



# Sea Food RECIPES



*With the Compliments of*  
**Dept. Colonization, Game & Fisheries**  
Province of Quebec

Printed by Courtesy of

National Fish Company Limited

# Eat More Fish

---

It is a well known fact that Fish is a very nutritious food containing many properties which are absolutely essential to the human system but unfortunately is not held in very great favor by the majority of people. If we ate more fish it would not only benefit our health generally but we would also be encouraging an industry which gives employment to a large portion of our population and which in these days of so much unemployment means a great deal.

Having this in mind the Department of Colonization, Game and Fisheries of the Province of Quebec through the kind courtesy of the National Fish Company, Ltd., has thought it wise to publish this little book of Fish recipes with the hope that it would be of some assistance to the good housewives of this Province. All these recipes have been tested and are the outcome of results obtained by renowned Chiefs, Professors of Domestic Economy and experienced housekeepers.

DEPARTMENT OF COLONIZATION,  
GAME AND FISHERIES.

PROVINCE OF QUEBEC.



# SEA FOOD RECIPES

---

## BLOATER RECIPES

### Bloaters on Toast

Remove heads, tails and backbones from two or three Bloaters as above. Rub over with butter and fry until hot through. Then sprinkle with pepper and serve on fingers of hot buttered toast.

MRS. W. G. DEBAY,  
Dartmouth, N. E.

### Baked Bloaters

Cut off heads and tails of some Bloaters, loosen the skin at the neck with a sharp knife and pull it off. Split the fish and remove backbones, then soak in cold water overnight. Arrange in baking dish, dot with bits of butter; cover with milk; bake in hot oven 10 or 15 minutes. Garnish with parsley and serve with baked potatoes.

MRS. J. A. MCEACHERN  
Charlottetown, P. E. I.

---

## COD

### Codfish Balls

1 cup salt fish, freshened and stripped      Pepper  
2 cups potatoes; cut in cubes                      1 egg well beaten  
1 teaspoon butter

Boil the fish and potato together about fifteen minutes, or until the potato is done; drain off the water, and mash together until the fish and potatoes are perfectly blended. Add the butter and pepper, and beat with a fork until light. Let it cool a little and then add the egg. Shape into balls the size of a large walnut, drop into a frying basket and fry six at a time one minute in smoting hot lard. Drain on a paper, garnish with parsley and serve hot. They may be served with tomato sauce.

MRS. JOHN ALEXANDER,  
Beaver Harbor, N. B.

### Codfish Pudding

Put 1½ tablespoons butter in a saucepan, when melted add 1½ tablespoons flour. Then add slowly 1½ cups milk, stirring

**Cod—Continued**

constantly, then add 1 pt. of cooked fish (either cod, halibut or salmon, that has been well seasoned with salt, pepper, onion juice. Beat two eggs thoroughly and mix lightly with the fish. Put into a mould and bake 1 hour, with dish in hot water, covered with oiled paper. Serve the following sauce:

To 1 cup mayonnaise, add chopped olives, capers, pickles and parsley, few drops of onion juice and lemon juice, white of egg beaten stiff. When ready, add slowly  $\frac{1}{2}$  cup boiling water.

(MISS) HELEN IRENE MITCHELL,  
Stellarton, N. S.

**Devilled Fish**

2 cups cooked fish, broken in pieces	salt and pepper to taste
2 tablespoons butter	1 slice onion chopped fine
1 tablespoons flour	1 teaspoon Worcestershire Sauce
$\frac{3}{4}$ cup milk	1 cup bread crumbs
	2 hard-boiled eggs chopped

Put butter in saucepan, add flour and stir well while adding the milk slowly. When cooked, add crumbs, onion, eggs, seasonings and fish and put into individual pyrex dishes, or bake in one large dish if preferred. Sprinkle with crumbs and brown in a fairly hot oven.

A wonderful supper dish served with hot biscuits.

MISS DALMENY E. MILLER,  
New Glasgow, N. S.

**Kedgeriee Indian Dish**

1 small fish, haddock or cod	butter size of an egg
$\frac{1}{2}$ lb. rice	$\frac{1}{2}$ cup milk
3 or 4 eggs	pepper and salt

Wash and boil rice till soft. Boil the fish, take away all bones and skin, and separate into flakes. Put butter in saucepan and add milk, fish and rice, also eggs, which should be previously boiled and cut up fine, saving one of the yolks to grate over a garnish. Mix over the fire with a fork, heap on a very hot dish, and serve with slices of lemon.

This can be made with fish left over from dinner.

MRS. J. A. MORRISON,  
Hazel Hill, N. S.

**Cod—Continued****Huckery Buff**

1 lb. dried Cod  
 ½ lb. pork

1 lb. potatoes  
 Onions.

Soak one pound of dried cod for 12 hours. Break into small pieces and boil in fresh cold water. When the fish has come to a boil, drain, then pour on boiling water, at the same time adding one pound of pared potatoes cut in squares.

While the potatoes and fish are cooking, fry half a pound of salt pork which has been cut into cubes, adding sliced onions.

When the potatoes are soft, drain them and the fish. Serve on a hot dish or platter and pour over it the fried pork and browned onions.

(MRS) EUNICE BUCHANAN,  
 Berwick, N. S.  
 and MRS. EDWARD McLAFFERTY,  
 Annapolis Royal.

**Economy Codfish Pie**

any remains of cold cod  
 12 oysters

sufficient melted butter to moisten  
 mashed potatoes to fill up the dish

Flake the fish from the bone and carefully take away all the skin. Lay it in a pie dish, pour over the melted butter and oysters, and cover with mashed potatoes. Bake for half an hour and send to table of a nice brown color.

MRS COLIN MACINTOSH,  
 Fredericton, N. B.

**Codfish with Cream**

Pick out carefully in flakes all the flesh from the remnants of some boiled codfish. Melt a piece of butter in a saucepan and add to it a large pinch of flour and a gill of milk or cream, with pepper, salt and grated nutmeg to taste; also the least bit of cayenne. Stir well. Put in the fish and gently shake it in this sauce until quite warm. If the composition be too dry, add a little milk or cream. Then add (off the fire) the yolks of two eggs beaten up with a little milk and serve. This is a good way to use up either salt or fresh cod.

MRS. MARY H. KNIGHT,  
 Edmonton, Alta.

## COD FILLET

### Cod Fish a la Grosvenor

Cut 1½ lbs. cod steaks into individual portions, and brush over with melted butter or oil, and season with salt and pepper. Arrange in a greased pyrex pie dish. Pour a can of Campbell's tomato soup around the fish. Cover the top of each fillet with buttered crumbs. Bake in a hot oven 25 minutes. Garnish with sliced lemon and parsley and serve in the dish in which it was cooked.

(MISS) GLADYS NORTON EVAN,  
345 Waverley St. Ottawa.

### Cod Fish Steak

1 lb. fresh cod  
2 oz. butter  
1 egg  
pepper and salt

½ cup bread crumbs  
1 teaspoonful flour  
1 breakfast cupful milk  
little minced parsley

Select one pound fresh cod, make a custard with the yolk of egg, milk and flour, pour it over fish and bread crumbs, adding butter, pepper, salt, and parsley; whisk up white of egg, and add to mixture; bake in hot oven for about thirty minutes, then serve and decorate with slice of lemon and parsley.

HENRI DESPERRIN,  
Chef Cuisinier,  
346 East Ontario St., Montreal.

### Fillet Croquettes

Take 2 pounds fillets. Sift together 1 cup flour, ½ tea-  
spoon baking powder, a pinch of salt and mix with enough milk  
to make a batter. Dip fillets in batter and fry a rich brown in  
smoking hot fat. Exceptionally nice with Saratoga Chipped  
potatoes.

MRS. GEORGE SMITH,  
New Glasgow, N. S.

### Broiled Fillet of Cod

Cut steak 1½ in, thick. Wipe with cheese cloth wrung out  
of vinegar, (cleanses and whitens fish, and removes strong  
odour). Bone and skewer with small tooth pick skewers into  
a compact piece, dry season. Rub with melted butter on both  
sides. Broil like beefsteak about 15 minutes. Garnish with le-  
mon sections and parsley, and serve with lemon butter.

(MRS.) ANNE E. FAIRLIE,  
Teacher Household Science,  
Wentworth Public School, Hamilton.

**Cod—Continued****Fried Sirloin Steak**

Take the number of slices desired, soak in two yolks of eggs, whipped up in a cup of milk, with pepper and salt also added. Roll in well crumbed soda biscuits and cook in a very hot lard. Serve with juice of lemon and a little butter. This fish can also be served with Mayonnaise Sauce when it is very delicious.

MADAME ANDRE WHITE,  
470 St. Andre, Montreal, P. Q.

