

FRESH-SALTED COD

Here is something quite new and very economical, fresh-salted cod ! It is best quality cod caught in the cold northern waters round Iceland and preserved in salt in a way new to this country. There is practically no waste with it as the heads and most of the bones have been removed. Its price is only **9d. a pound.**

Fresh-salted cod is simplicity itself to cook. The fishmonger washes out the salt for you. It is ready to cook when you buy it. Like all fish, it should be cooked the day it is bought. Here are some ways of serving it.

HOW TO COOK

BOILING

Put in a pan with just enough cold water to cover. Add a dash of vinegar (about 1 teaspoonful to a pint of water) and a few peppercorns, if possible. Bring to the boil slowly and simmer for about 10 minutes. Drain well. Serve with parsley or shrimp sauce, using a little of the water in which the fish was boiled, for the sauce.

FRYING

Few people have enough fat these days to fry fish but it is just as tasty if crumbed and baked as described below :—

TWO WAYS OF BAKING

Crumbed. Sprinkle the pieces of fish with pepper, dip them in a thin batter made with flour and water, coat with browned crumbs and bake on a well-greased baking tin in a brisk oven for about 20 minutes.

Plain-baked. Lay the pieces of fish in a well-greased baking tin or fireproof dish. If possible, dot with a few shavings of margarine or pour a tablespoonful of milk over them. Cover with margarine papers and bake in a moderate oven for about 20 minutes. Sliced tomatoes baked on top of the fish are a pleasant addition or serve with parsley butter made with 1 oz. margarine. Cream the margarine and add chopped parsley, form into little pats and put on top of the fish.

Fish Paste

3 ozs. cooked fresh-salted cod	2 ozs. mashed potatoes
1 oz. softened margarine	2 teaspoonfuls
pepper	Worcester sauce

Flake the fish finely with a fork and beat into the potato until the mixture is smooth and creamy. Then beat in the margarine and sauce and a little pepper. Use for sandwiches.

Cod Mould

1 lb. fresh-salted cod	1 oz. flour
6 ozs. macaroni or spaghetti	1 oz. fat
4 ozs. wheatmeal crumbs	1 head celery
4 heaped tablespoons parsley	salt
1 or 2 tomatoes (if obtainable)	pepper
1 gill stock or macaroni water	mustard

Put macaroni or spaghetti to cook in fast boiling salted water. Cook fish in milk or water. Chop celery very finely. Chop parsley. Make a sauce by melting fat, adding flour and fish stock or macaroni water. Stir until boiling. Add flaked fish, macaroni, celery, parsley, pepper and other flavourings, i.e., tomato, etc. Put into a greased mould and steam for one hour. Turn out and serve with a good sauce, such as a wartime mayonnaise.

Cod Pancakes

1 lb. fresh-salted cod	2 teaspoons mixed herbs
1 tablespoon parsley (chopped)	12 ozs. mashed carrots or raw grated carrot
pepper	
salt.	

Batter

About 1 pint water or
Milk and water

{	8 oz. flour
	4 teaspoons custard powder
	2 teaspoons baking powder
	salt.

Method

Cook cod in a little water until it will flake easily. Remove bones and flake up into small pieces. Make batter and add seasonings and flaked cod, vegetable, parsley, herbs, etc.

Melt some fat in a pan, pour in some of the mixture. Turn and fork up as it browns and cooks. When ready roll up and shape in the pan to form an omelette. Serve with a nice sauce.

Cod Loaf

1 lb. fresh-salted cod	1 lb. wheatmeal crumbs
1½ lb. mixed vegetables (cooked and mashed)	pepper
	gravy or white sauce.

Cook fish in a little water and flake into small pieces with a fork. Line a tin with browned crumbs. Mix fish, vegetables, wheatmeal crumbs altogether and moisten with a little gravy or sauce if necessary. Season well. Pour into the prepared tin and bake in a moderate oven for 40 minutes. Turn out and serve with anchovy sauce.

Anchovy Sauce

1 pint milk or milk and fish stock	2 oz. flour
2 teaspoons anchovy essence	1½ oz. fat
salt	pepper
cochineal.	

Melt fat, add flour and add liquid gradually stirring till boiling. Boil 3-4 minutes. Season well. Add anchovy essence and one or two drops of cochineal to colour.

Baked Fish Cakes

4 ozs. cooked fresh-salted cod
2 large well-mashed carrots
1 teaspoonful mixed sweet herbs

1 lb. mashed potato
a rasher of bacon cooked and chopped. (If liked.)
1 dessertspoonful Worcester sauce.

Mix the ingredients thoroughly, form into small round cakes and roll each in fine, well baked breadcrumbs. Put the cakes on a greased baking tin and bake for 20 minutes in a moderate oven.

This is a particularly good way of making fish cakes as no fat is required.

