# Ma cuisine
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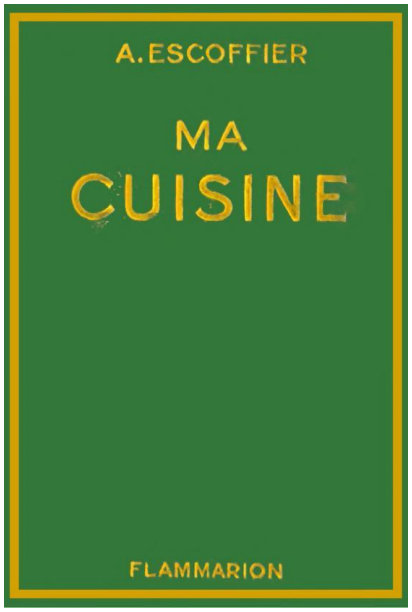


A. ESCOFFIER

# POISSONS (FISH)

## POISSONS D'EAU DOUCE (FRESHWATER FISH)

**Fish Soup "Provençal Style"** *Proportions for 6 persons:* 1 kilo 500 fish carp, perch, tench, clean them carefully, cut them into sections.

Combine in a saucepan: 2 onions, 2 whites of leeks chopped; 2 or 3 peeled, seeded and chopped tomatoes; 2 crushed cloves of garlic a strong pinch of chopped parsley; a bay leaf; a piece of celery, and the fish sections. Moisten with water in sufficient quantity to cover the fish; season with 8 grams of salt and a pinch of pepper per liter of liquid, then a pinch of saffron; bring to a boil, cook on high heat for 15 minutes.

Pour the soup broth over slices of white bread arranged in a tureen; arrange the fish on a platter with a little court-bouillon. One eats first the soup, then the fish sometimes accompanied by a sauce boat of Aïoli or Provence Butter.

**NOTE.** — One may, at will, omit the saffron.

**Home-style Perch Soup** *Proportions for 6 persons:* 1 kilo 500 of perch, from 200 to 250 grams each; clean them carefully, remove the fillets, keep them cool.

With the heads, bones and 2 liters of water, prepare a court-bouillon flavored with one sliced onion, a bay leaf, 2 cloves of garlic, sprigs of parsley, 16 grams of salt, a few crushed peppercorns. Give 20 minutes of boiling. Pass the broth through a fine strainer.

On the other hand, finely chop the white of 2 leeks; put them in a saucepan with 4 tablespoons of olive oil, 5 to 6 peeled, seeded and chopped tomatoes; cook leeks and tomatoes a few moments and moisten with the prepared court-bouillon. Bring to a boil and add 300 grams of rice and a pinch of saffron. Give 25 to 30 minutes of cooking.

This soup should be slightly thick and the rice quite cooked.

**NOTE.** — One may replace the rice with thick vermicelli, small macaroni, potatoes, or simply pour the broth over slices of bread arranged in the tureen.

One may also prepare this type of soup either with monkfish, small carp, tench, pike, etc.

**Use of perch fillets and other indicated fish** Lightly salt them, pass them in flour and cook them in a pan with oil or butter meunière style or, after passing them in flour, dip them in beaten egg; then in breadcrumbs and cook them in a pan with butter or oil.

Serve at the same time a tomato sauce.

**ALOSE (SHAD)**

**Grilled Shad** *To be served whole:* preferably choose shad of 500 to 600 grams; score it finely, season with salt, pepper and marinate for a few moments with oil, lemon juice, parsley stems, fragment of thyme and bay leaf. Grill on low heat, basting from time to time with oil or melted butter.

*Accompaniment:* Maître-d'Hôtel Butter, Anchovy Butter, Béarnaise.

One often serves with grilled shad, sorrel melted in butter, bound with egg yolks diluted with cream, seasoning salt and pepper.

When the shad is a bit large and one wishes to serve it whole, one can cook it in the oven; in this case one places it on a dish, lightly sprinkles it with breadcrumbs and bastes it with oil from time to time.