**Parsleyed Fresh Fillets**

Take two nice fillets of fresh cod or haddock, put in a pan, season with salt, pepper and chopped parsley, shallots, and sprinkle with bread crumbs. Sprinkle with melted butter and put in oven, leave cook for ten minutes, put on platter and finish with hazelnut butter (very hot) add a touch of garlic with lemon juice.

MAXIME HUGUET,  
Chef des Cuisines.

Served at banquet Mount-Royal Hotel following test of CO.

**FILLET RECIPES****Haddie Fillets for Two Meals**

Cook Haddie Fillets in boiling water five minutes, then drain, pour over devil sauce made with 2 cups boiling milk, thickened with a tablespoon of flour,  $\frac{1}{2}$  teaspoon mustard, a small piece of butter, salt and pepper to taste, this makes a good breakfast dish. When cooking the above fish, after draining, put aside a nice sized piece, for supper and cook as follows: Shred fillet and add cold mashed potatoes a little parsley, salt and pepper, mix together with a beaten egg. Dip in flour, fry in hot fat until golden brown. These are delicious.

MRS. A. SOUBLIERE,  
589 McLeod St., Ottawa, Can.

**National Surprise**

1 lb. national fillets  
 $\frac{1}{2}$  cup of cream  
1 tablespoon of flour

$\frac{1}{2}$  pint of milk  
2 tablespoons of butter  
4 tablespoons grated cheese  
salt and pepper

### Fillet recipes—Continued

Cook fish until flaky, lay in a pie dish, then add sauce made with 1 teablespoonful of butter dissolved in a saucepan. Stir in gently the flour and mix together smoothly. Add milk slowly until the sauce gradually boils and thickens, flavour with salt, pepper, then add the grated cheese and lastly the cream. Place fish in sauce and put in a buttered dish, scatter top with fine breadcrumbs and finish with small dices of butter, bake until a light brown and serve hot.

#### Fresh Snow Balls

##### Mixture

½ lb. National fillets	½ cup rice
2 large potatoes	½ cup breadcrumbs
2 tablespoons of parsley	2 eggs
1 teaspoon of butter	Salt and pepper.

Flake fish, add rice after having been well cooked, also potatoes well mashed with butter, add  $\frac{1}{4}$  of breadcrumbs and parsley which must be well chopped, mix salt and pepper to taste and stir in eggs making mixture fairly wet. Place remainder of breadcrumbs on plate and rool mixture into little balls and dip in crumbs having ready a pan of hot fat and drop in balls and cook until a nice golden brown.

This mixture is enough for 6 in family.

#### Fillets on Toast

1½ cup milk	1 cup water
lump butter size of walnut	2 tablespoons cornstarch
2 hard boiled eggs, chopped up	2½ cups cooked National haddie flaked
1 tablespoon chopped parsley	Pepper and salt to taste.

Make a sauce of the milk, water, butter and cornstarch, boil till thick and add egg, fish, parsley.

Have ready squares of buttered toast and pour over the mixture. Serve alone for tea or with mashed potatoes for lunch.

c-o Sub. P. O. 12, Hamilton, Ont.

#### Haddie Cutlets National Style

1 lb. fillet of National haddies	½ lb. mashed potatoes
1 dessertspoon grated cheese	1 egg
1 teablespoonful milk	¼ teaspoon black pepper
	pinch of salt

Simmer haddock in half milk and water till cooked, drain thoroughly, pass through meat, chopper, add potatoes, cheese pepper, salt. Add beaten egg and milk. Mix all thoroughly.

**Fillet recipes—Continued**

Shape into cutlets, dip in beaten egg and bread crumbs. Fry golden brown in clear fat.

Dish on a bed of mashed potatoes. Garnish with cut lemon and parsley, serve with maître d'hôtel sauce slightly warmed.

GEO. DAWSON, Chef de Cuisine,  
Apartment 18, 6 Osborne St., Montreal

**Fillets en Surprise**

Boil potatoes (2 medium-sized for each person). Mash well with plenty of butter and a little milk, also  $\frac{1}{2}$  well beaten egg. Season well.

Grease a flat baking dish (with bacon fat if possible), and make a small flat mound of mashed potatoes for each person. On this, place a serving of fillet which has been in boiling water for 8 minutes.

Cover each piece of fish with chili sauce, and then put mashed potato over all shaping it into a kind of "patty" like a large fillet.

Brush over with beaten egg and bake in quick oven till nicely browned. Serve hot with pickles or salad.

MRS. G. L. HURST,  
St. Andrew's Manse, Buckingham, P. Q.

**Macaroni Fillets**

2 lbs. National haddie fillets  
1 tablespoonful butter  
6 potatoes

1 cup macaroni elbows  
1 cup rich milk  
pepper to suit taste

Cook haddie for 10 minutes, by pouring boiling water and allowing to simmer.

Take macaroni and drop into salted boiling water, boil for 15 minutes. Whilst the macaroni is cooking, drain the fillets, cut into strips about 1 inch long. Butter a baking pan and place a layer of haddie then a layer of macaroni (after straining it), until pan is filled, having the haddie on the top. Sprinkle with pepper and pour over the lot, one cup of rich milk. Add dabs of butter and bake for 20 minutes. Serve with hot mashed potatoes and tomato sauce.

MRS. MARY MOORE,  
20 Central Ave., Hamilton.

**Fillet recipes—Continued****Smothered Fillets**

Put one pound of fillet in saucepan with two cupfuls of cold water, bring to a boil and let remain five minutes in water off boil, lift out on plate to cool. Make a rich biscuit dough, roll out a half inch thick size of a large plate, put half pound of fish on dough and pour over it one tablespoonful melted butter, moisten edges of dough and press together, Bake or steam for one half hour. Make a sauce with one cup of milk, flour, etc., and water that the fish was boiled in and serve with fish.

**Scalloped Fillets**

Take the other half pound of fillet, shred and put in bake dish, putting on a layer of fish two tablespoonfuls of tomato, layer of stale bread crumbs and repeat until dish is filled, bread crumbs on top, dot with butter, bake one half hour.

MRS. H. J. READ,  
28 Gwynne Ave., Ottawa.

**Haddie in Ramekins**

Flake golden haddie (cooked). Make cream sauce. Put in Ramekins. Drop egg on top. Bake in moderate oven  $\frac{1}{4}$  hour.

MRS. MAUDE NEVENS,  
300 Cookan St., Ottawa, Ont.

**Fish Pudding**

Take  $1\frac{1}{2}$  National fillet  
 $\frac{1}{4}$  teaspoonful pepper  
1 oz. butter  
 $\frac{3}{4}$  teacupful milk

$\frac{3}{4}$  teaspoonful salt  
 $\frac{1}{2}$  teacup bread crumbs  
1 teaspoonful anchovy  
2 eggs  
1 teaspoonful chopped parsley

Boil fish and chop up finely, put into a basin and add bread crumbs, parsley and all the seasonings, the butter (melted), the eggs (welle beaten), and the milk. Mix all well and put into a plain mould or basin. Cover with greased paper and steam for  $\frac{3}{4}$  hour.

Serve with good sauce.

MRS. D. GRAHAM,  
131 Chapel St., Ottawa.

---

---

## FINNAN HADDIE

### Finnan Haddie Omelette

Wash and cut in pieces haddie. Put in a sauce pan to boil in hot water when it comes to a boil, drain off the water and put on fresh water. Let boil about ten minutes or until tender, then take off, drain off water, remove skins and bones. Shred the fish with a fork, not too fine, then make an omelette of four eggs beaten very lightly, 4 tablespoons sweet cream, 1 teaspoon flour dissolved in the cream. Season with salt and pepper, add the shredded haddie, put a teaspoon of butter in your omelette pan and when hot pour in contents and bake until a nice brown.

MISS MARGARET DALEY,  
Box 268, Walkerton, Ont.

### Finnan Haddie Curried (Left over)

Cook 2 tablespoons butter with  $\frac{1}{2}$  sliced onion, till onion is soft but not brown, add mashed yolks of 2 hard-cooked eggs and  $1\frac{1}{2}$  cup rich milk. Add 1 teaspoon curry, dissolved in a little milk,  $\frac{1}{4}$  cup boiled rice.  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon paprika and 2 cups flaked left over finnan haddie. Serve in a casserole with browned crumbs over top or on a platter with a rice border.

MRS. W. T. BALFOUR,  
353 Crawford St., Toronto, Ont.

### Haddie Croquettes

Cook haddie until tender, drain, then separate free from bones and shred finely with a fork, then add 1 egg, pinch of salt and pepper and mould in round balls. Take separately 3 tablespoons of flour and mix to a stiff smooth batter, then drop each fish ball in the batter and fry until brown in hot butter. Serve hot.

MRS. E. M. HAYLOCK,  
119 Harmony Ave., Hamilton, Ont.

