
rhino reto

e-book

*filled with precious tips & tricks
for filleting fish and delicious recipes!*



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Filleting a fish takes a little bit of practice, developing a minimum set of skills and a sharp, special blade just like the Rhinoreto filleting knife. Congratulations on your inspired choice, since you already got the knife!

So, you mean business to prepare your own fish fillets and dishes. If you already know the process of filleting, refreshing your memory can only do good. If you're new to this, learning new tips & tricks will help you become a more proficient cook, together with some simple and delicious fish cooking recipes.

The Rhinoreto Team invites you to discover all of this and more in the following pages of the e-book. Read all the info carefully and have an awesome filleting experiences every time!



Use the right tool for the job

Filleting a fish takes a little amount of touch, but spending a little more time at the cleaning phase means less or no bones when eating, for a more enjoyable meal. Once you get skilled with filleting, you can slice and debone almost any species of fish, especially if you have the right tool for the job like the Rhinoreto Filleting Knife.





Sharp blade, sharp results



First, before starting to slice the fish, make sure the knife is up to the task, that means its blade should be as sharp as it can be. If it's not, please use the sharpener that comes with the knife to hone the edge. It only takes a few minutes but the sharp results will speak for themselves.

Pass the blade with the edge down, through the ceramic plates of the

sharpener, in one continuous move, from the knife guard to the tip. Repeat this movement for about 2-3 minutes, while applying moderate pressure on the blade.

Once you're happy with the blade's edge, rinse the knife with tap water.



Set up a work area

Fish filleting is a messy operation, so a large cutting board will help. Place a large paper sheet underneath the board and have a clean plate for the fillets at hand.





Prepare the fish for filleting

Rinse the fish in cold water and dry it with a paper towel. Place the fish on the cutting board, with the belly towards you.

There is more than one way to fillet a fish and we'll present you the faster, easier methods.



It's OK if you don't get all the meat off the fish with the first fillets. Practice makes perfect! If you skin the fish, you do not have to scale it first. If you are going to use the skin, scale it first, then proceed with filleting.



Filleting whole fish - small to medium size

Make a vertical, deep cut right behind the gill cover. Then insert the knife, blade parallel to the fish body, from the tail end. Keeping it as close to the backbone, run the knife towards the head of the fish, in one continuous movement, while

applying steady pressure. The idea is to meet the first vertical cut made at the head, to complete the fillet. When done right, you will be able to remove the fillet right away.

Then, turn the fish upside down, repeat the vertical cut behind the gill and proceed once again with a longitudinal slicing motion, from the tail end to the head, to obtain the second fillet.



Filleting whole fish - large size

Larger fish are usually thicker and they require a few extra-steps to ensure you get the best fillets out of them. First, make a deep cut just behind the gills (halfway through the thickness of the fish), then cut a slit a few inches in length along the dorsal of the fish (topside). Use the tip of the knife to separate the flesh from the

bones and the fish should open just like a magazine. To finish the fillets, run the knife along the spine of the fish, from the head area to the tail.

The above-mentioned filleting methods work well for saltwater fish.





Filleting partially sliced fish (no head and tail)

Remove the fish head and the tail first.

Begin cutting the fish from inside out: insert the tip of the knife between the backbone and the side and work your way out to top or dorsal. Run the knife along the ribcage - separating the ribs from the backbone is the toughest part of the whole filleting process.

Continue slicing the meat off with the knife in the ventral area (the vent is the small hole found underneath the fish,

where its belly ends). Use the hand to take apart the filler as you proceed further on. Go with the slicing motion until the tail end, to finish the first fillet.

For the other fillet, turn the fish over and insert the knife once again behind the gill cover. The idea is to separate the backbone from the flesh in the dorsal region. This will require cutting the bones of the ribcage clean from the fish's backbone. After that, continue on the ventral area and cut the fillet towards the fish tail.

This method of filleting works well for most of freshwater species of fish, from walleye to panfish, perch, salmon or trout.



Final touches on the fillets

Remove the ribcage bones by using a needle-nose plier if you wish. You can also use the pliers for removing other tiny bones found along the fillets. Some fish have tender flesh, so this operation may damage the fillet's look. Be extra careful when doing this step.

Skinning the fish is an optional step,

since some people consider fish skin quite a delicacy. To remove the skin in the best possible way (minimum amount of flesh left on it), position the knife between the skin and the flesh, at one fillet's end. Put the blade at a slight angle and slide it the entire length of the fish. When slicing, hold the skin firmly with the other hand.

