), season with salt and pepper, add a dash of vinegar and just enough fish stock to half cover the fish. Sprinkle over with bread-crumbs to well cover the fish, place a tiny piece of lard or butter here and there, and bake in a hot oven for about a quarter of an hour. If a dish is used, send it to table in the same dish; otherwise lift the fish carefully out on to a hot dish.

The remainder of stock can be used for sauce or other purposes.

## **Skate, Rays or Roker with Burnt Butter.**

Take  $1\frac{1}{2}$  lb. fish, 1 bay leaf, 1 or 2 slices of onion, 1 dessert-spoonful vinegar, 1 dessertspoonful salt, and  $1\frac{1}{2}$  oz. butter.

Procure the fish skinned, cut into strips and twisted into rings. Skinning fish is rather a tedious operation; it is therefore advisable to get it skinned and cressed from the fishmonger. Put the fish into a stew-pan or fish-kettle, with enough salted water to well cover it; add a bay leaf, the onion slices, and the vinegar. Bring it to the boil, remove the scum, and cook till tender. Take up the fish, drain well, and put it on a hot dish. Melt the butter in a frying-pan, allow it to get brown, then pour it quickly over the fish; sprinkle over a little chopped parsley, and serve.



## Some Savoury Ways of :: Using up Cold Fish. ::

### **Fish Stew.**

Melt an ounce of butter or dripping in a saucepan, add half a small onion finely chopped, fry a little, stir in a tablespoonful of flour, and let it brown a little. Moisten with  $\frac{1}{2}$  pint of fish stock and a gill of milk, stir until it boils, and let it simmer for ten minutes longer. Break up the remains of any kind of cold fish (about 1 lb.) free from skin and bones, put it in the sauce, season with salt and pepper, add a little finely chopped parsley, and cook for a few minutes to get thoroughly hot. Dish up, garnish with sippets of toasted bread, and serve.

### **Fish Pie.**

Take 1 lb. cooked fish,  $\frac{1}{4}$  lb. bread-crumbs, salt, pepper,  $\frac{1}{2}$  pint white sauce, and a little butter.

Grease a pie-dish, remove all the bones and skin from the fish, place a layer in flakes at the bottom of the dish, then a layer of white sauce; then add a layer of bread-crumbs, season, and repeat until the dish is full. Put the butter in little bits on the top layer of bread-crumbs, and bake in an oven for about twenty minutes, then serve.

### **Curried Fish Fritters.**

Remove the skin and bones from a smoked haddock, cut the fish into small pieces, and season with pepper and curry powder. Dip each piece into frying batter, and fry in hot fat to a nice brown; drain well, dish up, and serve hot.

### **Fish Balls.**

Use the same mixture as given for fish croquettes. Form it into ball shapes, which may be coated with frying batter, or egged and bread-crumbed; then fry them to a golden brown in hot fat. Drain them well, dish up and garnish with fresh parsley.



## **Fish Croquettes.**

Take  $\frac{1}{2}$  lb. cooked fish (cod, haddock, hake or brill),  $\frac{1}{4}$  lb. rice, 1 teaspoonful each of chopped onion and chopped parsley,  $\frac{1}{2}$  oz. butter, and a little milk.

Free the fish from skin and bone, and chop it finely. Wash the rice, cook in plenty of fast-boiling salted water till it is soft, then drain it. Mix the fish with the rice, and season it with salt and pepper. Fry the onion in a little butter, and add it with the parsley to the fish and rice, then moisten with a little milk and heat it up. Spread this mixture evenly on a plate and let cool, then make up into neat cork shapes. Brush them over with beaten egg mixed with a little milk, cover them well with bread-crumbs, reshape, and fry them in plenty of boiling-hot fat or oil till they are a pretty golden brown. Drain well, dish up, and serve hot.

## **Fish Cakes.**

Take  $\frac{3}{4}$  lb. cold fish, freed from skin and bones,  $\frac{1}{2}$  lb. cooked potatoes, 1 oz. butter or dripping, 2 tablespoonfuls milk.

Chop the fish finely. Mash the potatoes, and mix them with the fish; season with salt and pepper. Melt the butter or dripping in a stew-pan, add the fish, etc., to it, mix all well together with the milk, and heat up. Shape the mixture into small flat cakes of even size. Beat up the egg on a plate, then egg and bread-crumbs the cakes, and again shape. Fry them to a golden colour in deep hot fat. Drain carefully, dish up, and serve hot.