Cod Cheese Tarts

1 lb. fresh-salted cod
pepper
wheatmeal crumbs (browned)
pastry cases of potato pastry

$\frac{1}{4}$ lb. cheese
mustard

For $\frac{1}{2}$ pint white sauce

$\left\{ \begin{array}{l} 1 \text{ oz. fat} \\ 1 \text{ oz. flour} \\ \frac{1}{2} \text{ pint fish stock and milk} \end{array} \right.$

Potato Pastry.

4 ozs. sieved cooked potatoes
8 ozs. plain flour

$\frac{1}{2}$ teaspoonful salt
2 ozs. fat.

Sieve flour with the salt. Rub fat into the flour, adding the potato and rubbing it in lightly too. Mix to a very dry dough with a small quantity of cold water. Knead and roll out. Fill pastry rings or sandwich tins. Prick and bake in a moderate oven.

Cook the fish in a little water. Remove bones and flake with a fork. Make the white sauce. Add fish and half of the cheese, grated. Mix well and pour into the pastry cases. Sprinkle the rest of the cheese on top and finish with the browned crumbs. Bake in a moderate oven 30-40 minutes, or if a quicker dish is required brown carefully under the grill and serve immediately.

Fish Pie

$\frac{3}{4}$ lb. cooked fresh-salted cod
1 lb. sliced cooked carrots
or swedes
chopped parsley

1 pint white or parsley sauce
1 lb. sliced cooked potatoes.
pepper

Put a layer of sauce at the bottom of a dish, arrange in alternate layers the fish and vegetables and sauce, finishing with potatoes. Sprinkle the seasoning between the layers. Cover the top with crisped breadcrumbs (much improved if tossed in bacon fat).

Put the dish into the oven to get thoroughly hot.

Curried Cod

1 lb. fresh-salted cod
1 tablespoonful gravy powder
1 dessertspoonful curry powder
1 tart apple.

1 tablespoonful dripping
1 tablespoonful vinegar
1 dessertspoonful sugar
1 tomato or 2 spring onions, if possible.

Boil cod as described on page 1. Save $\frac{1}{2}$ pint of the water. Peel and chop the apple very finely and fry in the dripping with the sliced tomato or onions. Mix the gravy powder and curry powder with the vinegar and stir into the frying pan. Add the sugar (and a few sultanas if you have them) and the water. Boil up, add the fish cut into cubes and simmer for ten minutes. Serve with mashed potatoes and a green vegetable.

Cod with Parsnip Cakes and Piquante Shrimp Sauce

1 large fillet fresh-salted cod 2 lbs. parsnips
1 teacup browned breadcrumbs
4 tablespoonfuls dripping pepper and salt

For the sauce

1 oz. margarine 2 ozs. flour
 $\frac{1}{2}$ pint water in which parsnips were boiled
 $\frac{1}{2}$ teacupful milk $\frac{1}{2}$ pint picked shrimps
1 tablespoonful vinegar 1 teaspoonful mustard

Boil the parsnips until soft and save the water for the sauce. Mash them very thoroughly, form into small flat cakes and roll in breadcrumbs.

Put the fish into a baking tin, spread with the dripping and cook in a brisk oven for 5 mins., when the dripping will be melted. Then put the parsnip cakes into the tin round the fish and bake together for 20 minutes.

Melt the fat, mix with the flour, cook together for a minute or two, then add the liquid gradually, and boil for at least 10 minutes.

Add the shrimps at the last moment, together with the vinegar and mustard.

Dish up the fish and the cakes, draining them quite free from fat. Serve with the sauce.

Sea Shell Savouries

Scallop shells $\frac{1}{2}$ lb. prepared and cooked fresh-salted cod
1 lb. well-mashed potatoes $\frac{1}{2}$ lb. carrots cooked and diced
small

$\frac{1}{2}$ pint parsley sauce (made with 1 oz. margarine, 1 oz. flour,
 $\frac{1}{4}$ pint of milk, $\frac{1}{4}$ pint of fish liquor, 3 tablespoonfuls
chopped parsley, pepper).

A few crisped brown bread crumbs.

Line the shells with a little mashed potato. Fill with fish combined with sauce and carrot. Cover with more potato and sprinkle with crumbs. Put under grill to brown.

This quantity of fish, etc., should fill 6 small shells.

Fish Salad

$\frac{1}{2}$ lb. fish (cooked as above) 2 or 3 cooked potatoes
1 lettuce or 1 teacupful of shredded raw spinach.
1 bunch of watercress 1 grated raw carrot
1 dessertspoonful A few spring onions,
chopped parsley.

Flake the cooked fish before it is cool and leave it to soak in a mixture of one dessertspoonful of salad oil, two dessertspoonfuls of vinegar, and a good dusting of pepper.

Make an attractive platter with the salad ingredients, pile the fish in the centre and sprinkle with parsley. Serve with diced potatoes as a separate dish, dressed with parsley, or with the sliced potatoes forming a "bed" under the flaked fish.



MINISTRY OF FOOD