Congratulations, you're done! The more filleting you do, the better you will become at it. With the Rhinoreto Filleting Knife, that has a non-stick special coating on the blade, even the most demanding or delicate filleting tasks become easier, simpler and a joy to do!

Enjoy some delicious,
easy-to-made fish recipes



BAKED FILLETS OF BASS

Cut bass into small fillets, sprinkle with salt and pepper, put into a shallow pan, cover with buttered paper and bake for twelve minutes in a hot oven.

Serve with a border of boiled rice and Hollandaise Sauce.

FILLETS OF STRIPED BASS A LA BORDELAISE

Clean two striped bass and cut into fillets.

Cover the trimmings with water, add one cupful of white wine, two cupfuls of white stock, a sliced onion, a bay-leaf, a sprig of thyme, a tablespoonful of butter, and salt and pepper to season.

Skin the fillets, season with salt, and

marinate for half an hour in oil and lemon-juice. Drain, sprinkle with flour, dip in egg yolks beaten smooth with a little melted butter, then in crumbs.

Broil carefully, basting with melted butter as required. Fry a tablespoonful of chopped onion in two tablespoonfuls of flour and cook to a smooth paste. Add the liquid strained from the fish trimmings and cook until thick, stirring constantly. Add half a cupful of stewed and strained tomato, a tablespoonful of minced parsley, and two tablespoonfuls of butter. Season with red pepper and lemon-juice, pour over the fish, and serve.

FILLETS OF STRIPED BASS A LA MANHATTAN

Clean and trim a four-pound bass, skin, remove the bones, and chop very fine. Add four tablespoonfuls of butter, season with salt, pepper, and grated nutmeg, and add enough cream to make a stiff paste. Shape into cutlets, dip in egg and crumbs and fry in deep fat, or saute in clarified butter. Drain and serve with Tomato Sauce.

STRIPED BASS A LA MARSEILLES

Clean a large striped bass and divide into fillets. Put into a fish-boiler with three tablespoonfuls of butter, two large sliced onions, a bunch of parsley, a bay-leaf, salt and pepper to season, and red wine and water, in equal parts, to cover. Simmer for an hour, drain the fish, take out the parsley, strain the liquid, and spread the cooked onions over the fish. Cook three tablespoons of flour in two tablespoonfuls of butter, add the

strained liquid and cook until thick, stirring constantly.

Take from the fire, add the juice of a small lemon, a tablespoonful of anchovy essence, and two tablespoonfuls of butter. When the butter is melted, pour over the fish and serve.

FILLETTS OF BLUEFISH ALA DUXELLES

Skin, bone, and fillet a bluefish. Season with salt and pepper, and cook with melted butter and lemon-juice until firm.

Take from the fire and cool.

Prepare a Duxelles Sauce, boil down until thick, and cook the fish with it.

Dip in crumbs, then in beaten egg, then in crumbs, and fry in deep fat.

Serve with the diluted sauce poured around the fish.

FILLETS OF BLUEFISH WITH ANCHOVY SAUCE

Prepare the fish according to directions given in the preceding recipe, cooking with white wine as well as lemon-juice. Prepare a Cream Sauce, and add to it two tablespoon full each of butter and anchovy paste. Pour over the fish and serve.

FRIED FILLETS OF BLUEFISH

Cut the fish into fillets and soak for half an hour in olive-oil and lemon-juice. Dip in crumbs, then in beaten egg, then in seasoned cracker crumbs, and set into a cold place for an hour. Fry in deep fat and serve with Tartar Sauce.

CODFISH ALA SEVILLE

Wash and dry one cupful of rice, brown it in olive-oil, and drain.

Put into a stew pan and cover with fillets of fresh cod, fried in the oil. Add a sliced onion fried, half a dozen sliced tomatoes, and salt, cayenne, and lemon-juice to season. Add two cupfuls of stock, put a buttered paper on top, cover the pan, and bake half an hour in the oven. Take out the fish carefully, mix the rice and seasoning together, and serve as a border around the fish.