### Haddie Pie

Boil a piece of haddie for ten minutes, with barely enough water to cover it. Place a layer of sliced raw potatoes, in a dish, then a layer of the fish, broken into flakes. Add alternate layers until the dish is full, then almost cover with milk,

### **Finnan haddie—Continued**

sprinkle with bread crumbs, and place a few pieces of butter on top. Season with salt and pepper, and bake.

If there is a piece of haddie left, it can be used up nicely for supper in the following way:

#### **Haddie Toast**

Scramble two eggs. Heat a small piece of haddie. Place flakes of the haddie on three slices of well buttered toast. Then put the scrambled egg on top. Season and serve hot.

MRS. E. HILDYARD,  
Manotick, Ont.

#### **Haddie en Casserole**

Take one of the tinted pyrex bean-pots, and in the bottom, place a layer of shredded golden finnan haddie.

Over this layer place one of finely ground onions, then another layer of haddie, covered by one of cold (cooked) spaghetti.

Another layer of haddie, heavily sprinkled with grated cheese, with must be covered with slices of tomato.

Over this pour three cups of milk into which two eggs have been beaten, a pinch of salt, and a sprinkle of paprika.

Bake until the milk and eggs have thickened like custard, and serve hot.

(MRS.) WYNN RUTTY,  
316½ Barton St. W., Hamilton, Ont.

#### **Haddie Pie**

Take a pound of haddie, and soak it in milk for an hour, then lay it in a pie dish covered with crisp curls of bacon. Sprinkle well with bread crumbs, dashed with red pepper.

Now take a cup of beans (preferably cooked at home), stir into them a well beaten egg, a half cup of milk, and enough flour to make it spread like a crust.

Spread it over the contents of the dish, and place little lumps of butter at intervals over the surface. Bake till the crust is brown and serve with mayonnaise.

(MRS.) WYNN RUTTY,  
316½ Barton St., W., Hamilton, Ont.

**Finnan haddie—Continued****Grilled Haddie**

The best way to cook a smoked haddock is to put it on a gridiron over a clear fire, and grill it. A moderate-sized one takes about six or ten minutes. The time varies with the thickness. Always grease the gridiron. Rub a piece of butter over the fish to make it look moist before sending to table. If very salty, the fish should be soaked in water for half an hour to an hour and a half before cooking.

CARRIE H. MACINTOSH,  
Murray River, P. E. Island.

**National Relish**

A good way to serve left-over haddie for supper, is take good-sized potatoes, bake well, roll them, split them, remove the inside and mix with the finely-shredded haddie. Mix with cream and butter. Season well with pepper, salt and paprika. Put mixture into potato shells, dot top with butter. Bake in a hot oven until brown. Remove from oven, place on a platter, and garnish with parsley.

MRS. R. E. HYSON,  
Mahone Bay, B.S.

**Timbale of National Haddies with Tomato Sauce**

1 tablespoon chopped parsley	¼ lb white bread crumbs
1 lb National haddies	3 eggs
1 gill of milk	¼ teaspoon black pepper
½ teaspoon grated nutmeg	Pinch of salt

Simmer Haddies in milk and water till cooked. Drain well and chop up fine. Add bread crumbs, parsley and seasonings. Put 1 gill of milk in saucepan, heat but do not boil. Add fish mixture and stir till hot. Beat up yolks of eggs, and add to mixture. Do not boil. Stir till slightly thickened. Be sure to not let it boil. Take off fire and let cool. Beat up white of eggs till stiff, stir lightly into mixture. Butter a mould, strew with bread crumbs, then turn in fish mixture. Place mould in a pan of water with a tin or place over it, and cook in the oven till set. Turn out on dish and surround with hot tomato sauce.

GEO. DAWSON, *Chef*,  
Apt. 18, 16 Osborne St. Montreal.

**Finnan haddie**—Continued**Pickled Haddie**

Four (4) lbs. of haddie, put in kettle, over with boiling water, add a tablespoonful of salt, boil gently thirty (30) minutes, when done, drain dry and cool, skin, and cut in convenient pieces. Put a quart of vinegar in a porcelain kettle with two (2) blades of mace, six (6) whole cloves, two (2) bay leaves, a small onion chopped, a dash of red pepper, and two (2) tablespoonfuls of sugar, bring to boiling point, drop in the pieces of fish in five (5) glass jars, cover with boiling vinegar, bottle tight.

Will keep for months.

MRS. J. C. WARREN,

55 Canterbury St., St. John, N.B.

**Baked Finnan Haddie**

Take the amount of finnan haddie needed. Cut in strips and lay on the meat rest of a self basting pan. Add water to come to top of rest. Cook in fairly hot oven for 25 minutes. Serve with a sauce made with milk butter, a hard boiled egg cut fine, thicken with flour. Season with salt and pepper and a little mace if the flavor is liked.

**For Supper**

Take the left over finnan haddie cut up. Add some cream and a little butter, a dash of pepper and a little mace if that flavor is liked. Let just come to a boil. Have mashed potatoes arranged in a ring around edge of platter. Pour the finnan haddie in centre of dish. Decorate with strips of pimento.

MRS. JAMES H. CHAPPELL,

110 Willow St. Amherst, N.S.

**Peppered Finnan Haddie with Macaroni**

1½ lb. finnan haddie  
2 tablespoons butter  
1 cup milk

2 cups cooked macaroni  
2 tablespoons flour  
6 green peppers

Put fish in a baking pan, cover with cold water, and heat slowly to boiling point, then cook below the boiling point for 25 minutes. Drain and rinse thoroughly. Separate fish into flakes, measure 2 cups, and add to white sauce made from butter, flour and milk. Then add the macaroni cut into small pieces.

---

---

**Finnan haddie—Continued**

Cut tops from green peppers, remove seeds, core, and let stand ten minutes in boiling water. Drain peppers, fill with fish mixture, bake in a very little water until peppers are tender. Serve with tomato sauce made from fresh or canned tomatoes stewed, rubbed through a sieve, thickened with flour, seasoned with salt, pepper and butter to taste.

**Fish Pie Made from Finnan Haddie**

First make potato pastry using:

$\frac{1}{2}$ cup hot mashed potatoes	$\frac{1}{2}$ cup flour
$\frac{1}{4}$ cup butter	$\frac{1}{4}$ teaspoon baking powder
	Salt and pepper to taste

Sift together dry ingredients, add hot mashed potatoes. Then cut the butter into this until well mixed. Roll out until  $\frac{1}{2}$  inch thick and the same shape as the dish in which the pie is to be served. Bake in a hot oven 20 minutes.

Put fish in bottom of the pie dish, taking care it is finely flaked and free from bones. Cover with well seasoned white sauce made from 2 tablespoons butter, 2 tablespoons flour, 1 cup milk, and put in oven just long enough to reheat. Then put hot potato crust on top and serve. Chopped parsley may be added to potato crust or white sauce for seasoning.

MRS. J. VANDERLECK,  
Wakely Apt. 38 Monk St. Ottawa, Ont.

**Mock Angels on Horseback**

Place National haddie in a pan with small amount of water, cover and place on stove to steam for about 10 minutes. Have ready, thin strips of bacon, and in each strip place a portion of haddie the size of an oyster, roll and place on baking tin, place under grill and cook till bacon is crisp, then serve piping hot on fingers of freshly made toast.

Delicious, served as a savoury for dinner.

AGNES McINTOSH,  
26 Marjory Ave., Toronto.

---

## HADDOCK RECIPES

### Stuffed Haddock

1 fresh haddock (average size)	4 oz. bread crumbs
2 oz suet	1 tablespoon chopped parsley
1 tablespoon milk	pepper, salt
1 egg	

Wash the fish well, mix together the bread crumbs, chopped suet, egg, milk, parsley and seasoning. Stuff the fish with this force meat and sew it up. Truss in the shape of letter "G", brush over with milk, sprinkle with bread crumbs, put little pieces of butter on top, and bake half an hour. Serve with egg sauce, garnished with parsley and slices of lemon.

MRS. (REV.) R. W. LINDSAY,  
The Parsonage, Hazelbrook, P. E. I.

### Haddock Pie

Boil haddock in salted water with a little vinegar added to keep fish from breaking. Ten minutes will suffice. Remove from pan and skin and remove all bones. Flake the flesh with a fork. Make a liquid of 2 eggs to a quart of milk and a piece of butter, size of a walnut. Stir all thoroughly and add fish flakes. Season well, with pepper and salt and place in a hot oven to brown. This is a delicious and appetizing supper dish and also relished by invalids.

MRS. PETER DORRINS,  
72 Seventh St., New Toronto, Ont.

### Fresh Fillets

Fry 6 slices of bacon in pan. Remove bacon, then take 4 filets, roll in corn meal with pepper and salt to taste. Fry same in bacon fat until golden brown, for 6 minutes. Arrange on hot platter, bacon, then fillet alternately. Sprinkle with chopped parsley. Serve with tomato sauce.