*To be served in slices:* cut it into slices of about one and a half centimeters thickness; season with salt and pepper, marinate as above for a few moments and grill them.

**ANGUILES (EELS)**

One prepares eel in several ways: Fried, in Matelote, Meunière, Poulette, Provençale, etc.

The first condition is that it be caught in running waters or, at least, in renewable waters so that the eel does not have a muddy taste.

**Fried Eel** Choose small eels; cut them into sections, season them, pass them in flour, fry them in oil.

**Matelote** Choose medium-sized eels, clean them, skin them and cut them into sections; arrange the pieces in a saucepan wider than it is high with: *(per kilo of fish)*: 2 sliced onions, a bouquet composed of parsley sprigs, a bay leaf, thyme sprigs; 2 or 3 cloves of garlic, a few peppercorns, 8

to 10 grams of salt. Moisten with one and a quarter liters of red wine; bring to a boil, add a deciliter of cognac, flambé and finish cooking covered.

Arrange the eel pieces in a deep dish, garnish with mushrooms sautéed in butter and glazed small onions; keep warm.

Bind the cooking liquid with 75 to 100 grams of butter into which one has intimately incorporated 60 grams of flour. Adjust the seasoning; pass the sauce through a chinois over the eel sections.

Garnish with croutons fried in butter.

**NOTE.** — According to one's taste, one may moisten the fish with white wine and finish the matelote the same as with red wine.

**Meunière Eel** Choose medium-sized eels; cut them into sections, season them, roll them in flour and cook them in butter in a pan.

Arrange them on a serving dish, drizzle with lemon juice and sprinkle with chopped parsley. Add a few pieces of butter to the cooking butter, heat; as soon as the butter begins to foam, pour it boiling over the eel pieces.

**NOTE.** — To vary, one may mix with the eels, after cooking, cep mushrooms sautéed in butter.

**Poulette Eel** Skin them, cut them into sections; put the pieces in a saucepan, cover them with cold water and give them a few seconds of boiling; drain them, refresh them.

For 1 kilo of eels, heat 75 grams of butter, mix with it 60 grams of flour; let cook a few minutes gently without browning. Add the eel pieces, stir with a spoon so that each piece is seized by the heat of the roux.

Moisten with a quarter liter of white wine and three quarters liter of water; add a dozen small onions; a bouquet garni: parsley sprigs, bay leaf, thyme sprigs; 8 grams of salt, pinch of pepper. Bring to a boil, give 25 to 30 minutes of cooking on low heat.

Arrange the eel pieces in a deep dish with the small onions and a few mushrooms sautéed in butter. Bind the sauce with 3 egg yolks diluted with a few tablespoons of cream.

Pass through a chinois over the eel pieces, lightly sprinkle with chopped parsley.

One may always accompany "Poulette Eel" with plain potatoes.

**Provençale Eel** Cut the eel into sections as for "Poulette"; pass them a few seconds in boiling water, drain them, refresh them, dry them, season with salt and pepper and roll them in flour.

Heat, for 1 kilo to 1 kilo 500 of fish, 4 to 5 strong tablespoons of olive oil in a saucepan or earthenware pan; mix with it 4 tablespoons of chopped onion; as soon as the onion begins to brown, add the eel pieces, let them brown a few moments with the onion; moisten with a quarter liter of white wine, let reduce by half, then add one and a half pounds of very ripe tomatoes, peeled, seeded and chopped, seasoning salt and pepper, a strong pinch of chopped parsley with a touch of garlic. Cover the saucepan and give 25 to 30 minutes of cooking on low heat.

In a household, one may add to this stew, at the same time as the tomato, potatoes in pieces, which makes an excellent lunch dish.

Medium eel, cut into sections, cooked in a very short court-bouillon with well-flavored white wine, cooled in its cooking liquid, provides an excellent hors d'oeuvre.

