

FISH AND RICE CROQUETTES.

Put a quarter of a pound of rice into a saucepan with an ounce of butter and a pint of milk, simmer slowly for an hour and a half, by which time the rice will have absorbed all the milk, and do not stir it while it cooks. When cooked, add a seasoning of salt and stir in the yolk of an egg. Turn on a plate to cool. Have ready some cold cooked fish, mixed with a little thick white sauce (previously seasoned). Take portions of the rice, roll into balls, make a hole in the center, fill with the fish mixture, close up the hole and brush over with the white of the egg. Roll the balls in fine breadcrumbs and fry in hot fat. Drain and serve with sauce.