An attractive tasty dish for 4 persons.

MRS. ALBERT GREY,  
660 Parliament St., Toronto.

### Savoury Baked Haddock

Clean and scale a fresh haddock weighing about 3 lbs.  
Make the stuffing of:—

**Haddock recipes—Continued**

1 cup bread crumbs	1 teaspoonful of parsley
1 teaspoonful of savory	½ teaspoonful of salt
¼ teaspoonful of pepper	1 egg (well beaten)

Put this mixture inside the fish and sew up the opening. Place it in a baking dish, and cover with buttered paper, and bake in a moderate oven 30 minutes. When a fork will easily remove the flakes from the bones it is quite cooked.

A nice sauce to serve with this dish, is made from the liquor which will be found in the baking dish when the fish is removed.

Add to this:—

½ pint milk	½ teaspoon salt
¼ teaspoon pepper	1 teaspoon butter

and thicken with 1 tablespoon flour. Moisten flour with a little cold water, and add to the sauce while boiling. Boil 2 minutes and serve.

Mashed potatoes are very nice with fresh haddock served this way.

MRS. H. T. MINTER,  
140 Minto Place, Rockcliffe, Ottawa, Ont.

**Fish Shape ...**

1½ lb. boiled National haddock (chopped up)	2 eggs
1 teacup milk	1 oz. bread crumbs
	½ lemon
	1 tablespoon butter

Put bread crumbs and butter into a basin, heat the milk and pour over the bread crumbs. Add fish and mix. Then beat the yolks of eggs and add them, then lemon juice, salt and pepper. Whip the whites of eggs until stiff and add very slowly. Butter a basin, put in fish, etc. Steam for 1½ hour gently. Serve with parsley sauce poured over or white sauce.

M. CANTAMESSA,  
Valleyfield, Que.

**A Haddock Dinner Dish for Six People****Ingredients:**

3 lbs. of fish	3 onions
4 tomatoes, or	½ pint canned tomatoes
2 chillies	a little finely chopped mixed herbs
2 oz. of butter	lard or oil for frying

Cut the fillets in portions, flour well and fry to a golden

### Haddock recipes—Continued

color in the lard. When cooked pile on the dish it is to be served in, and keep hot.

Slice the onions and fry them in the butter. Peel and cut up tomatoes and chillies, and add to the onions, flavor to taste and cook all for a short time till all is blended. Pour over the fish. Sprinkle over the chopped herbs and serve very hot.

A border of nicely mashed potatoes or boiled rice around this dish makes it a good nourishing meal.

MISS JESSIE BAIN,  
Wells Apartments, Wells St., Toronto, Ont.

#### Haddock a la Rarebit

Take a whole haddock and having removed the head and tail place it in a pan large enough to avoid over-crowding. Prepare a rarebit sauce by melting  $\frac{1}{2}$  pound of cheese and 1 tablespoon of butter. Add 1 cup milk, 1 teaspoon mustard, 1 tablespoon salt and a dash of cayenne. Dissolve a heaping teaspoon of flour or cornstarch in a little water and add to above and stir till well blended, then pour over haddock and cook forty-five minutes, basting occasionally.

MISS BERNADETTE MACMILLAN,  
Charlottetown, P. E. I.

#### Economy Haddock Recipe

Here is an economical way to cook a haddock or cod for a small family. Scrape a 4 pound fresh fish to remove scales, then clean and wash thoroughly. Cut off head, fins and tail, and divide fish in two—the upper or head end to boil, the tail end to fillet and fry. Place head, trimmings and bone from filleted part in saucepan with cold water to cover and a little salt. Boil for stock and strain.

Upper End Boiled.—Place fish in pan with boiling stock from head, etc., and boil gently until flesh will leave the bone (about 20 minutes). Lift carefully out of water, dish nearly and serve with parsley sauce.

Fish Soup.—Place the liquor in which the fish was boiled, in saucepan with 2 onions, small carrot, piece celery (washed and cut up) and bread. Boil gently for one hour and strain. Mix 2

**Haddock recipes—Continued**

tablespoons flour with  $\frac{1}{2}$  pint milk and add to the soup and boil for 5 minutes. Add a tablespoon chopped parsley, pepper and salt to taste, and serve. Any small pieces of the boiled fish or parsley, pepper and salt to taste, and serve. Any small pieces of the boiled fish or parsley sauce left over may be added, so that nothing is wasted.

MRS. E. R. MATHESON,  
Pictou, N. S.

**Haddock Chowder**

3 lbs. haddock  
 $\frac{1}{4}$  lb. fat pork  
6 good sized potatoes  
1 pint milk

1 onion  
6 soda crackers  
butter size of egg  
pepper and salt

Cut pork in inch squares and fry till crisp. Put this in stew kettle. Peel the potatoes and cut in this small pieces. Add alternately with the haddock, which has been previously skinned and cut in pieces about three inches square. Cut onion fine and add pepper and salt to season. Put just enough boiling water on so you can see it peeping through. Cover and let boil for twenty minutes, then lay soda crackers over top and add milk and butter. Let it stand for ten minutes. Send to take piping hot. This dish is fit for a King! Try it. Enough to serve four persons.

MRS. J. A. THORNE,  
55 City Road, St. John.

**Planked Haddock**

Heat the plank (which should be of oak or maple  $1\frac{1}{2}$  inch thick) very hot, then rub it over with a piece of butter or salt pork. Then spread the fish on it skin side down and brush it over well with melted butter or olive oil. Sprinkle it with salt and pepper and place in a hot oven for 20 minutes. Then arrange thin strips of bacon across the fish and return it to the oven until the bacon is crisp. Make a border of potato balls made of mashed potatoes beaten until creamy and mixed with an egg yolk all about the fish; brush these with beaten egg and milk and return to the oven to brown.

MISS NORA E. SMITH,  
146 Shirley St., Halifax.

## Halibut recipes—Continued

### Haddock Substitute for Lobster Salad

Cook a three pound haddock until tender, in boiling salted water, (Save the water to make a chowder). Flake the fish when cool and mix through the flaked fish two pimentos which have been cut in smaller pieces. Mix this with a few tablespoons of vinegar and set aside for a while, until the haddock has absorbed some of the color of the pimentos. Arrange on lettuce leaves and serve with any preferred salad dressing.

MRS. H. A. DICKSON,  
Darmouth, N.S.

## HALIBUT RECIPES

### Fillets of Halibut with Spaghetti

Brush some fillets of halibut, haddock or cod, with melted butter, dust them with flour and season with salt and pepper. Place the fillets in a buttered baking dish and pour over them sufficient milk to cover, mixed with a small quantity of anchovy sauce. Cover with a buttered paper and cook in a hot oven for 20 or 30 minutes.

Boil some spaghetti in milk and water, drain and place in a hot saucepan with a liberal allowance of melted butter, seasoning with salt and pepper.

Arrange the spaghetti on a hot platter and place the fillets upon it. Pour the milk in which the fish was cooked into a saucepan, let it boil up and add 1 teaspoonful each of finely chopped tarragon and parsley to it, and the yolk of a raw egg beaten up with 2 teaspoonfuls of cream. Stir the sauce until thickened, add red coloring (if desired) and pour it over the fish.

MRS. ELIZABETH EATON,  
Wolfville, N. S.

### Boiled Halibut

Cover the bottom of a small dripping pan with water. Put a slice of halibut, seasoned with salt, pepper and small bits or parsley, in cheese cloth in pan. Take 2 small pieces of cheese cloth; put into one a few whole cloves, into the  $\frac{1}{4}$  small onion, and place these near the fish without touching it. Cover with

**Halibut recipes—Continued**

another pan and boil 20 minutes. Serve with white sauce, plain, or garnish with hard-boiled eggs and parsley.

MRS. J. L. FORTUNE,  
Sydney, N. S.

**Halibut Loaf**

2 cups halibut (raw)	1 cup milk
2 eggs (well beaten)	1 small piece butter
4 soda biscuits	salt and pepper

Mix well, first shredding the fish in small pieces and rolling the crackers fine. Steam 1 hour in a well greased mould. Serve with cream or tomato sauce. Delicious!

MRS. W. R. B. LUGAR,  
196 Jubilee Road, Halifax.

**Baked Halibut**

Two pounds halibut,  $\frac{1}{2}$  teaspoon salt, dash cayenne pepper,  $\frac{1}{2}$  cup milk. Bake for half hour basting often. Use cheese sauce made as follows.

1 cup grated cheese, 2 tablespoons butter, 3 tablespoons cornstarch. Cook thoroughly and add  $\frac{1}{2}$  teaspoon mustard,  $\frac{1}{4}$  teaspoon salt, dash of cayenne,  $\frac{1}{2}$  teaspoon of Worcestershire Sauce,  $1\frac{1}{2}$  cup milk; and when boiling add one egg slightly beaten.