**Tartare Eel** Cut into sections, cooked in a white wine court-bouillon; the pieces being cooled, dry them, roll them in flour, then dip them in beaten egg, then cover them with breadcrumbs or soft breadcrumbs and fry them.

Serve at the same time a Tartare sauce.

During the season of small peas, one can make excellent eel stews with small peas alone or with half small peas and half new potatoes: Preferably choose small eels, cut them into sections, season with salt and pepper, roll them in flour. Heat a few tablespoons of butter in a saucepan, add the eel sections, let them brown a few moments, then mix in a dozen small onions and the small peas; moisten with hot water just to cover vegetables and fish; flavor the stew with bouquet garni; seasoning salt and pepper. Cover the saucepan, give 30 to 35 minutes of cooking on medium heat.

**NOTE.** — One may replace the small peas with Marais beans.

**BARBEAU ET BARBILLON (BARBEL AND SMALL BARBEL)**

**Warning.** — Never use the eggs of this fish.

**Home-style Barbel in Court-Bouillon** Cook it in a white wine court-bouillon, flavored with sliced onion, parsley in sprigs, small celery branch, thyme, bay leaf, garlic cloves, salt and peppercorns.

One serves it accompanied by White Sauce with Capers, and English-style potatoes.

The barbel cooked in court-bouillon and cooled, accompanied by vinaigrette sauce or a Mayonnaise sauce, makes an excellent lunch dish.

One may even serve at the same time a potato salad.

The court-bouillon used for cooking the fish will serve to prepare an excellent soup for the following meal.

*Example:* For 2 liters of court-bouillon passed through a strainer, lightly brown in butter a medium onion and the white of a leek; add a few peeled, seeded, and chopped tomatoes, cook the tomato 8 to 10 minutes, moisten with the court-bouillon. Let boil 12 to 15 minutes and pour into the tureen in which one has arranged slices of bread.

To this soup one may add, optionally, a pinch of saffron.

One may replace the bread with thick vermicelli cooked in the soup; here the addition of a little saffron is almost obligatory. Grated cheese served at the same time will deliciously complete this soup.

**NOTE.** — Never add vinegar to fish court-bouillons, intended to prepare soups, broths or rice pilaw.

**Barbillon (Small Barbel)** One calls thus the small Barbel whose weight varies between 500 and 800 grams. It is most often an element of Matelotes that include several fish.

For Matelote, proceed as indicated for "Eel Matelote".

**Grilled Barbillon** Score it finely, season it, drizzle with oil and grill gently.

As accompaniment: Maître-d'Hôtel Butter, Anchovy Butter, Mayonnaise Sauce, etc., suit "Grilled Barbillon".

**Meunière Barbillon** Should be chosen among the smallest. Score it, season with salt and pepper, pass it in flour, cook it in butter in a pan. Arrange on dish, drizzle with lemon juice; add a few pieces of fresh butter to the cooking butter; heat strongly and as soon as the butter begins to foam pour it over the fish.

**Oven Barbillon** Choose one of medium size. After scoring it, season it, place it on a roasting dish, baste with oil or butter and cook it in the oven.

Serve it accompanied by a sauce of choice, as for Grilled Barbel.

But, what is excellent and advantageous for a large family is, when putting the fish in the oven, to surround it with potatoes cut into small dice and a few tablespoons of chopped onion.

Complete the seasoning. Baste the fish and potatoes, from time to time, during cooking with melted butter or oil.

On removing the fish from the oven sprinkle with chopped parsley.

**Good Wife-style Barbillon** Choose a barbillon of 700 to 800 grams; score it, lay it on a generously buttered gratin dish, season with salt and pepper, sprinkle with coarsely chopped parsley and 2 chopped shallots, cover with sliced mushrooms and a few tablespoons of soft breadcrumbs or breadcrumbs. Moisten with a glass of white wine and the juice of half a lemon. Cook gently in the oven basting often with its cooking liquid.

