

HALIBUT BAKED WITH MILK

Select for this dish a thick slice from just below where the fish was split in dressing it. Any part may be used, but this cut gives the best shaped slices.

Clean the fish, dip the dark skin into a pan of boiling water and scrape it until white. Rub well with salt and pepper. Put it into a clean baking-pan, a little larger than the fish, and pour milk over it till half-an-inch deep. Bake a four-pound fish about an hour. Cook slowly at first, basting often with the milk, and add more milk if it all cooks away before the fish has browned. When the flesh will separate easily from the bone the fish is done.

Remove the bones and skin and arrange the fish carefully on the platter in the original form. Pour a drawn butter-sauce around it, or over it, if you prefer. Garnish it with parsley and slices of hard-boiled eggs. The milk keeps the fish moist, is a wholesome substitute for pork, and gives the fish a rich brown color, which always adds much to the attractiveness of a baked fish.