STEWED COD WITH OYSTERS

Cut fresh cod into fillets, and put in a baking-pan, with salt, pepper, and chopped onion to season. Add one cupful of white wine and the liquor of two dozen parboiled oysters. Cook slowly for fifteen minutes, take out the fish, thicken the sauce with butter and flour cooked together, add two tablespoonfuls of melted butter, season with lemon-juice, and pour the sauce over the fish. Garnish with the parboiled oysters and serve.

FILLETS OF CODFISH

Clean and bone the fish and cut into thick strips. Put into a buttered saucepan with a little stock, season, sprinkle with minced parsley, and set into the oven, covered with a buttered paper. Serve in a deep platter with a border of mashed potatoes.

FRIED FILLETS OF CODFISH

Mix together one tablespoonful of olive-oil, two tablespoonful of lemon-juice, and salt, grated onion, and paprika to season.

Soak fillets of codfish in this for an hour, then drain, dip into beaten egg, then into crumbs, and fry in deep fat. Drain on brown paper and serve with Tartar Sauce.

BAKED FILLETS OF FLOUNDER IN WINE

Fillet the fish. Mix together four tablespoon full of Sherry, half a cupful of butter, one tablespoonful each of onion-juice, lemon-juice, and salt, and add pepper to season. Bring to the boil, dip the fillets into it, arrange in a baking-dish, cover with the remaining sauce and bake in a hot oven for ten minutes. Fry in butter a slice each of

onion and carrot, a bay-leaf, and a sprig of parsley. Add a tablespoonful of flour and cook thoroughly. Add one cupful of chicken stock and half a cupful of cream. Cook until thick, stirring constantly, and seasoning with salt, pepper, and grated nutmeg.

Add the gravy from the baking-pan, strain, reheat, pour over the fish, and serve.

BAKED FILLETS OF FLOUNDER

Remove the back-bone and cut the fish into four pieces. Roll up each piece and pin with a toothpick. Soak for an hour in oil and lemon-juice. Roll in seasoned crumbs, then in beaten egg, then in crumbs. Put into a baking-pan, upon thin slices of salt pork, sprinkle with chopped onion and olives, cover, and bake. Garnish with sliced lemons.

BREADED TURBANS OF FLOUNDER

Fillet three flounders, season with salt and pepper, dip into melted butter, roll up and fasten with a toothpick. Dip into egg and crumbs and fry in deep fat. Serve with Tartar Sauce.

TURBANS OF FLOUNDER WITH ANCHOVIES

Drain a bottle of anchovies from the oil. Mix with two tablespoonful of butter, half a cupful of stock, a tablespoonful of lemon-juice, and salt and pepper to season. Pound to a paste, and add the yolks of two raw eggs. Prepare the fillets of flounder according to directions given in the preceding recipe. Spread with the

forcemeat, roll up, and pin with toothpicks. Roll in melted butter, then in flour, and bake in a hot oven for twenty minutes.

FILLETS OF FLOUNDER AU GRATIN

Cook together three tablespoonful of butter, one tablespoonful of flour, a slice of onion, and a bay-leaf. Add two cupsful of chicken stock and cook until thick, stirring constantly. Strain, and add a tablespoonful of lemon-juice. Dip the fillets of fish into melted butter, season with salt and pepper, cover with sauce and bread-crumbs. Bake for twenty minutes in a very hot oven.

FRIED FILLETS OF FLOUNDER

Prepare the fillets according to directions given in the preceding recipe. Keep in a cold place for half an hour, fry in deep fat, and serve with Tartar Sauce.

FILLETTS OF FLOUNDER A LA LYONS

Bone the fish and cut into fillets. Wash in cold salted water and wipe dry. Dip in egg and seasoned bread-crumbs, and fry in hot drippings.

Serve with melted butter, lemon-juice, and minced parsley, or Tomato Sauce, or a sauce made as follows:

Cook together one tablespoonful each of butter and flour and thicken with it a cupful of cream or milk. Add a tablespoonful each of

lemon-juice chopped pickles, and capers, a teaspoonful each of minced parsley and mustard, and the mashed yolk of a hard-boiled egg. Beat thoroughly together and serve either hot or cold.

FILLETS OF FLOUNDER ALA NORMANDY

Prepare the fillets according to directions previously given, and season with pepper and salt. Fry a small chopped onion in butter and add two chopped hard-boiled eggs, and one tablespoonful of minced parsley.