## **Baked Fish Pudding.**

Take about  $\frac{3}{4}$  lb. cooked fish (any kind—white fish is preferable),  $\frac{1}{2}$  lb. mashed potatoes, 2 oz. butter or dripping, 1 oz. flour,  $\frac{1}{2}$  pint milk, 1 egg, salt and pepper to taste.

Free the fish from the bones, break it into flakes, melt  $1\frac{1}{2}$  oz. butter in a saucepan, stir in the flour, and cook a little without browning; add the milk gradually, let it boil whilst stirring, and cook for a few minutes; then add the fish, and season to taste with salt, pepper, and a little nutmeg if liked. Mix the mashed potatoes with a little milk and the egg previously beaten. Grease a pie-dish, put in the mashed potatoes and the fish in layers, spread the top with mashed potatoes, sprinkle with bread-crumbs, and place a few tiny bits of butter on top. Bake in a hot oven from twenty to thirty minutes.



## **Curried Fish Pudding.**

Take  $\frac{3}{4}$  lb. of cooked white fish, free it from bones, and chop up the fish, not too finely, put in a basin with  $\frac{1}{4}$  lb. of cooked potatoes rubbed through a sieve. Fry a dessert-spoonful of curry powder in 1 oz. of butter, put in the fish and potatoes, and heat up; moisten with a tablespoonful of stock and one of milk, season with pepper and salt, and add a teaspoonful of chopped parsley. Stir in a beaten egg, and pour the mixture into a well-buttered pudding mould. Bake for forty minutes in a moderate oven, turn out, and serve with curry sauce.

## **Steamed Fish Pudding.**

Wash, peel, boil and mash four good-sized potatoes. Shred or flake  $\frac{1}{2}$  lb. of boiled fish (any kind), melt 1 oz. of dripping or butter in a saucepan, add the fish and potatoes, and mix well together. Beat up an egg with half a gill of milk, and stir in. Put the mixture into a greased pudding basin, steam for one and a-half hours, turn out, and serve hot. Season with salt and pepper.

## **Baked Fish.**

Flake rather finely 1 lb., more or less, of cold fish (cod, ling, whiting or haddock). See that it is free from bones or skin. Have ready a quarter of a pint of nicely seasoned white sauce. Butter one or more—according to the quantity of fish available—fish-shaped fire-proof china dishes. Mix the fish with the sauce and season with salt and pepper, then fill the dish or dishes with it, smooth over the surface with a wetted knife, and cover with a thin layer of white sauce. Sprinkle the top with a mixture of Panurette or bread-crumbs and grated cheese, and place a few tiny bits of butter here and there on the surface. Bake in a fairly hot oven from 20 to 25 minutes so as to get it thoroughly heated and the surface nicely browned. Dish up and serve hot.



## Curried Fish.

1 lb. cooked fish (fresh haddock, cod or whiting), 1 pint fish stock or water, 1 oz. dripping, 1 teaspoonful curry powder,  $\frac{1}{2}$  small onion, 1 dessertspoonful flour, 1 small apple, 1 gill milk, pepper, salt, lemon-juice, 3 oz. boiled rice.

Cut the apple into small pieces, chop the onion, and fry in the dripping to a golden colour; add the curry powder and flour and fry for a few minutes. Stir in gradually the fish stock and milk, season with pepper and salt; let it come to the boil, and add a little lemon-juice. Strain the sauce, put back into the saucepan, and put in the fish divided into short pieces. Let it get thoroughly hot. Dress the boiled rice in a border on a hot dish, put the curried fish in the centre, and send to table.

## Kedgerree of Fish (*Rich*).

Take  $\frac{1}{2}$  to  $\frac{3}{4}$  lb. of cold boiled fish or one smoked haddock, free the fish from skin and bones, and break up into small pieces. Wash and boil in plenty of water 4 oz. of rice. When done, drain and cool the rice. Boil also two eggs hard, remove the shells and the yolks, and cut the whites into small dice or shreds. Melt 2 oz. of butter in a stew-pan, put in the fish, the rice and the hard-boiled whites of eggs; season with salt, pepper and nutmeg. Mix well, and stir over the fire for ten minutes; keep hot. Dish up neatly in the form of a pyramid. Rub the yolks of eggs through a coarse sieve, and decorate the surface of the shape with it. Garnish also with chopped parsley. Put the dish in the oven for a few minutes, and then send it to table.

## Kedgerree of Fish (*Plain*).

Take  $\frac{3}{4}$  lb. cooked fish,  $\frac{1}{4}$  lb. rice, 2 hard-boiled eggs, 2 oz. dripping or butter.