## BRÈME (BREAM)

Bream is a somewhat common fish that can be used in matelote. Large bream are generally grilled or cooked in the oven.

## BROCHET (PIKE)

One should, as much as possible, choose pieces weighing 2 to 3 kilos. But never use pike eggs.

Pike is prepared in numerous ways. I will give here only the simplest formulas.

**Pike in Red Wine** Preferably choose a small pike; put it in the fish kettle; just the right size; garnish it with the following aromatics: one sliced onion, parsley sprigs, thyme, bay leaf, a piece of celery and 2 cloves of garlic, a few peppercorns. Moisten with red wine, enough to cover the fish; salt at the rate of 8 grams of salt per liter of liquid; cook gently.

In "Ancient Cuisine", one gave the name "Blue Fish" to various fish cooked in a red wine court-bouillon.

It was accompanied either with melted butter, or with part of the cooking liquid, bound with 75 or 100 grams of butter added to 60 grams of flour, completed with a tablespoon of Anchovy butter per liter of fish cooking liquid.

**Pike Pilaw** Choose a pike weighing 1 kilo to 1 kilo 500. Remove the fillets, trim them, cut them into square pieces the size of a walnut; season with salt and pepper and roll them in flour.

With the head, backbone, trimmings and about three quarters of a liter of water, prepare a court-bouillon flavored with: parsley sprigs, a small bay leaf, thyme sprigs and one sliced onion; 6 grams of salt, a few crushed peppercorns. Give 15 minutes of boiling and then, pass the broth through a fine strainer.

**Rice Pilaw** Lightly brown a tablespoon of finely chopped onion in 60 grams of butter, add 250 grams of rice, stir it with a spoon for a few seconds, so that the rice is impregnated with butter. Moisten with two thirds of the obtained court-bouillon.

Cover the saucepan, give 18 minutes of cooking, if possible in the oven.

During the rice cooking, pan-fry the pike pieces and then mix them with the rice. Arrange in an entrée dish. Serve at the same time either a tomato sauce, or in a curry sauce, or paprika, etc.

**Court-Bouillon Pike** Cook the pike in a white wine court-bouillon or simply water, flavored with: onion, carrot, parsley sprigs, bay leaf, thyme, garlic; salt, peppercorns. Do not use vinegar in the court-bouillon, so as to be able to use it afterwards as soup.

Court-bouillon pike is eaten hot or cold.

Hot with sauces: Capers, Red Wine, Hollandaise.

Cold with sauces: Mayonnaise, Ravigote, green.

One makes in Lyon, with the flesh of large pike, exquisite quenelles highly appreciated.

**CARPE (CARP)**

**Carp in Red Wine** *Proportions for 6 to 8 persons:* Choose a carp, of the scaleless variety, and cook it as indicated for pike in red wine and short moistening.

Make a small roux with 60 to 75 grams of butter and same weight of flour; let the flour cook a few moments; remove the saucepan from heat and dilute the roux, little by little, with the carp cooking liquid to obtain a sauce neither too thick nor too liquid.

Give 15 to 20 minutes of slow boiling. Pass the sauce through a fine strainer into another saucepan and incorporate into it 75 grams of fresh butter and 2 teaspoons of anchovy essence.

Arrange the carp on the serving dish, surround it with glazed small onions, cep mushrooms or mushrooms sautéed in butter and mask it with part of the sauce. Serve the remainder of the sauce in a sauce boat.

**NOTE.** — One may replace the cep mushrooms with any other variety of edible mushrooms.

Carp cooked in court-bouillon, either in red wine or white wine, is eaten just as well hot as cold.

The so-called "salmon-colored" carp, cooked in a white wine court-bouillon is, without doubt, a lunch dish worthy of appearing on the best tables, accompanied by a somewhat spicy Ravigote sauce, or a Horseradish Cream sauce.

The court-bouillons that might remain from these cookings may be used for cooking other fish and various other Matelotes.

