

MATERIAL AND AMOUNT

Spanish mackerel	1
Grated bread	1½ cups
Ham (minced)	½ cup
Parsley	2 tbsp.
Onions	3
Celery	1 stalk
Carrots	2
Thyme	½ tsp.
Salt	1½ tsp.
Pepper	½ tsp.
Egg	1
Green tomato relish	¾ cup
Butter	1½ tbsp.
Flour	1 tbsp.
Milk	½ cup
Water (boiling)	1½ cups

Spanish Mackerel En Casserole

REMOVE backbone from mackerel, clean, wash and wipe dry. Season the flesh side with salt and pepper to taste. Make dressing of the bread, ham, one tablespoonful of chopped parsley, one onion, thyme, salt and pepper. Bind together with an egg well beaten. Put dressing on the flesh side of the fish; pack firmly. Roll the fish and tie securely. In the bottom of the casserole put a layer of chopped onions, carrots, celery, and parsley. Lay the fish on top and pour boiling water over all. Put the tomato relish on top of fish and bake for three-quarters of an hour. When fish is baked, take from casserole and stir into sauce remaining in casserole, the creamed butter and flour. Last of all add the scalded milk. Send fish to the table in casserole, the sauce in a gravy-boat. Time in preparation about 45 minutes. If a fairly large mackerel is used, this recipe will serve six persons.