Season with pepper and salt, add a tablespoonful of butter, and cook to a

smooth paste. Spread the fillets with this paste, put a parboiled mussel on each one, roll and tie with a string. Add to the mussel liquor one cupful of cream and simmer the fillets in it for six minutes. Take out and cut the strings.

Thicken the sauce with the yolks of two eggs beaten with four tablespoon full of cream, add a teaspoonful of butter and a few drops of lemon-juice. Add a few parboiled mussels to the sauce, reheat, pour over the fish, and serve.

STUFFED FILLETS OF FLOUNDER 1

Prepare the fillets according to directions previously given, season with salt and pepper, and dredge with flour. Put half of the fillets into a buttered baking-dish.

Chop together a button onion, a small bunch of parsley, half a stalk of celery and half a can of mushrooms. Mix two tablespoonful of butter with one teaspoonful of flour, and add to the chopped mixture with the yolks of two raw eggs. Season with salt, red and black pepper, and mix thoroughly. Spread the fillets in the pan with this stuffing and lay the other fillets on top.

Cover with buttered paper and cook for twelve minutes.

Serve with the remaining mushrooms heated and sprinkle with lemon-juice.

STUFFED FILLETS OF FLOUNDER 2

Prepare the fillets according to directions previously given. Put each two together, with mashed potato beaten light with egg between. Cover with crumbs, dip in egg and crumbs, and fry in deep fat. Serve with Tartar Sauce.

FILLETS OF FLOUNDER WITH GREEN PEAS

Prepare the fillets according to directions previously given, dip into melted butter, and season with salt, pepper, and lemon-juice. Skewer into shape with toothpicks and arrange in a baking-dish.

Half cover with stock made from the fish trimmings and bake for ten minutes.

Arrange in a circle on a platter, and fill the center with green peas seasoned with salt, pepper, and butter. Strain the stock, thicken with butter and flour cooked together, and serve separately as a sauce.

STEAMED FILLETS OF FLOUNDER

Prepare the fillets according to directions previously given, and spread with chopped pickles, olives, capers, parsley, and onions.

Roll up, fasten with toothpicks, and steam or bake, basting with stock, or dip in egg and crumbs and fry in deep fat.

Serve with any preferred sauce.

STUFFED FILLETS OF FLOUNDER ALA DELMONICO

Prepare the fillets according to directions previously given. Cover with half a cupful of white wine, one cupful of fish stock made from the bones, and salt and paprika to season. Simmer for twenty minutes. Cook together one

tablespoonful each of butter and flour, add half a cupful of stock and cook until very thick, stirring constantly. Add half a cupful each of shrimps and oysters chopped fine, a teaspoonful of Worcestershire sauce, the yolk of an egg, and two drops of tabasco sauce. Dip the fillets in this mixture and cool. When cold dip in crumbs, then in egg, then in crumbs, and fry in deep fat.

ROLLED FILLETS OF FLOUNDER

Prepare the fillets as directed and spread with anchovies, lobster, shrimps, or sardines, mashed to a paste with butter. Roll up, fasten with toothpicks, and bake, fry, saute, or stew, as preferred.

BROILED
FILLETS OF
FLOUNDER
ALA
BRIGHTON

Season the fillets with salt, pepper, and oil. Broil carefully and put on slices of buttered toast. Surround with parboiled oysters and pour over a sauce made of water and the oyster liquor, thickened with butter and flour cooked together, and seasoned with anchovy paste.

FILLETS OF FLOUNDER ALA DIEP-POISE

Prepare the fillets as directed, seasoning with salt and pepper, brown in melted butter, and cool. Sprinkle with crumbs, dip in eggs beaten with an equal quantity of melted butter, roll in fresh crumbs and broil, basting with oil.

Serve with melted butter, minced parsley, and lemon-juice.

FRIED FILLETS OF HADDOCK 1

Skin, clean and fillet a haddock. Season with pepper and salt, dip into egg and crumbs and fry brown in deep fat.

FRIED FILLETS OF HADDOCK 2

Cut the fish into fillets and marinate in oil and vinegar with a little onion. Drain, dip in butter, then in crumbs, and fry in deep fat. Serve with Tomato Sauce.

BAKED FILLETS OF HADDOCK

Clean and fillet a fish, put into a pan with melted butter, and season with pepper, salt, and lemon-juice. Sprinkle with minced parsley, cover with buttered paper, and bake in the oven. Serve with Italian Sauce.

