



SEA FOOD HOLLANDAISE

Season 6 fillets of a white fish with salt and pepper. Melt 4 tablespoons Crisco in hot skillet. Brown fish quickly on one side. Turn fish, cover skillet, cook slowly until done. Serve with mock Hollandaise sauce:

3 tablespoons Crisco	2 tablespoons lemon
2 tablespoons flour	juice
1 cup hot water	2 egg yolks
$\frac{1}{2}$ teaspoon salt	12 fresh-cooked shrimps
Few grains cayenne	or 1 can shrimp
$\frac{1}{2}$ cup cooked sliced mushrooms	

Melt Crisco. Stir in flour. Add water. Cook slowly, stirring continually. When mixture thickens add seasonings and lemon juice. Stir in beaten egg yolks. Warm mushrooms and shrimps and add just before serving.