**Carp Matelote** For the Matelote, it is preferable to take the smallest ones.

Proceed the same as "Eel Matelote".

**English-style Carp Fillets** Remove the fillets from medium carp; skin them, trim them, season with salt and pepper, pass them in flour, dip them in beaten egg, then in breadcrumbs or soft breadcrumbs. Cook them in oil or butter in a pan.

Serve at the same time Maître-d'Hôtel butter.

## LAITANCE DE CARPE (CARP ROE)

Carp Roe is a much sought-after dish.

One prepares roe in several ways: poach them a few minutes in salted water, drain them, dry them, season with salt and pepper, pass them in flour and cook them in butter in a pan. Arrange them on a very hot serving dish, drizzle with a little lemon juice and sprinkle with chopped parsley.

One may also, after passing the roe in flour, dip them in beaten egg, then in soft breadcrumbs and brown them in butter in the pan.

Thus prepared one may accompany them with Maître-d'Hôtel butter, with Béchamel sauce to which one has added sliced hard-boiled eggs.

**Florentine Carp Roe** Poach the roe in salted water, drain them, dry them and cook them a few minutes in butter, in a pan. Arrange them on a bed of spinach that one has blanched, well drained, pressed and coarsely chopped, then returned to butter in a saucepan to extract all moisture. Mask them with Béchamel sauce, sprinkle the surface with grated cheese, drizzle with melted butter and lightly gratin under the salamander or in the oven.

**Périgourdine Roe** Prepare the roe as the previous ones; poach them, drain them, dry them, cook them a few minutes in butter; arrange them on a dish on which one has put a light layer of Béchamel sauce.

Cover the roe with truffle slices; mask with Béchamel sauce, sprinkle the surface with grated cheese, drizzle with melted butter and lightly gratin under the salamander or in the oven.

**Joinville Carp Roe** Prepare them as "à la Périgourdine" adding to the truffle crayfish tails divided in two lengthwise.

One may replace the crayfish with pink shrimp.

## LOTTE (MONKFISH/LOTE)

Fish from one to three feet in size, the lotte lives in fresh and salt water, its flesh is white, of fairly pleasant flavor; its voluminous liver is considered a delicate food; its eggs, like those of pike and barbel, causing nausea, one must therefore abstain from using them.

The lotte liver is treated absolutely like Carp Roe.

The flesh of the lotte, although somewhat common, deserves to be taken into consideration. Cut into escalopes seasoned with salt and pepper, passed in flour, cooked in butter in a pan, Meunière, Dugléré, Provençale, they are appreciable preparations both from an economic and gourmet point of view.

**Dugléré Lotte** Remove the fillets, cut them into escalopes, season with salt and pepper, pass them in flour, arrange them side by side in a buttered sauté pan. For one pound of fish, add a strong tablespoon of finely chopped onion, 3 to 4 peeled, seeded and chopped tomatoes, a pinch of chopped parsley, salt, pepper, and a few tablespoons of white wine. Cook quickly and arrange the escalopes on a serving dish.

Complete the sauce by incorporating 50 grams of fine butter and a little lemon juice and pour it over the escalopes.

**Provençale Lotte** Cut the lotte into escalopes as for Dugléré; season them with salt and pepper, pass them in flour, arrange them side by side in a sauté pan. Add for one pound of fish, 2 tablespoons of finely chopped onion, 4 to 5 peeled, seeded and chopped tomatoes, chopped parsley, a pinch of saffron and a touch of garlic.

Drizzle everything with 4 to 5 tablespoons of olive oil, a glass of white wine and a glass of water. Cover the sauté pan, give 15 to 18 minutes of cooking on fairly high heat.

Arrange the escalopes on grilled bread slices and cover them with the sauce.

One also accompanies Provençale Lotte escalopes with rice pilaw; in this case, one omits the grilled bread.

**Meunière Lotte** Cut it into escalopes; season them with salt and pepper, pass them in flour and cook them in butter in a pan.

