

A PAGE OR TWO FOR WOMEN

Fish-O! Fresh Fish To-day!

By "Kukū"

FISH dishes, either as separate courses at a meal or as substitutes for meat upon the daily bill of fare, present the housewife with almost unlimited opportunities for varying the household menu.

In selecting fish, always remember that absolute freshness is imperative. Look for gills that are a healthy red, eyes full and bright, and flesh that is firm to the touch. A fish diet provides nourishment for the worker, energy for growing children, easily-digested food for the invalid, dainty dishes for "fussy" appetites. Sportsmen train on fish; those who are "slimming" diet on it. The cheaper fish are cod, hake, herring, plaice, sole, and whiting, with all of which the housewife is familiar.

There are all sorts of ways of cooking fish—boiling, steaming, frying, grilling, baking, and preparing in casseroles. Fish dishes can be either hot or cold, in fact there are so many ways of preparing that there need not ever be a sameness in the presentation of the meals.

To grill fish, clean, wash, and remove the head and tail. In the case of large fish, the backbone can also be removed. Smaller fish can be cut down the back and spread flat. Rub with a little butter, then salt and pepper; grease the griller. Brown on one side, then turn and do the other. Any fish can be cooked in this way, which is much better than frying. A few tasty dishes are given here.

Fish Mould.

One and a half pounds of cooked white fish, one dessertspoonful of anchovy sauce, half a pint of thick white sauce, quarter of an ounce of gelatine, a little cress. Flake the fish and mix with anchovy and white sauce. Prepare a fish jelly by dissolving the gelatine in half a pint of stock in which the fish was cooked. Rinse a mould with cold water. Put in jelly to depth of half an inch. Decorate with cress. When set, coat sides of the mould with jelly. Put in the fish mixture and allow to get quite cold. Turn out and serve with salad.

Fish Timbale.

Half a pound of cooked white fish, three-quarters of a pound of boiled potatoes, one hard-boiled egg, one egg yolk, one ounce of butter, three tablespoonfuls of white sauce, two table spoonfuls of grated cheese, a little ground mace, salt, pepper, paprika, and minced parsley to taste. Mash and sieve the potatoes into melted butter. Stir in the grated cheese and season to

taste. Butter a 1½-pint basin and sprinkle thickly with crisped crumbs, then line with the potato mixture as smoothly as possible, keeping back sufficient to cover the top. Flake the fish with a fork and moisten the sauce. Add parsley, egg yolk, and season to taste. Place half of this mixture in the lined basin. Slice the hard-boiled egg over the top. Cover the remainder of fish, then with potato. Smooth with a knife, and cover with buttered paper. Bake in a moderate oven from 30 to 40 minutes. Serve on a hot dish with egg sauce.

Baked Fish Souffle.

This is one of those very professional looking dishes your friends will admire you for being able to make. It is very easy to make. One pound of cold, boiled white fish, two eggs, one



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ounce of butter, half an ounce of flour, two tablespoonfuls of finely-chopped parsley, half a pint of milk or milk and water, seasoning. Flake the fish finely and mix with parsley and seasoning. Melt the butter and stir in the flour. Add the milk, stirring all the time. Bring to the boil and allow it to simmer for five minutes. Then add the fish. Separate the whites and yolks of eggs, beat yolks in one by one. Whip the whites to a stiff froth and fold into mixture. Put in a well-greased tin and bake for 20 minutes.

And here are a few varied recipes:—

Home-made Sausages.

A frequent trouble with sausages is that we are inclined to find them either under or over spiced. But there is no reason why we should not make our own, spicing them as we like, only the question of putting them into skins is rather an unsurmountable difficulty. Here is a simple way of making them. Mince finely a pound of pork, fat and lean together, with the same amount of lean veal and of beef suet, removing all skin and gristle from the meat. Add

half a pound of fine breadcrumbs, and then the grated rind of a lemon, a grated nutmeg, a teaspoonful of pepper and two of salt, and sage, thyme, herb savoury, and marjoram well mixed together. (This is where your personal taste comes in.) Mix all well with the hands, roll into sausage-shaped pieces, lay in flour, and fry them slowly in fat.

"Jardiniere."

"Jardiniere" means to serve with a garnish of a combination of vegetables. Cook vegetables in the usual way, season with salt and pepper, and dress with melted butter. Various combinations may be used: Cauliflower, buttered or glazed carrots, and green peas may be used for one combination; string beans, braised celery, and cauliflower for another.

Bacon Sandwiches.

Fry several thin rashers of bacon till they are delicately crisp, then drain well and cut up small. Boil two or three eggs hard and chop up. When both are cold, season well with pepper and a little mustard and spread thickly between slices of bread and butter.

Macaroni Cheese.

Ingredients: 3oz. macaroni, 2oz. grated cheese, ½ pint milk, 1oz. butter, 1oz. flour, seasoning. Break up the macaroni, put in a saucepan with plenty of boiling water and boil till tender; then drain off the water. Melt butter in a small saucepan, blend with the flour, add milk gradually. Stir over the fire till it boils, add half the cheese and seasoning of pepper and salt. Mix with macaroni, put in greased pie-dish, sprinkle remaining cheese over the top with breadcrumbs. Brown in oven.

Fish Cutlets.

Take 2lb of any fish cutlets, salt and pepper them, and place in a steamer or colander over saucepan of boiling water. Sprinkle over them a layer of forcemeat made with 1 cup breadcrumbs, few sprigs of parsley, 1 table-spoon butter, 1 egg, salt and pepper to taste. Put lid on and steam for an hour or till fish is tender. Serve with parsley sauce.

Stale Cake.

A cake which has been kept in the tin for any length of time becomes dry and unappetising, and is not very tempting fare to place before unexpected visitors for tea. While the bread and butter is being cut, however, the cake may be rapidly improved in the following manner. Place the cake on a flat meal tin and cover it with an inverted basin. Leave in a moderate oven for about ten minutes. The basin will retain the steam, which will sufficiently moisten the cake and remove all tendency to dryness. If preferred, the cake may be placed in the top portion of a double steamer with equally effective results, provided the lid of the saucepan is kept firmly in place.

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