Place fish on hot dish, cover with sauce and sprinkle with  $1\frac{1}{2}$  cup bread crumbs that have been browned in the oven.

MRS. E. L. GILPIN,  
Sydney, N. S.

**Halibut Steak with Baked Tomatoes**

2 lbs. halibut steak	2 tablespoons melted butter
4 large firm tomatoes	4 tablespoons chopped pepper or parsley
2 tablespoons grated onion	

First wipe the fish with wet cheese cloth and place in pyrex pie plate or shallow pan brushed with butter. Spread a little butter on the fish, sprinkle with salt, a little pepper and flour. Peel the tomatoes cut in halves and lay on top of the fish. Sprinkle with salt, pepper and flour. Put the rest of the butter on the tomatoes and bake in a hot oven for thirty minutes, basting with a cup of hot water to which the onion has been added.

**Halibut recipes—Continued**

Serve in same dish as baked. Sprinkle with green peppers or parsley. Garnish with lemon.

MISS LYDIE INMAN,  
Hampton, P. E. I.

**Baked Halibut with Cheese**

1 pound halibut  
4 slices salt pork

½ pound cheese  
salt and pepper

Cut the salt pork in bits and put in an enamelware or aluminum baking pan. Lay fish on top, dust with salt and pepper, cover with the cheese which has been put through the coarse knife of the food-chopper, and bake about twenty minutes in a hot oven. The fish should be cut about a half-inch thick.

MRS. H. W. L. DOANE,  
Bedford, N. S.

**HERRING RECIPES****Fresh Herring Relish**

Remove heads and tails of six herrings, wash and dry carefully. Place closely in baking dish, cover with cold vinegar to which has been add—one half teaspoon mustard, one half teaspoon pepper, one teaspoon salt, one small onion finely chopped. Cover with well oiled brown paper tied securely. Bake in slow oven four hours and a half, when all bones will be dissolved. Serve cold.

MRS. UNDERWOOD,  
New Glasgow, N. S.

**Baked Fresh Herring**

12 herrings  
4 bay leaves  
12 cloves

2 small blades of mace  
cayenne pepper and salt to taste  
vinegar to fill the dish

12 allspice

Cut off the heads and remove the insides. Place herring in a pie dish, heads and tails alternately, and between each layer sprinkle some of the above ingredients. Cover the fish with vinegar and bake for half an hour, but do not use until quite cold. The herring may be cut down the front, the backbone removed, and closed again.

MRS. COLIN MACKINTOSH,  
Fredericton, N. B.

---

---

**Herring recipes—Continued****Poached Kippered Herring**

Place some Kippers in a shallow pan of hot water, bring slowly to a boil and let cook for two or three minutes, drain well, slip them on to a hot dish, put a small piece of butter in each and arrange golden fried potato chips around. Serve hot.

(MRS.) GERTRUDE W McCLARE,  
Mt. Uniacke, N. S.

**Digby Chicken Canapes**

Toast fingers of bread on one side only — putting together in pair with a strip of hot smoked herring. Grate a little cheese over top of each and heat in oven until cheese is creamy.

MISS JOSEPHINE CHISHOLM,  
2 DeMont St., Halifax.

**Broiled Kippered Herring**

Place the herring on a greased gridiron, and broil 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 or dripping, but the former method is considered the better by most.

MRS. E. A. MARKS,  
Ship Harbor, N. S.

**Broiled Smoked Herring**

Let some smoked herrings stand 10 minutes, covered with boiling water. Then skin, dry, and broil over clear coals. Dot with butter and serve on a hot dish.

MRS. J. DUGGAN,  
417 North St., Halifax.

---

**LOBSTER RECIPES****Lobster Cutlets**

Take the meat of one lobster (or of one can) chop fine, add 1 wineglass of vinegar. Make sauce of 1 tablespoon butter, 1 tablespoon flour. Mix together. Add pepper and salt, 1 tablespoon or more of cold water. When boiling, add 2 tablespoons milk. When the sauce is cool, pour over lobster and form into croquettes and place on platter to chil. Fry in boiling hot lard

**LOBSTER RECIPES—Continued**

and serve on a platter covered with parsley. A delicious luncheon dish.

MRS. GEORGE A. TAYLOR,  
Fredericton, N. B.

**Homards à la crème**  
(Lobsters)

Boil lobsters 30 minutes. Let cool. Pick out meat and place in your frying pan, adding butter the size of an egg. Season with pepper. Place over fire and turn occasionally till butter is well taken up. Heat up two eggs and add  $\frac{1}{2}$  cup cream. Pour over lobsters and leave on stove a few minutes to cook the eggs, turning or stirring. It is now ready to serve and delicious.

MRS. A. DOUCET,  
Cape St. Mary, N. S.

**MACKEREL RECIPES****Potted Mackerel**

Clean, cut each fish in three pieces. Mix two tablespoons salt and half saltspoon of cayenne, and rub into the fish. Put fish in a stone jar, and sprinkle each layer with a mixture of whole cloves, pepper corns, allspice and cinnamon. Add vinegar enough to cover fish. Cover tightly and place the jar in a kettle of hot water, and keep in the oven all day. Keep water just below the boiling point. An excellent relish for supper and will keep all summer.

MRS. JAS. T. BAIN,  
Kentville, N. S.

**Broiled Mackerel**

Split down the back, carefully scrape any black skin from the inside. Wipe dry and lay on the gridiron; broil on the inside first to a nice brown, then turn and brown the skin side, being careful not leave too long. Season with butter, pepper and salt.

(MISS) A. V. LIVINSTON,  
Forest, Ont.

**Mackerel**

Clean and wipe the mackerel; split down the back and cut in pieces. Put in a buttered pan with one stalk of celery broken

**Mackerel recipes—Continued**

in pieces, two slices of onion, four slices of carrot and a half-cup of liquid drained from canned tomatoes, mixed with a half-cup of boiling water and one teaspoonful of vinegar. Cover and bake until the fish is tender. Make the following sauce: Blend two tablespoonfuls of melter butter with two tablespoonfuls of flour, then pour on gradually, while stirring, one and a half cupful of the liquid in which the fish was cooked, bring to the boiling point and add the slightly beaten yolk of one egg, salt, pepper and lemon juice to taste. Strain and pour around the fish, (after removing it to a hot platter ready to serve.)

MRS. A. J. MACLAURIN,  
Box 96, Dalkeith, Ont.

**Jellied Mackerel**

Lay in a mould a few slices of hard-boiled egg; then add pieces of cold boiled or baked mackerel, from which all bones and skin have been removed. Sprinkle with pepper and salt and a few drops of vinegar. Pour over it a jelly made from the following: To three cups of water, add a few pieces carrot, turnip and onion and celery, 3 bay leaves, few grains red pepper. Let this reduce to about one pint, add large tablespoon gelatine, soaked in small quantity cold water. Let dissolve well, when nearly cold, pour fish. Let stand until well jellied. Turn out on dish, and garnish with lettuce, and hard-boiled egg.

MRS. GEO. V. KNEEN,  
2432, 20th Ave, Rosemont, Montreal.

**Sealed Mackerel**

Place mackerel in cold water til thawed, then cut out back bone. Avoid taking any of the fish with it. Then spread inside with butter, pepper and salt and juice of one lemon, then close it up, then wrap in oiled paper air-tight. Place in baking pan (no water).

Bake in a moderate oven from 20 to 30 minutes according to size of fish. This is excellent.

MRS. R. CRAIG,  
193 Waverly St., Ottawa, Ont.

**Mackerel recipes—Continued****Scalloped Mackerel**

Clean the mackerel, cut in pieces of convenient size for cooking; boil and while they are still hot remove from them all bones and skin and divide the flesh into small flakes. Strain the liquid in which the fish boiled into a fish saucepan and add to it sufficient milk to make the required quantity of sauce. Thicken this to the consistency of thick cream with corn flour and flavor it delicately with tomato catsup; grated lemon peel and nutmeg; season with white pepper and salt; stir in lemon juice to give an agreeable acid and mix well with the fish. Put this mixture into a casserole or any dish that will stand over heat, cover thickly with fine bread crumbs moistened slightly with melter butter and brown in a quick oven.

MRS. ALBERT MACLAURIN,  
Vankleek Hill, Ont.

**Fried Mackerel**

Frozen mackerel: firstly the fish must be placed in cold water to have the frost drawn out.

Fry six good-sized slices of bacon, split the mackerel down the back and clean, scraping all the thin black skin from the outside. Wipe dry, and lay frying-pan. Fry on one side a nice brown, then turn and brown the other side. Season with butter, pepper and salt. Serve with the bacon.