Arrange on serving dish; drizzle with a few streams of lemon juice. Add a few pieces of butter to the cooking butter; heat strongly and pour over the escalopes.

**NOTE.** — Meunière escalopes may be accompanied by sautéed potatoes, mashed potatoes, plain potatoes, spinach, sorrel, etc.

It is the same for all fish called "À la Meunière". The flesh of the lotte being somewhat firm, lends itself to the combination of excellent stews with small peas, Marais beans, potatoes, eggplants, zucchini, etc.

**NOTE.** — Sea lotte is superior to freshwater lotte.

**PERCHE (PERCH)**

Small perch are generally fried.

Medium ones are treated Meunière style, or constitute an element of mixed Matelotes.

Large ones are cooked in court-bouillon or in the oven.

**SAUMON (SALMON)**

Whole salmon pieces are generally treated by vinegar court-bouillon, moistened cold, flavored with one onion, sliced carrot; parsley in sprigs, bay leaf, thyme, 12 grams of salt per liter of water, peppercorns. Cover the piece with a cloth and bring gently to a boil. The cooking finishes on very low heat.

The accompaniment of court-bouillon salmon generally includes the following sauces: Capers, Shrimp, Genevoise, Hollandaise, Lobster, Oyster, Mousseline, Nantua, Ravigote and Venetian.

**DARNES DE SAUMON (SALMON STEAKS)**

One understands, by Darnes, a piece of variable size taken from the middle of the whole fish.

One cooks the Darne or Darnes in court-bouillon, as explained for whole salmon and they include the same accompanying sauces.

However, after experience, one may advantageously omit the vinegar in the court-bouillon for Darnes.

**Salmon Shells** These shells are generally made with cooked salmon flesh, carefully freed from bones, and coated with Béchamel sauce, then placed in shells; sprinkle with grated cheese, drizzle with melted butter and gratin.

**NOTE. —** One may mix with the salmon truffle slices, sliced mushrooms and, depending on the case, sliced hard-boiled eggs.

**Salmon Cutlets** *Composition of the mixture:* 300 grams of cooked salmon flesh, 100 grams of mushrooms, 30 grams of truffle, all cut into very small dice, coated with 3 to 4 deciliters of reduced Béchamel sauce and bound with 2 egg yolks.

Spread the mixture on a tray to cool, then divide into portions weighing approximately 75 grams; shape into cutlet form; dip in beaten egg, then pass them in freshly prepared soft breadcrumbs. In the absence of soft breadcrumbs, which is not always easy in a small household, replace them with breadcrumbs; Fry the cutlets at the last moment.

Arrange on a napkin with fried parsley.

One may prepare the cutlets with curry Béchamel sauce.

**Pojarski Salmon Cutlets** 300 grams of raw salmon flesh freed from bones; chop it coarsely with a knife, then add 60 grams of fresh butter and 60 grams of soft breadcrumbs moistened with cream. Chop everything together again until the composition is fine and homogeneous; season with salt and pepper.

Divide the whole into 5 or 6 equal parts and shape them into cutlet form, on the floured board. Cook them at the last moment, in clarified butter, browning them on both sides. Arrange in a crown on the serving dish.

*Garnishes:* Crayfish tails, shrimp; oysters, truffles, mushrooms, cep mushrooms, cucumbers, curry rice, paprika, suit these cutlets.

The indicated garniture elements are coated either with Cream Béchamel sauce or Normande sauce.

**Chambord Salmon Darne** Mark the darne for cooking with mirepoix passed in butter, lightly browned, composed of: onion, carrot cut into dice; parsley in sprigs, a bay leaf, thyme sprigs; moisten to the height of the fish with good red wine; seasoning 8 grams of salt and a few peppercorns per liter of liquid; bring to a boil and let poach gently on the corner of the fire, covered saucepan.