FILLETS OF HADDOCK A LA ROYALE

Prepare the fillets and put into a basin with a marinade of oil and lemon-juice, seasoned with pepper, salt, minced parsley and chopped shallots. Drain, dip into batter and fry in deep fat. Serve with any preferred sauce.

BAKED FILLETS OF HADDOCK

Clean and fillet a fish, put into a pan with melted butter, and season with pepper, salt, and lemon-juice. Sprinkle with minced parsley, cover with buttered paper, and bake in the oven. Serve with Italian Sauce.

FILLETS OF HADDOCK A LA ROYALE

Prepare the fillets and put into a basin with a marinade of oil and lemon-juice, seasoned with pepper, salt, minced parsley and chopped shallots. Drain, dip into batter and fry in deep fat. Serve with any preferred sauce.

HALIBUT A LA MAJESTIC

Skin and bone halibut steaks, and cut into fillets. Lay in a buttered baking-dish, spread with butter, and add a wineglassful of white wine, and a little boiling water. Cover with buttered paper, and set into a hot oven until cooked. Take the pan out, cover the fish with a layer of sweet Spanish peppers, spread with Cream Sauce, sprinkle with crumbs and grated cheese, dot with butter, and brown in a hot oven. Serve in the same dish.

BAKED FILLETS OF HALIBUT AU GRATIN

Bake half a dozen fillets of halibut for half an hour, seasoning with salt and pepper and basting with milk. Cover with a Cream Sauce to which half a cupful of grated cheese has been added, then with fried crumbs. Reheat and serve in the same dish.

BAKED FILLETS OF HALIBUT

Skin, bone and fillet two halibut steaks.
Dip in melted butter, season with salt,
pepper, lemon- and onion-juice.

Roll up each fillet, fasten with a wooden
toothpick, and bake for twenty minutes,
basting with butter melted in hot water.

Serve with any preferred sauce

FILLETS OF HALIBUT A LA POULETTE

Free the fish of skin and bones and cut it into fillets. Sprinkle with lemon-juice, salt, and pepper. Cover with sliced onion and let stand for half an hour.

Remove the onion, dip into melted butter, roll up each piece, and fasten with a wooden toothpick.

Dip once more into the butter, dredge thickly with flour and bake for twenty minutes in a moderate oven.

Cut the whites of three hard-boiled eggs into rings, and arrange around the fillets after taking up.

Sprinkle the grated yolks over the fish and serve with Cream Sauce.

COLD HALIBUT FILLET

Prepare half a dozen fillets of halibut, remove the skin and bone, and boil in court bouillon.

Drain and sprinkle with olive-oil, lemon-juice, minced parsley, and chopped onion. Serve with Tartar Sauce.

FILLETS OF HALIBUT WITH TOMATO SAUCE

Prepare the fillets according to directions previously given, and bake, basting with tomato-juice and melted butter.
Serve with Tomato Sauce.

FILLETS OF HALIBUT STUFFED WITH OYSTERS

Prepare the fillets according to directions given for Fillets of Halibut a la Poulette.

Roll each one around an oyster, fasten with a wooden toothpick, and bake as usual.

FILLETS OF HALIBUT WITH BROWN SAUCE

Put the seasoned fillets into a buttered pan with sufficient boiling water, and bake, basting as required. Drain off the water, add to it a teaspoonful of beef extract, and thicken with browned flour. Pour the sauce over the fish, cover with buttered crumbs, and bake until the crumbs are brown.

FILLETS OF HALIBUT WITH POTATO BALLS

Cut the solid meat into fillets, seasoning with salt, pepper, onion and lemon-juice. Brown slightly in pork fat, then place in a baking-dish.

Prepare a Cream Sauce, adding to it a slice each of carrot and onion, a bay-leaf, and minced parsley and grated nutmeg to season.

Strain over the fish and bake for twelve minutes.

Serve with a border of steamed potato balls.

FRIED FILLETS OF HALIBUT **1**

Prepare the fillets according to directions previously given and soak for an hour in a marinade of oil, vinegar, and minced onion.

Drain, dip in batter, then in crumbs, and fry in deep fat.

FRIED FILLETS OF HALIBUT **2**

Clean and fillet the fish. Dip into beaten egg, then into crumbs, and fry in deep fat. Serve with melted butter, lemon-juice, and minced parsley.