Break the fish into small pieces, removing all the skin and bones. Wash the rice, and boil in water for about twenty minutes; strain off the water, and dry in the oven. Chop the hard-boiled white of eggs finely, melt the butter in a stew-pan, put in the fish, rice and chopped white of egg. Season with salt and pepper; stir over the fire until quite hot (taking care that it does not brown). Pile up on a hot dish, sprinkle over with yolks of eggs previously chopped or rubbed through a sieve. Garnish with a few small sprigs of parsley, and serve hot.



## Fish Omelet.

Take 4 oz. cold cod, ling, haddock or other cooked fish,  $1\frac{1}{2}$  oz. butter, 4 eggs, 1 tablespoonful milk, and 1 dessert-spoonful grated cheese.

Break the eggs into a basin, add milk and cheese; beat them well, season with pepper and salt. Free the fish from skin and bone, and flake it. Melt the butter in an omelet pan; put in the fish, and let it fry a little; pour in the egg mixture; stir over a quick fire until the eggs appear to set. Shape the omelet to an oval cushion towards the side of the pan; allow it to brown a little, then turn out on a hot dish, and serve.

## Fish Salad.

*(Made from any kind of Cooked Cold Fish.)*

Take 1 lb. cold fish, 1 potato (mashed), 1 lettuce, 2 tablespoonfuls salad oil, 1 tablespoonful vinegar, 1 hard-boiled egg, 1 teaspoonful made mustard, 1 tablespoonful milk, 1 piece cooked beetroot, 2 pickled gherkins, parsley, salt, pepper, a pinch castor sugar.

Break up the fish into small pieces, removing the skin and bones. Wash the salad (lettuce or endive), tear into small pieces, and dry in a cloth. Mix the mashed potato with the milk, stir into it the oil and vinegar, season with mustard, pepper, salt and sugar. Mix well, to produce a smooth dressing. Mix the salad with the fish, season well with the prepared dressing. Pile up on a dish or salad bowl; garnish with slices of gherkins, quarters of hard-boiled egg and slices of beetroot, and serve.

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N.B.—Further recipes for the fish named in this Booklet, and for other kinds of fish, will be included in future editions of "Tasty Ways of Cooking Fish" as they are issued from time to time, and suggestions from readers will be gladly welcomed, and duly acknowledged by the Publishers.





### **White Fish Sauce.**

$\frac{1}{2}$  oz. cornflour,  $\frac{1}{4}$  oz. ordinary flour, 1 oz. butter,  $\frac{1}{2}$  pint fish stock, 1 gill milk, salt and pepper.

Boil the stock and milk with a bay leaf and a slice of onion for five minutes. Melt the butter in a small sauce or stewpan; when hot, put in the flour and cornflour and stir over the fire for a few seconds, taking care that the flour does not take colour, then slowly pour on the boiled stock and milk. Stir the whole till it boils, and let it simmer for about 10 minutes. Strain, season to taste with salt, pepper and a few drops of lemon juice.

### **Oyster Sauce.**

Blanch six large sauce oysters, remove the beards, and cut the oysters into quarters or eights. Have ready about  $\frac{1}{2}$  pint white fish sauce, to which add the strained liquor of the oysters, boil up and add the oysters. Re-heat, and add a few drops of lemon juice.

### **Melted Butter Sauce.**

$1\frac{1}{2}$  oz. of butter, 1 oz. of flour, about  $\frac{1}{2}$  pint of cold water, a pinch of grated nutmeg, salt.

Put the butter in the saucepan, let it melt, stir in the flour, now add the water gradually (if it is to be served with fish use fish stock in place of water); stir, and bring it gently to a boil. Add a pinch of salt and rather less than a pinch of grated nutmeg. This sauce is served with all kinds of fried, boiled, or grilled fish, etc.

### **Anchovy Sauce.**

To  $\frac{1}{2}$  pint white fish sauce add one teaspoonful anchovy paste, or  $1\frac{1}{2}$  teaspoonfuls anchovy essence; stir in the sauce till it boils, and strain. NOTE.—A tiny pinch of cayenne or paprika pepper added, will greatly improve the flavour of this sauce.

### **Caper Sauce.**

Chop one heaped-up dessertspoonful of capers rather coarsely and add them to  $\frac{1}{2}$  pint of white fish sauce; heat up, flavour with a teaspoonful of tarragon vinegar, and serve.



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# Eat FISH

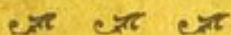
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