Arrange the Darne on an oval serving dish and surround it with the following garniture: Fish forcemeat quenelles, molded with a tablespoon, mushroom heads, seasoned carp roe, floured and sautéed in butter; truffles cut into quarters, crayfish, croutons fried in butter.

Genevoise Sauce drawn from the salmon cooking liquid. (See "Genevoise Sauce".)

**Daumont Darne** Mark the Darne as explained for "Chambord Darne" replacing the red wine with white wine and proceed the same for cooking.

Drain the darne, arrange it on an oval dish, surround it with fish quenelles, mushroom heads, truffle slices, bouchées garnished with crayfish tails, poached roe in butter.

Normande Sauce.

**Régence Salmon Darne** Mark the Darne as said for "Daumont Darne" and cook it the same on low heat. Drain it, arrange it on an oval dish; garnish it with fish quenelles, roe poached in butter, truffle slices, crayfish bouquets, small oyster patties. Normande Sauce. (See "Normande Sauce".)

**Royale Salmon Darne** Mark and cook the darne as for "Régence". Arrange it on an oval dish, surround it with Mousseline fish quenelles, mushroom heads, truffle slices; potatoes turned with a round spoon and cooked English-style. Normande Sauce.

**Grilled Salmon** Cut darnes from a medium-sized salmon, as much as possible, and two centimeters to two and a half centimeters thick. Season with salt, drizzle with oil, grill on moderate heat.

*Accompaniment:* Maître-d'Hôtel Butter, Anchovy butter, Béarnaise sauce.

**Meunière Salmon** Cut the salmon into not too thick slices, season with salt, pass them in flour and cook them in a pan in butter. Remove the pan from heat. Arrange on serving dish, drizzle with a few streams of lemon juice. Add a tablespoon of fresh butter to the cooking butter, heat; as soon as the butter becomes foamy, pour over the salmon.

**COLD SALMON**

As much as possible, salmon, intended to be served cold, is cooked whole, or in large sections or darnes, and cooled in the court-bouillon. The slices that are cooked separately always have drier flesh than salmon cooked whole or in sections.

For the dressing of cold salmon, one may remove the skin to expose the flesh and decorate it more easily, but the true gourmet will always prefer that it be presented to him covered with its silvery skin.

In any case, the decoration of a piece of cold salmon must be sober; above all never use softened butter, colored or not, executed with a piping bag fitted with a fluted tip. Montpellier butter is the only one suitable for cold salmon.

One may accompany cold salmon with all cold sauces, as well as vegetable salads.

## TRUITE DE RIVIÈRE (RIVER TROUT)

**Blue Trout** For this preparation, it is necessary to have live trout.

Have ready, in a saucepan wider than it is high, boiling salted and vinegared water.

Approximately 10 minutes before the moment of serving, remove the trout from the water, stun them with a blow on the head, empty and clean them quickly; place them on a dish, drizzle with vinegar, then slide them into the boiling water where they immediately curl up, and their flesh firms.

A few minutes suffice to cook trout weighing on average 150 to 200 grams.

Drain them and arrange them on a napkin with parsley around. Plain potatoes on the side.

*Accompaniment:* Melted butter or Hollandaise sauce.

**Meunière Trout** After cleaning them, score them lightly, salt them, roll them in flour, cook them in butter in a pan, turn them in due time so as to obtain them of pretty color and uniform cooking.

Arrange them on a serving dish, drizzle them with a little lemon juice and sprinkle them with chopped parsley.

Add a few pieces of fresh butter to the cooking butter, heat and as soon as the butter becomes foamy pour it over the trout.

One also cooks River Trout in a very short court-bouillon with red wine or white wine, which one may eat hot or cold.

**River Trout in Red Wine** After cleaning them, arrange them in a buttered fish dish and covered with thin slices of onion and carrot, a few parsley sprigs and a bay leaf; season them with salt and freshly ground pepper. Moisten with good red wine just to the height of the fish.

