

## Baked Salt Mackerel

**S**OAK the mackerel in cold water over night, placing the split side down. Cut off the fins and tail. Wash and put in a baking-pan with the split side up. Mix a teaspoonful of flour smooth with a little milk and stir into half a pint of milk. Pour this over the mackerel and bake in a moderate oven for half an hour. Just before the fish is done add a teaspoonful or more of butter.

The mackerel may be baked in a tomato sauce instead of the milk if desired.