MRS. A. C. BENJAMIN,  
2173 Park Ave., Montreal

**Dressed Mackerel**

Select a nice mackerel, about 5 lbs., let frost get well out of it before using. Clean and wipe dry. Fill with dressing made as follows: 2 ounces ham, 1 tablespoon butter, 1 teaspoon lemon juice, 1 teaspoon chopped parsley, 1 teaspoon sage and thyme mixed, 6 oz. bread crumbs, and one egg. Put in mackerel and sew up. Dot with pieces of butter, salt and pepper. Cook in hot oven for 35 minutes. Delicious!

MRS. GEO. V. KNEEN,  
2432, 20th Ave. Rosemont Montreal.

---

---

**Mackerel recipes—Continued****Fish Recipe**

Take 2 lbs of mackerel and place in cold salt water for 1 hour, then place in saucepan and boil very gently for  $\frac{1}{2}$  hour. Have ready a bread sauce made of bread soaked in milk and simmered on stove for  $\frac{1}{2}$  hour, with small onion placed in centre, take out onion when cooked, and season with pepper, salt and a little parsley, add 1 tablespoon of butter.

MRS. W. J. HARRIS,  
Aurora, Ont.

**Baked Soused Mackerel**

Take fish and cut into small pieces and place in a covered jar or a deep dish, cover fish with  $\frac{1}{2}$  water and  $\frac{1}{2}$  vinegar, put in also 2 bay leaves, pepper and salt, can be served hot or cold, when serving cover fish with sauce in which it was baked.

MRS. AFFLECK,  
353 St. John St., Quebec.

**Planked Mackerel with Sauted Lobster**

Select a nice 2 pound mackerel, have it split down the back, dust with salt and paprika and rub thoroughly with salad oil. Then lay on a well greased plank, fasten securely and bake in a hot oven about 25 minutes. Baste frequently with melted butter and a few drops of lemon juice. Remove from the oven, pipe around the edge a border of creamy mashed potatoes and brush over with a little beaten egg yolk. Have ready the meat from a lobster (or a half pound can of lobster). Dip each piece, in melted butter and place around the fish just inside the potato border. Run the plank under the broiler of the gas range and brown quickly. Garnish with lemon slices—parsley and stuffed green peppers.

MISS B. SINCLAIR,  
120 Pembroke St., Boston.

**Cuban Mackerel**

Soak fish and dry well. Place in a baking pan with 1 large onion chopped fine, 1 green pepper freed from seeds and chopped, 1 can pimentos cut in pieces, liquid of can tomatoes strained. Dot fish with butter, bake in oven for 25 minutes. Season gravy to taste. Place fish on hot platter, pour gravy over

**Salmon recipes—Continued**

it and garnish with strips of toast. Serve with baked potatoes.

MISS MILDRED MACDONALD,  
Vernon, P. E. I.

**Baked Mackerel**

Take a good-sized mackerel, cut open, stuff with a dressing made of the following: 1 cup cold potatoes, 1 cup bread crumbs, piece of butter, size of egg, a little savory, salt and pepper, 1 egg.

Slice fresh pork in strips, place in baking dish, lay the stuffed mackerel on the pork, put some more slices of pork on top of mackerel. Season with salt and pepper, cut some butter in small pieces, place on top of mackerel. Bake for 1 hour, serve hot.

MRS. J. A. McMILLAN,  
16 Steadman St., Moncton, N. B.

**Fried Mackerel**

Fry brown six good-sized slices of pork. Prepare mackerel as for broiling. Remove the pork, sprinkle a little salt over the mackerel and fry a nice brown. Serve the fried pork with the mackerel.

MISS A. V. LIVINGSTON,

**Broiled Mackerel** Forest, Ont.

Recipe for frozen mackerel.—Soak until soft in cold water then wash and dry thoroughly. Cut off head and tail, place it a well buttered fish broiler and broil light brown. Place it on hot dish, dress it with butter, salt, pepper and lemon juice, and serve hot.

MRS. ARTHUR LAFFERTY,  
Trenton, N. S.

**SALMON RECIPES****Salmon Souffle**

3 tablespoons butter  
½ cup milk  
1 teaspoon salt

3 tablespoons butter  
3 eggs  
1 cup salmon  
1 pinch cayenne pepper

Mix butter, flour, milk, pepper, salt together, and cook as for white sauce. Then remove to back of stove, and add beaten yolks and National salmon. Fold in beaten whites of eggs, put in buttered scallop dish. Bake ½ hour.

MRS. J. HENDERSON,  
Henry St. Newcastle, N. B.

**Salmon recipes—Continued****Salmon a la Hollandaise**

Wash the fish in cold water, wrap it in a cloth, place in boiling water, boil gently allowing 10 minutes to each pound. (Add one teaspoon of salt and one tablespoon of vinegar to water)

**Sauce**

Cream  $\frac{1}{2}$  cup of butter, add gradually the yolks of two eggs well beaten, 1 tablespoon lemon juice, a dash each of salt and pepper; ad  $\frac{1}{2}$  cup of boiling water and stir over boiling water until thick.

With mashed potatoes and peas this makes a delicious dinner.

M. WARD.

64 Charles St., Halifax.

**Salmon and Pea Patties**

Put two cups cold, cooked National salmon and one can of French peas in scallop dish and cover with  $1\frac{1}{2}$  cup of white sauce. Bake for three quarters of an hour. Have ready small pastry cases made by covering inverted. Individual patty pans with good rich pastry baked a delicate brown. Fill pastry cases with scallop mixture. Serve piping hot on individual plates and garnish with parsley.

(MRS.) MAY EWING,

142 Duke St., St. John, N. B.

**Salmon Croquettes**

Make a rich white Sauce as follows:

1 tablespoon butter

1 teaspoon flour  
 $\frac{3}{4}$  cup milk

Cook until thick. Let cool, then add cold cooked fresh salmon, salt, pepper. Make into oblong croquettes. Roll into beaten egg, then cracker crumbs. Let stand until ready for use. Fry in deep fat or butter. Put in dish and garnish with parsley.

A most delicious luncheon dish.

(MRS.) T. E. DAVISON,

54 Morris St., Halifax.

**Salmon Steak**

Dry two salmon steaks. Butter fish pan. Lay thin slices fat pork on this, place one fish on pork, dust with pepper and

**Salmon recipes—Continued**

salt. If preferred, dip  $\frac{1}{2}$  pint oysters in melted butter, then in bread or cracker crumbs and place on fish. Put second steak over first one with oysters between and lay thin slices of pork on top. Bake 40 minutes, basting often. Remove pork from top, cover with buttered crumbs, brown and serve. Garnish with sliced pickled beets.

MRS. E. M. GIBSON,

Round Hill, Annapolis County, N. S.

**Planked Salmon**

Cut slices of salmon one inch thick. Wipe dry and season with salt and pepper. Broil gently over coals or in hot greased pan until seared on both sides. Place salmon on hot plank. Put on each slice a whole onion, which has been boiled in salted water. Surround the edge of plank with mashed potatoes. If put on with pastry bag, it is a very pretty garnish. Put in hot oven for 20 minutes. Serve on the plank, after pouring over the whole a thick sauce made from 1 cup of tomato, 3 cloves, two teaspoons of sugar, 3 tablespoons of butter, 4 tablespoons of flour, and a little salt. Garnish with parsley stuck in potato around edge.

MRS. TUPPER FOSTER,

Antigonish, N. S.

**Salmon Loaf**

Take about one pound of cooked salmon, or one can, and take the bones out. Add to it one egg beaten, 3 tablespoons milk, then add cracker crumbs to stiffen, 1 tablespoon butter, pepper, and salt. Mix all up well and form into a loaf in a baking pan. Cover with buttered crumbs. Bake till a golden brown. Serve on lettuce leaves with mayonnaise dressing. This makes a very attractive looking dish as well as a delicious one.

MISS KATHERINE GALLAGER,

90 Germain St. John.

**Jellied Salmon with Cucumber Sauce**

Drain one lb. of well cooked salmon (or 1 lb. can) remove skin and bones and separate into flakes. Mix  $\frac{1}{2}$  tablespoon sugar  $\frac{1}{2}$  tablespoon salt,  $\frac{1}{2}$  teaspoon mustard  $\frac{1}{2}$  teaspoon cayenne, 3 well beaten yolk of eggs,  $1\frac{1}{2}$  tablespoons melted butter,  $\frac{3}{4}$  cup

**Salmon recipes—Continued**

thin cream,  $\frac{1}{4}$  cup vinegar. Cook in double boiler until mixture thickens stirring constantly. Add 1 tablespoon gelatine soaked in 2 tablespoons cold water, strain and add flaked salmon. Turn into individual moulds, chill, unmould in nest of lettuce heart leaves—mask with chilled cucumber sauce as follows:

**Cucumber Sauce**

Beat  $\frac{1}{2}$  cup heavy cream stiff, add salt and cayenne to taste and gradually 2 tablespoons vinegar. Then add 1 medium cucumber pared, chopped and drained, and sufficient onion juice to flavor delicately.

