

BAKED FILLET OF HADDOCK

Wash the fillets and dry. Add 1 tbsp. salt to 1 cup milk. Dip the fillets in the salted milk, drain slightly and roll in sifted bread crumbs. Place in a greased baking pan and sprinkle with a little melted fat. Bake at 500° F. for 10 minutes. Serve with a sauce made as follows: Melt in a saucepan 1 tbsp. butter and add 2 tbsp. minced onion, 2 tbsp. minced celery, 4 tbsp. finely chopped sweet green pepper, and cook gently until tender—about 10 minutes. Then add $\frac{1}{2}$ tbsp. flour and mix well. Stir in slowly $\frac{1}{2}$ cup milk and cook until thick, and then add gradually 1 small can of tomato soup, and 2 tsp. French's Prepared Mustard. Bring to a boil and pour over the haddock fillets.