

CREAMED WHITE FISH

BOIL the fish fifteen or twenty minutes, and take out the bones. Season with pepper, salt and a few drops of lemon juice.

To each pint of this add a sauce made from four tablespoonfuls of butter, two of flour, a speck of cayenne pepper and a pint of rich milk in which a tiny bit of onion has been boiled. Mix the sauce with the fish gently, taking care that the flakes are not broken. Place in a baking dish, sprinkle with buttered crumbs and bake from twenty to thirty minutes in a hot oven.