MRS. J. S. RECTOR,  
Truro, N. S.

**Baked Smoked Salmon**

Take off skin from a smoked salmon, lay in a small granite baking pan, sprinkle with pepper, salt and minced parsley. Over salmon place an inch thick layer of well seasoned and beaten mashed potatoes, shapping to conform to a slice of fish. On top put buttered and seasoned bread crumbs. Bake half hour in a hot oven, basting with a little butter and cream that the salmon may not dry up. Place carefully on platter, and pour over the fish a cream gravy.

MRS. A. J. KENNEDY,  
34 Chebucto Road, Halifax.

**Easter Salad**

Remove skin and bones from 1 cup salmon. Cut up 12 olives and 6 stalks of celery in cubes. Bind these with boiled dressing; place individually on lettuce leaves. Remove yolk of hard boiled egg and put through sieve, place some of this in centre of each salad and cut white of egg lengthwise to look like a water lily—place these from the yolk to the edge of salad forming a daisy as a garnish.

MISS ELISABETH SIENIEWICZ,  
26 S. Bland St., Halifax, N. S.

**Spiced Salmon Trout**

Have one pint of any cold boiled flaked fish (salmon trout are particularly nice when prepared in this way). Steep six cloves, six allspice, six peppercorns, one tablespoon of brown sugar, in one cup of sharp vinegar for ten minutes, pour it over

---

the fish and let it stand for two or three hours. Remove the bones from the ordinary fish, but with the salmon trout this is needless as the vinegar destroys them.

MRS. ELISABETH ROWAN,  
Fredericton, N. B.

#### Pickled Salmon

One good-sized salmon (if frozen, thaw in cold water), tie up in a thin cloth and boil until done, or so a fork will go into flesh easily. Have ready enough vinegar in an earthen dish (crock preferred), with about 25 whole cloves, and put the hot salmon into it and let it cool before using. Will keep indefinitely, if properly covered.

MRS. W. K. MCPHERSON,  
R.R. No. 2 Lepreau, N. B.

---

## SCALLOP RECIPES

### Devilleed Scallops

Heat a quart of scallops in own liquid to boiling point. Drain, save liquor, and chop. Beat half a cup of butter to cream, adding salt, pepper and teaspoon mustard. Mix thoroughly with one cup of white stock. Keep hot. Stir scallops and their liquid into this sauce and let stand half an hour. Put in scallop dish or shells, sprinkle with crumbs, dot with butter and bake in moderate oven twenty minutes.

MRS. H. A. DICKSON,  
Dartmouth, N. S.

---

## SOLES

### Baked Flounder

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

Place the fillets neatly on a well greased dish, sprinkle over some finely chopped parsley, season with salt and pepper, add a dash of vinegar, and just enough fish stock to cover the fish. Sprinkle over with bread crumbs, cover with pieces of butter here

**Soles—Continued**

and there, and bake in a hot oven for about fifteen minutes. Send it to the table in the same dish. The remainder of the stocks can be used for sauce or other purposes.

MRS. JOHN ALEXANDER,  
Beaver Harbor, N. B.

**"Fillet" for Invalids**

Procure a medium size sole and fillet. Dust with a little salt and pepper and lay between two soup plates. Place on a saucepan of boiling water and cook for half an hour; serve with parsley sauce.

MRS. M. DOYLE,  
Box 449, Collingwood, Ont.

**Baked Sole, Filleted**

1 National sole filleted  
1 tablespoon flour  
½ grill of cream

Butter size of an egg  
1 teaspoon chopped parsley  
Lemon juice, salt and pepper

Fold fillets of sole lightly in halves and put on a greased tin. Sprinkle with salt and pepper and a little lemon juice. Cover with buttered paper and bake in a moderate oven about 6 min. Make a stock from the bones and fins of sole, as this adds greatly to the flavour of the sauce, which is made from the ingredients listed above. Arrange fillets on dish in a circle and pour sauce over them. Serve hot.

MISS B. CLINTON,  
336 Daly Ave. Ottawa, Ont.

**Sole a La Tuque**

1 oz. minced suet or piece of butter  
2 tablespoonfuls bread crumbs  
1 small egg to bind the whole

1 teaspoonful minced parsley  
1 oz. minced lobster or shrimps  
salt and pepper

A very little grated lemon rind

Moisten above ingredients with the beaten egg. Skin sole, take off head and tail; cut down centre as if going to fillet. Slip knife just over fillets on either side (making bag). Wash and dry the fish. Fill centre with forcemeat, close up fillets. Place in dripping-tin. Pour round  $\frac{1}{4}$  pint of stock, and bake about 20 minutes. If you have no stock, use water and a little bovril. The flavouring matter from fish, makes this very nice gravy.

MRS. JANET HAYMAN,  
1483 Queen St., East, Toronto, Ont.

**Soles—Continued****Soles Filleted and Rolled**

First cover the fillets with a force-meat, mushroom, shrimp or lobster, roll and tie them. Cook them in a buttered tin with lemon juice, and a buttered paper laid over. Dish them and serve a sauce with them, according to the nature of the stuffing, if shrimp or lobster is used, the fillets should be sprinkled with lobster coral, of mushroom, use truffle and parsley chopped.

MRS. A. MANTLE,  
90 Artillery St., Quebec.

**Baked Sole**

Fillet a sole, 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 minutes. (This will make fish stock.) Place the fillets neatly on a well greased dish, sprinkle over them some finely chopped parsley and a pinch of sweet herbs, 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 tiny piece of butter here and there and bake in a hot oven for twenty minutes. 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.

MRS. F. GIBSON,  
Hill Street, Fergus, Ont.

**Fried Filleted Soles**

Have as many filleted soles as required, dip each fillet in beaten egg and then fine bread crumbs. Put in pan of boiling fat until brown, then drain on white paper. Serve with white sauce, if liked add a little anchovy to sauce.

MRS. T. OWEN,  
138 Powley St., Orillia, Ont.

**Steamed Fillet Sole**

Have as many filleted soles as required, put soles in waxed paper. Place them in steamer over boiling water for 20 minutes. Serve with white sauce or without.

MRS. T. OWEN,  
138 Powley St., Orillia, Ont.

**Soles—Continued****Fried National Fillet of Sole  
(English Style)**

After the sole has been thoroughly cleaned, it must be dried and lightly dredged with flour, have plenty of bread crumbs and enough well beaten eggs to cover all over, (this is best done with a brush), then let every part be covered with bread crumbs and fry in hot fat until a golden brown.

Serve on a platter garnished with parsley and sliced lemon.

(MRS.) R. REYNOLDS,  
434 McLeod St., Ottawa, Can.

**Sole au Gratin**

Take eight fillets, sprinkle each with salt and pepper.

Roll each one and place in earthenware dish. Make sauce as follows:

Melt 1 oz. of butter in a stew pan. Add 1 oz. of flour and one cup of milk. Bring to boil, then add 1 oz. of grated cheese. Pour this over fillets and sprinkle with bread crumbs.

Bake in moderate oven for 15 minutes.

MRS. WINGATE,  
79a, 2nd Avenue, Dominion Q.R. Lachine.

**Stuffed Sole**

1 medium sized sole  
2 or 3 tomatoes sliced  
1 teaspoon parsley

1 oz. butter  
1 onion  
grated cheese  
bread crumbs

Skin soles and make an incision down back as far as for filleting raise flesh as far as possible on both sides. Mix butter, onion chopped and parsley together and put in sole. Arrange rings of onion round slices of tomatoes and put on top of fish. Mix dessert spoon of grated chese and bread crumbs together and sprinkle on top of all. Put in greased dish. Cover with greased paper and bake in moderate oven for 20 minutes. Serve with either tomato or brown sauce.

MRS. MUNNERY,  
305 Gloucester St., Ottawa.

**National Fillet of Sole, Baked**

Butter a flat pan thoroughly, fold the fillets loosely over and lay them on the pan, sprinkle a little salt and a squeeze of lemon juice over them, and cover with buttered paper. Place in

**Soles—Continued**

a quick oven six minutes, serve on a platter garnished with the following sauce:—

Chop a small bunch of parsley very fine and put aside, mix in a stew pan one ounce of butter and three-quarters of an ounce of flour, one cup of milk, bring to a boil, stirring constantly, until the consistency of cream, then add salt and parsley.

MRS. S. REYNOLDS,  
310 Percy St., Ottawa Can.

**Fillet of Sole Fritters**

Take fresh fillet, and cut into inch pieces. Wipe with clean cloth.

Now make a batter of

1 egg		$\frac{3}{4}$ cup milk
1 small teaspoon baking powder		$\frac{1}{2}$ cup flour
	$\frac{1}{2}$ teaspoon salt	

Beat till smooth. Dip each piece of fillet in batter, and fry in deep fat, drain on paper.