Cover the dish; cook the trout in the oven basting them from time to time with their cooking liquid.

Arrange the trout on the serving dish; reduce the cooking liquid by one third; bind the sauce with a few pieces of butter into which one has incorporated equal parts flour.

Pass the sauce through a fine strainer into another saucepan, complete it with 75 grams of fine butter and at will, a few drops of Anchovy essence.

River Trout in Red Wine may be arranged on grilled bread slices.

**Good Wife-style River Trout** Choose trout weighing 150 to 200 grams each. Clean them, season with salt and pepper, arrange them in a fish dish.

On the other hand, for 6 trout, cut into julienne 2 medium onions, 2 medium carrots and one celery stalk. Put these vegetables in a saucepan with 60 grams of butter and a glass of water. Cover the saucepan, stew the vegetables on low heat for 20 to 25 minutes and pour them over the trout. Moisten to the height of the fish with half dry white wine and half water; add a bay leaf and a strong pinch of chopped parsley. Cover the dish and cook the trout in the oven basting them from time to time with their cooking liquid.

Arrange the trout on the serving dish; reduce the cooking liquid by one third and bind it with 80 grams of butter into which one has incorporated a small tablespoon of flour. Pour the sauce over the trout. Serve at the same time plain potatoes.

**NOTE.** — Small carp, perch, tench, lotte cut up, are prepared the same way Paysanne style; these are excellent lunch dishes that one cannot recommend enough.

With the fish court-bouillon drawn from bones and trimmings of fish, or coming from a whole piece of a large fish, on the condition that the court-bouillon is not added with vinegar, one may prepare from it excellent soups and pilaw.

*Example:* **Paysanne-style Vegetable Soup.** — For 2 liters of court-bouillon of carp, perch, pike, etc.: Combine in a saucepan one leek, one onion, 200 grams of carrots, 600 grams of potatoes, a small celery branch, all finely chopped and 60 grams of butter. Moisten these vegetables with the court-bouillon, give 30 to 35 minutes of boiling on high heat. Pour into the tureen in which one has arranged grilled bread slices.

Among the garnitures that suit it best, one may cite: small tomatoes, peeled, emptied and garnished with a small vegetable salad, shrimp, etc. Stuffed hard-boiled eggs, boats garnished with pea purée, sardines, anchovies, small shrimp aspics, crayfish; small lettuce hearts, etc.

**Salmon Mousse and Mousselines with Cream** Mousses and Mousselines include the same base forcemeat; Mousses are made in fluted molds and Mousselines, which represent a detail element, are molded with a soup spoon.

*Preparation of the forcemeat. — Proportions for 6 persons:* 300 gr. of fresh salmon flesh (not frozen); pound it finely, season with salt and white pepper and mix intimately with it 2 egg whites, then pass through a fine sieve.

Collect the forcemeat in an expanded sauté pan; keep it on ice for at least one hour.

Then, while always keeping the pan on ice, make the forcemeat absorb, little by little, 3 deciliters of very fresh cream, proceeding with a wooden spatula. Let the forcemeat rest on ice a little time before using it.

*Molding of the mousse.* Butter the interior of a ring mold, of desired size; line the walls with a few beautiful truffle slices; fill the mold a little more than three quarters; put the mold in a bain-marie in boiling water, approximately to half the height of the mold. Cover the saucepan, let the Mousse poach keeping the water at 95 degrees heat; do not let boil. The poaching time may vary between 30 and 35 minutes for a mold of one liter capacity.

Mousselines are molded with a soup spoon, like large oval quenelles. One deposits them as one goes into a buttered sauté pan, one covers them with boiling salted water, taking care to pour the water through a pointed strainer so as not to damage the Mousselines; then one covers the sauté

pan and one counts approximately 12 to 15 minutes of poaching while maintaining the water in a simple simmer; avoid boiling.

These Mousses must be very light and however firm.

One may also mold the mousselines in dariole molds and poach them in a bain-marie.