MATELOTE OF HERRING

Cut off the heads and tails and divide each herring lengthwise into two fillets. Put a small amount of butter into a frying-pan and add enough flour to absorb nearly all of it, then add a little chopped parsley and a few chopped shallots. Lay the fish in the pan, add enough red wine to cover, and cook over a hot fire. Garnish with small onions fried in butter and sugar, and sauted mushrooms.

FRIED KINGFISH 1

Prepare the fillets as directed, seasoning with salt and pepper, brown in melted butter, and cool. Sprinkle with crumbs, dip in eggs beaten with an equal quantity of melted butter, roll in fresh crumbs and broil, basting with oil. Serve with melted butter, minced parsley, and lemon-juice.

FRIED KINGFISH 2

Prepare the fish according to directions given in the preceding recipe. Cook until firm in melted butter and lemon-juice. Drain, cool, dip in batter, and fry in deep fat. Serve with any preferred sauce.

FRIED KINGFISH 3

Clean and fillet the fish, dip in milk, roll in flour and fry. Drain, season, garnish with lemons, and serve with Tomato Sauce.

BAKED FILLET OF MACKEREL

Remove the head and backbone from a large fresh mackerel, and place the roe on top.

Chop fine six shallots or three small onions, half a pound of mushrooms, and three or four sprigs of parsley.

Add a teaspoonful of salt, and a pinch of pepper. Put half of this mixture in a buttered baking-pan, lay the fish upon it,

and pour over six tablespoonful of white wine.

Spread the remaining seasoning on top, sprinkle with crumbs, dot with butter, cover with buttered paper, and bake for thirty minutes. Pour over a little melted butter, garnish with lemon and parsley, and serve in the dish in which it is baked.

BAKED FILLET OF MACKEREL

Remove the head and backbone from a large fresh mackerel, and place the roe on top.

Chop fine six shallots or three small onions, half a pound of mushrooms, and three or four sprigs of parsley.

Add a teaspoonful of salt, and a pinch of pepper. Put half of this mixture in a buttered baking-pan, lay the fish upon it,

and pour over six tablespoonful of white wine.

Spread the remaining seasoning on top, sprinkle with crumbs, dot with butter, cover with buttered paper, and bake for thirty minutes. Pour over a little melted butter, garnish with lemon and parsley, and serve in the dish in which it is baked.

BAKED FILLET OF MACKEREL

Butter an oval baking-dish and spread chopped oysters on the bottom. Arrange upon it the fillets of four fresh mackerel, skinned and seasoned with salt and pepper. Sprinkle with chopped onion, parsley, and mushrooms, cover with one cupful of beef stock thickened with browned flour, sprinkle with crumbs, dot with butter and bake for half an hour. Sprinkle with lemon-juice and serve in the same dish.

BAKED FILLET OF MACKEREL

Clean and fillet the fish. Put in a buttered baking-dish, season with salt, pepper, and minced parsley, squeeze lemon juice over, pour on a little melted butter, cover with buttered paper, and bake.

Drain, and serve with Maitre d'Hotel Sauce.

BAKED FILLETS OF MACKEREL WITH CREAM

Cook the prepared fillets in melted butter and drain. Thicken two Cups full of white stock with butter and flour cooked together, add a wineglassful of white wine, take from the fire, and add the yolks of two eggs well beaten.

Cover the fillets with the sauce, sprinkle with crumbs and grated cheese, dot with butter, and bake brown. Sprinkle with lemon-juice and serve in the same dish.

FILLETS OF MACKEREL A LA HORLY

Clean and fillet the fish, remove the skin and bones and soak for an hour in oil and lemon-juice, seasoned with chopped onion, parsley, salt, pepper, and sweet herbs. Drain, dredge with flour, dip in beaten eggs, roll in crumbs, fry in deep fat, and serve with Tomato Sauce.

FILLETS OF MACKEREL A L'INDIENNE

Fillet two large fresh mackerel, cut in two and remove the skin. Simmer for fifteen minutes with two tablespoon full each of melted butter and curry powder mixed with two wineglass full of white wine. Season with salt and pepper. Prepare a Cream Sauce and add to it two tablespoon full of butter and the juice of a lemon. Pour over the fish and serve with a border of plain boiled rice.

FILLETS OF MACKEREL WITH RAVIGOTE SAUCE

Cook the fillets of four fish in a buttered dish with salt, pepper, grated nutmeg, and half a cupful of white wine.