Served with creamed potatoes, this makes a tasty dish.

MRS. ALBERT MANUEL,  
Fredericton, N. B.

**Sole a la Bercy**

Skin and bone two large flounders, and cut into eight fillets. Put into a buttered pan, sprinkle with salt, pepper, and lemon juice, and add one-fourth cup white wine. Cover and cook fifteen minutes. Remove to serving dish, pour over Bercy Sauce and sprinkle with finely chopped Parsley.

Bercy Sauce.—Fry one tablespoon finely chopped shallot in one tablespoon butter five minutes, add two tablespoons flour, and pour on gradually the liquor left in pan with enough white stock to make one cup. Add two tablespoons butter, and salt and cayenne to taste.

E. L. SIMS,  
62 Dublin St., Halifax

## SOUP RECIPES

### Cream of Salmon Soup

Melt in a saucepan or double boiler, 2 teaspoonsful of butter and stir in 2 teaspoonsful of flour. Add 2 cups milk gradually, stirring constantly until it boils, then add  $\frac{1}{2}$  cup of cold cooked salmon, (with all the bones removed), finely mashed, and 1 tablespoonful of cream for each cup milk used. Season with salt and pepper, bring to the boiling point and serve.

MRS. L. SIMPSON,  
Box 146, Hawkesbury, Ont.

### Fish Chowder

Take medium-sized codfish and remove skin and bones and cut up in pieces, with 6 potatoes cut up in cubes. Boil together in saucepan in salted water. Then take  $\frac{1}{4}$  lb. pork, cut up with 3 small onions and fry till brown, then put in saucepan with fish and potatoes. Then add 1 pint of milk, season to taste and serve.

MRS. N. R. DEAN,  
50 Stairs, St., Dartmouth.

### Clam Bisque

Open (2) two dozen clams, wash them in their own liquor and chop very fine. Strain the liquor through (2) two thicknesses of cheese cloth and add it to one quart of water. Put it to boil, adding a tablespoon of chopped celery, one teaspoon of pepper, one teaspoon of parsley. Cook ten minutes.

Add the clams and cooke five minutes longer. Rub (1) one tablespoon of flour in one (1) tablespoon of butter. Add to the bisque, cook 3 minutes, then press through a puree sieve. Return to the fire, boil up once. Add one pint of thin cream. Serve with small crackers.

MRS. A. M. DOUGHERTY,  
239 Smythe St., Fredericton, N. B.  
Secretary to Fredericton Women's Institute.

### Fish Chowder

2 cups flaked cod, or fresh cod or soaked salt cod	1 quart milk
1 pint boiling water	1 sliced onion
8 potatoes cut in $\frac{1}{4}$ in. slices	salt pork fat 1 in. by 3 in.
1 tablespoon salt	$\frac{1}{8}$ teaspoon pepper
	8 crackers

Wash and cut in squares, any kind of white fish. Pare and

**Soup recipes—Continued**

cut in dice, 3 medium-size potatoes; chop fine one large onion, put in the bottom of the kettle a layer of the potatoes, then a layer of fish, add a tablespoon of onion, one half a teaspoon of thyme, a saltspoon of salt, a dash of pepper, one half a teaspoon celery seed, and so continue until the materials are all used. Have the last layer potato. Pour over one pint of boiling water. Cover the kettle and cook over a moderate fire without tiring for 20 minutes. Meantime heat a pin of milk in a double boiler, take the chowder from the fire and cover the top with crushed water crackers. Pour over the milk, add a teaspoon of butter, cut in bits and serve.

MRS. A. M. DOUGHERTY.

**Fish Soup**

Put  $\frac{1}{2}$  cup of olive oil in a large fish kettle. Cook in this until brown 2 finely chopped onions,  $1\frac{1}{2}$  lbs. haddock,  $1\frac{1}{2}$  lbs. fresh cod or halibut, cut in slices. A couple of slices of lemon, a bay leaf. Pour 1 quart of boiling water over this mixture. After it has simmered for ten minutes, then let all boil for another ten minutes.

MRS. A. M. DOUGHERTY,

**Fresh Cod or Haddock Soup**

Cut fish into convenient slices or pieces. Cut 2 or 3 pieces of salt pork into dice pieces, fry to a crisp and turn into a chowder kettle. Pare 6 medium-sized potatoes and cut them in two. Peel small onion and chop it fine. Put potatoes in kettle with part of onion. Place fish over potatoes. Sprinkle over it rest of onion. Season with salt and pepper. Add just enough water to come to top of fish. Pour over the whole of this the contents of 1 can of tomatoes. Cover closely and allow to cook as long as it takes to boil potatoes. Add 2 quarts of milk and then let it scald up again. Season with tomato catsup, and more pepper and salt if desired.

MRS. A. M. DOUGHERTY,

**Fish Chowder**

Fry 3 or 4 pices of salt pork in a deep kettle; when crisp, remove and put into kettle a layer of sliced potatoes and then one of fish until all is used. Add 2 onions cut fine, pour in boiling water enough to cover all boil one-half hour. Add half a pint of milk and cook five minutes longer. Season as desired.

MRS. A. M. DOUGHERTY,

**Soup recipes—Continued****Summer Soup**

1 haddock (moderate size with head)	1 tablespoon parsley
some fish trimmings	$\frac{1}{2}$ pint milk
2 onions	2 tablespoons flour
1 small carrot	1 slice bread
piece celery	pepper salt and piece of butter

**Method**

Fish must be quite fresh. Scape and clean haddock, wash well. Cut off enough of the fish to fill a cup and set it aside. Put the head, trimmings and the rest of the haddock into a saucepan, with cold water to cover and a little salt. Skim well as it come to the boil; add the bread, onions, carrot, celery (chopped). Boil gently  $1\frac{1}{2}$  hours. Strain, return soup to the pan, with the cupful of fish cut small. Simmer for 10 minutes. Put the flour in a bowl and mix it smoothly with the milk. Add chopped parsley, season and serve, with butter in soup tureen. This soup may be made more delicious by adding 1 dozen oysters.

MRS. N. S. MATHESON,  
Box 645, Pictou, N. S.

**Salmon Head Soup**

Into a kettle containing 1 quart of boiling water, put a salmon head and cook 15 minutes. Take from water and pick fish from bones. Into a kettle containing 1 quart of milk, put 2 tablespoonsful of tomato catsup,  $\frac{1}{2}$  teaspoon of salt,  $\frac{1}{4}$  teaspoon of pepper, add salmon, and let come to a boil, ticken with 1 tablespoon of corn starch that has been moistened in cold water, boil 1 minute stirring constantly.

MRS. PERCY POWELL,  
111 North St., Moncton, N. B.

**Cod or Haddock Soup**

Prepare 3 lbs. of cod or haddock for boiling and put in pot with just enough water to cover; add 2 cups of potatoes cut in cubes; one onion sliced, one tablespoon salt and boil for twenty minutes. Remove fish and add to liquid one quart scalded milk, two tablespoons butter,  $\frac{1}{8}$  teaspoon pepper and thicken with one heaping tablespoon flour.

**Soup recipes—Continued**

Fish may be freed from bones and added to soup in pieces or used as a separate dish.

MRS. E. J. NICOLLE,  
121½ Vernon St., Halifax, N. S.

**Whitefish Soup**

Heat two cups of milk in a double boiler. Cut the fish (cod halibut or haddock) into small pieces and add to the milk. Add one teaspoonful of finely chopped onion, and a tablespoonful of chopped celery. Pepper and salt to taste. Cook slowly about thirty minutes, then add a little flour mixed smooth in cold milk and butter.

Two spoonful of whipped cream served on each plate of soup is an improvement to the dish.

MRS. C. W. MACINTOSH,  
26 York St., Halifax.

**Fish and Tomato Soup**

1 lb. haddock  
1 onion  
2 potatoes  
2 carrots  
2 parsnips

2 tablespoons butter  
1 can tomato soup  
1 quart milk  
2 teaspoons flour, salt  
¼ teaspoon pepper

Free the fish from skin and bones, cut the fish and vegetables up fine and add two cups of water and let boil until tender. Add the tomato soup, milk, butter, salt and pepper. Let come to a boil and thicken with the flour. Serve with soda crackers.

MRS. S. C. HARTLING,  
167 Agricola St., Halifax.

es  
S.  
od  
ld  
of  
ut  
lk  
of  
r.  
-  
r.  
0  
e.

The logo for Bookkeeper features the word "Bookkeeper" in a dark blue, sans-serif font. Above the "ee" in "keeper" are four horizontal lines of varying lengths, stacked vertically, resembling a book's spine or a stylized graphic element. A registered trademark symbol (®) is located to the upper right of the word.

Deacidification for Libraries and Archives

February 2011

**BNQ**



**C 000 191 960**