

FISH IN OTHER COUNTRIES

PURSUING our study of other nations' food, with the idea of cultivating amiability through eating together, we come this week to Fish Dishes. If some of the fish are not to be had here, try the recipe with the most likely material available.

Far East—Devilled Lobster

Try this with crayfish and for soy sauce use a good meat extract mixed with a little boiling water. Cut crayfish tails in slices of uniform size. On a plate mix 2 tablespoons chopped chutney, 2 chopped pickled gherkins, a little soy sauce, cayenne and salt and cover each piece of lobster with it. Heat 2ozs. butter in frying-pan, put in pieces of crayfish and make them thoroughly hot. Have ready croutons of fried bread, hot and crisp. On each put a piece of crayfish and serve very hot.

China—Chow Yu P'au

Remove skin and bone from fish steak and cut it into thin 2-inch pieces. In a little hot oil fry 4oz. pork, cut thin, a piece of finely chopped ginger and .3 onions, skinned and cut in quarters. When these are nearly cooked put in fish, 2 chopped green peppers, 4oz. chopped mushrooms and a little water. Season with pepper and soy sauce, then cook until fish is done. Thicken gravy with cornflour.

Egypt—Baked Fish

Cut off heads and tails of small fish or use slices of large fish. Slice onions. In a well-buttered fireproof dish arrange fish and sliced onions alternately in rows; add salt and pepper, cover with thin slices of tomato and lemon, pour over tomato sauce and bake. Serve hot or cold with lemon.

U.S.A.—Lobster Newburg

Crayfish is excellent cooked this way, and so are oysters. Two tablespoons butter, 1 glass sherry, 1 tablespoon flour, salt and pepper, 1 cup or more milk, a little cream, 2 egg yolks, 1 teaspoon lemon juice. Melt butter, stir in flour, and when cooked add milk, stirring till very smooth and creamy. Pour in well-beaten yolks, a little more milk or cream if necessary, lemon juice and sherry. Blend thoroughly, add the cut up crayfish. The "coral" and fat should have been well rubbed into the sauce. Heat through, but do not boil crayfish. If using scallops and oysters they must be simmered a little.

Scandinavia—Fish Pudding

A good-sized terakihi or schnapper would be suitable. Scrape all fish from the bones and skin with sharp knife. Put this raw fish pulp into large basin, add 2 beaten eggs and work them into pulp with a wooden spoon. Now add about a pint of milk in small quantities, stirring vigorously all the time. When milk is absorbed add a tablespoon of arrowroot smoothed out in a little of the milk, some grated nutmeg and pepper and salt to taste. Fill a buttered bowl three parts full with this mixture,

cover with butter-paper and steam for 1½ hours. Or drop the mixture by spoonfuls into hot butter and fry.

Scotland—Kromesies

These are made with fish roes and are very nourishing. Simmer the roes 10 minutes in salted water with a dash of vinegar. Then cut them into suitable slices, and wrap a rasher of bacon around each piece, fastening with a skewer. Dip into batter and fry in boiling fat. Remove skewer, and serve on slices of fried bread.

South Africa—Rissoles

This is a tasty old Cape recipe. Mince 1lb. fish very fine. Soak 1 thick slice of bread, squeeze dry, and add to the fish. Also add 2 beaten eggs, 1 chopped onion fried in butter, a little chopped parsley, grating of nutmeg, small pinch of cayenne and a little salt. Shape, roll in fine breadcrumbs or pounded dry biscuit, then in egg and in crumbs again. Fry in lard. Serve hot with a little melted butter and tomato sauce.

Greece—Plaki

Fillets of bream, grey mullet, or salt fish are used in Greece. Use any of our fish. Cut into pieces about 3 inches long. Fry together in olive oil 2 or 3 onions sliced fine, and 2 or 3 little pieces of garlic, then add some sliced tomatoes or tomato puree, salt, pepper and finely chopped parsley, and fry these. Put fish into a fireproof dish, pour over the prepared sauce, add a little water and a little more olive oil and bake in oven.

FROM THE MAILBAG

Beans Again

Dear Aunt Daisy,

Recently you published letters from listeners complaining that their preserved beans had not kept well. For two years I experienced the same trouble. At that time I washed the beans before cutting and adding the salt and sugar. This year I just wiped the beans and they have kept perfectly. Maybe this is the answer to your correspondents' trouble.