For the sauce chop fine four shallots and put into a saucepan with two tablespoon

full of butter and four tablespoon full of tarragon vinegar.

Reduce half by boiling and add a pint of white stock thickened with a tablespoonful each of butter and flour cooked together.

Add two tablespoon full of butter, pour over the fish, and serve.

FILLETS OF POMPANO

Cut a prepared and cleaned pompano into strips. Marinate for an hour in oil and vinegar, seasoned with salt and pepper. Drain, dip in crumbs, then in egg, then in crumbs, and put in a buttered paper and bake until done. Serve with Tomato Sauce.

FILLETS OF POMPANO ALA DUCHESS

Cut a cleaned pompano into strips, sprinkle with salt, pepper, and onion-juice, and put into a small baking-pan. Steam until done, take up carefully and spread each one with seasoned mashed potato mixed with well-beaten egg. Bake in the oven until puffed and brown and serve immediately.

FILLETS OF POMPANO AU GRATIN

Split the fish in two lengthwise, and remove the bone and skin.

Cut into strips, season with salt, pepper, and butter, roll up, and tie or fasten with toothpicks or skewers.

Simmer slowly until done in equal parts of white wine and water, adding a little Maitre d'Hotel Sauce.

FILLETS OF SALMON EN PAPILLOTES

Cut salmon steaks into fillets, dip into melted butter and lemon-juice, fold in buttered paper, and bake for half an hour in a slow oven.

Serve in the papers and pass Hollandaise Sauce.

FRIED SALMON CUTLETS

Steam salmon steaks, cool, cut into fillets, dip in egg and crumbs, fry in deep fat, and serve with Tartar or Hollandaise Sauce.

FILLETS OF SALMON A L'ORLY

Cut fresh salmon into small pieces, remove the skin, and marinate for an hour in lemon-juice seasoned with salt and pepper. Drain, dip in egg and crumbs, fry in deep fat, and serve with Tomato Sauce.

FILLETS OF SALMON ALA VENITIENNE

Put salmon steaks into a buttered baking-pan with fine match-like strips of larding pork laid on each side. Season with salt, pepper, and lemon-juice, add one cupful of white wine and cover with a sheet of buttered paper, having a small hole in the centre. Bake for forty minutes, basting often.

Cook together one tablespoonful each of butter and flour, add one cupful of stock, and cook until thick, stirring constantly.

Add a tablespoonful each of butter and lemon-juice and a teaspoonful of minced parsley.

Pour around the fish and serve.

FRIED FILLETS OF SHEEPSHEAD

Prepare and clean the fish and cut in fillets.

Dip into salted milk, then in flour, then in beaten egg, then in seasoned crumbs, and fry in deep fat.

Serve with any preferred sauce.

BAKED FILLETS OF SOLE 1

Butter a baking-pan, sprinkle with chopped onions and parsley, lay fillets of sole upon it, spread with butter, season with salt and pepper, add a wineglassful of white wine, and bake in the oven, basting frequently. Take up the fish carefully, add to the liquid a dozen chopped mushrooms, a tablespoonful of fresh bread-crumbs and minced parsley to season.

Lay the fillets on a baking-dish, spread

with the paste, cover with large fresh mushrooms, sprinkle with crumbs, dot with butter, and brown in the oven. Serve very hot in the same dish.

BAKED FILLETS OF SOLE 2

Put the prepared fillets in a buttered baking-dish, sprinkling with chopped onion, parsley, and mushrooms, and seasoning with salt and pepper.

Add a tablespoonful of butter and enough white wine and white stock in equal parts to keep from burning.

Bake, basting frequently. Cook together one tablespoonful each of butter and flour,

add a cupful of brown stock and cook until thick, stirring constantly.

Take up the fish, drain the liquor from the pan into the sauce, and reheat.

Spread the sauce over the fish, sprinkle with crumbs, dot with butter, and brown in the oven.

FILLETS OF SOLE BAKED IN WHITE WINE

Butter a baking-dish and put into it six fillets of sole. Add half a cupful of hot water and a tablespoonful of lemon-juice.

Cook together one tablespoonful each of butter and flour, seasoning with minced

parsley, grated onion, salt, cayenne, and powdered mace.

Add one cupful of white wine and cook until thick, stirring constantly.

Drain the fish, pour the sauce over, and serve.

rhinoreto

OUTDOOR

