

MATERIAL AND AMOUNT

Fish-Balls with Tomato Sauce

Fish flakes	1½ cups
Potatoes	3 cups
Butter	2 tbsp.
Milk	1 cup
Egg	1
Tomatoes	½ can
Onion	½
Peppercorns	3
Bay-leaf	1
Butter	1 tbsp.
Flour	1 tbsp.

PUT the potatoes (cut in small pieces) and fish in a stew-pan, cover with boiling water and cook until the potatoes are done. Drain off the water, then mash and beat until very light. Add the milk and butter and season with pepper and salt. Next the unbeaten egg and whip until light. Shape into balls, roll in egg and sifted bread-crumbs, and then fry in smoking-hot fat for just a moment. Drain on soft paper. *Tomato Sauce:* Stew the tomatoes, onion, peppercorns and bay-leaf ten minutes, then rub through a sieve. Cook the flour and butter in a saucepan until bubbly; add the tomatoes slowly.

Season with salt and pepper and pour around fish-balls. The entire cost of fish-balls and sauce enough for a family of four will not exceed twenty-five cents.