"E.F."

Melon Jam

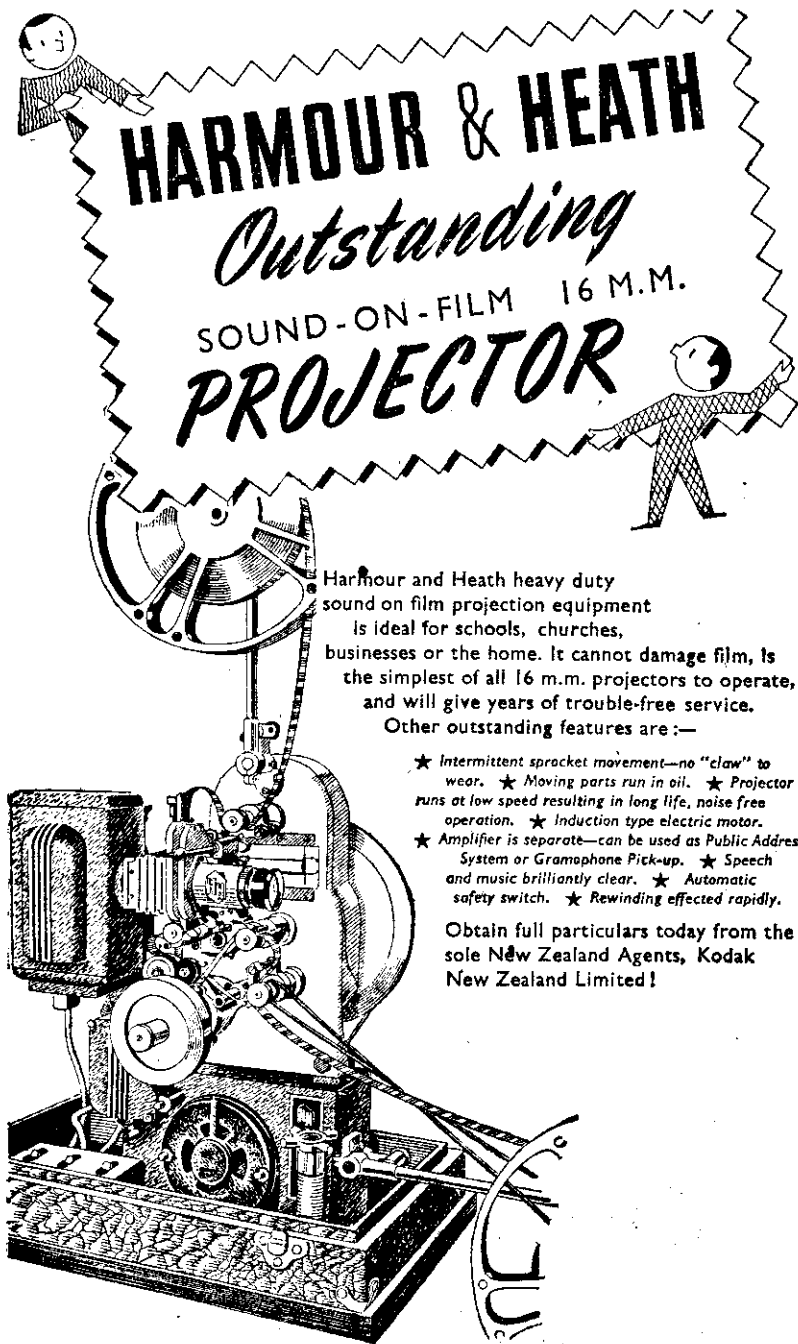
Dear Aunt Daisy,

This is the time for making melon jam. Now, do you know that the jam is much better, sets quicker and does not boil away so much if you cut it up in the morning, put it on with a little sugar at a time, till all the required amount is added, and dissolved. It only takes a short time to melt. A gentleman gave me the tip, and I have always, in my mind, thanked him over and over again. Melon is a watery thing at the best of times. I suppose the same method would apply to marrows.

"Kaikohe."

Thank you, "Kaikohe." A bachelor once gave me this recipe for melon jam which does specify using the cut-up melon at once and not leaving overnight with half the sugar sprinkled over, as most recipes say: Twelve pounds of melon, 9lb. sugar, 6 oranges, ½lb. preserved ginger. Cut melon into cubes,

N.Z. LISTENER, JULY 15, 1949.



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