

Mrs Greenkeeper's Own Corner

with Ann Mawson

Trout is a delicious fish. The fresh-water trout is thought more highly of. They are small fish, rarely more than one pound in weight. They may be cooked in many different ways, but never boil them — the delicious flavour is lost when boiled.

Of course if you have a fisherman in the family you will be sure of your trout being extra fresh, which they really need to be.

Baked Trout

Watercress or chopped parsley, cayenne pepper, salt, four trout, a little butter (2 oz.).

Clean and dry the fish, and season both inside and outside with a little cayenne pepper and salt. Put into a buttered dish and dot with a little butter. Cook until the flesh leaves the bone easily. Remove the fish and put them onto a hot dish with the juice left over from cooking the fish. Serve this with butter sauce separately. Garnish with a little watercress or chopped parsley. This makes a good breakfast dish.

To serve four people.

Fried Trout

Lemon slices, $\frac{1}{4}$ lb. mushrooms, sprigs of parsley or watercress, cornflour, salt and pepper, four trout.

Prepare the fish as before — trout are nearly always served with their heads on. Season well with the salt and pepper and roll the fish in the cornflour and fry in butter allowing both sides to brown well.

Dish up on a hot plate with watercress or parsley. Serve with lemon slices and fried mushrooms.

This is also a good breakfast dish.

To serve four people.

Turbot is another tasty fish. This can be bought both large and small. One good sized steak of a large fish is enough for two people as this is a very

“filling” fish. The smaller fish are filleted, or sold whole. One small turbot is enough for two people.

Cream of Turbot and Cheese

A little cream, garnishing, grated cheese, breadcrumbs, seasoning, white sauce, left-over turbot.

Flake the fish coarsely and put a layer into a greased pie dish. Make some white sauce: about half a pint for two people — for four people you will need a pint — put a layer of sauce over the fish and season well. Carry on in this way until sauce and fish are used up.

Finish with a layer of breadcrumbs and some grated cheese. Bake in a cool oven for half an hour as this dish only needs warming through.

If you like, before baking pour a little cream over it and garnish as liked.

To serve two people.

Turbot Baked Fillets

Two large or four small fillets of turbot, salt and pepper, butter, parsley, a little white wine, or equal quantities of water and white vinegar, or stock made from the bones of the filleted fish, melted butter, or a good sauce.

Wipe the fish and put into a well buttered fireproof dish, season with salt and pepper and sprinkle over a little chopped parsley. Put about half a teacupful of whatever liquid you decide to use over the fish and bake in a moderate oven for half an hour.

Dish the fillets up very carefully on to a hot dish, garnish with cut lemon, or as an alternative, serve in a dish suitable to take to the table, with melted butter, or any sauce which is a favourite with the family.

Tomato or parsley sauce are both good with this.

To serve four people.

— Until July . . .