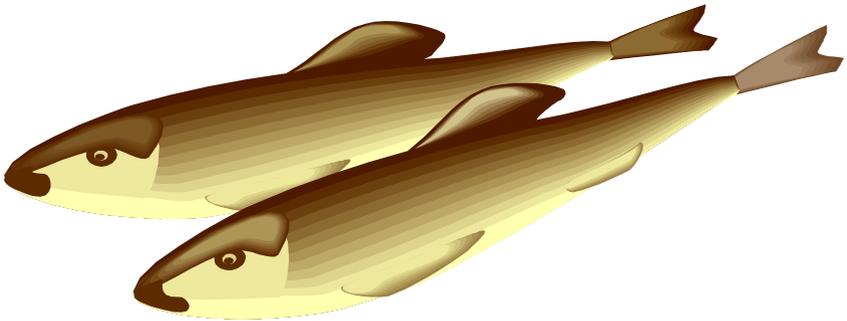


Fish



FISH

BAKED FISH WITH EGGS

INGREDIENTS: 1½ kg fish fillets, without any bones
 1 kg peeled potatoes, sliced thinly
 2 large onions, sliced thinly
 3 slightly beaten eggs
 2 cups milk
 2 tablespoons oil
 2 tablespoons, or more, flour
 1 teaspoon salt
 Nutmeg, oregano, salt, pepper, sugar to taste
 A little vinegar or a few drops of lemon juice

METHOD: Place sliced onion in a bowl and sprinkle with salt, sugar and oregano; leave for 15 minutes. Oil a deep baking dish. Place sliced potatoes in dish, cover with fish fillets and top with drained onion rings. Mix beaten eggs with oil and milk, flour generously, season with nutmeg, oregano, salt and sugar, and a few drops of vinegar or lemon juice. Pour batter over contents of casserole and bake in moderate oven until fish is done and potatoes are cooked - approximately 1 hour. Serve when slightly browned.

CEVICHE (Pickled fish)

INGREDIENTS: 1 kilo white fish (raw)
 1 cup lemon juice
 2 large onions finely sliced
 2 hot peppers cut in strips
 Salt and pepper to taste
 Cooked sweet potatoes (one per person)
 Corn on the cob
 Lettuce leaves
 Chopped parsley or fresh coriander

CEVICHE continued...

METHOD: Remove bones from fish and cut into small pieces. Place fish in a sieve and pour boiling water over it. Drain well and place in a shallow bowl and cover each piece well with the lemon juice. Wash onions well in salted water, drain and rinse. Add onion and pepper strips to fish and mix. Season to taste.

Cover tightly and place in refrigerator for 4 hours. If any fish is still transparent after that time, add more lemon juice - and marinate a little longer. All fish pieces should be milky white throughout. Serve garnished with lettuce, cooked potatoes and pieces of corn.

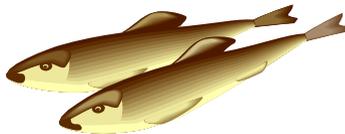
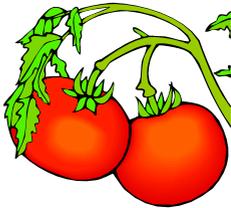
EMPANADAS

(See under beef empanadas pg 14)

FISH AND TOMATO EGG SCRAMBLE

2 cups white fish, flaked and boned
1/2 cup peeled and seeded tomatoes, chopped
2 red sweet peppers, peeled and seeded, cut in thin strips
1/2 cup olive oil
1 small onion, cut in thin strips
4 eggs beaten
salt and paprika to taste

Fry onion until tender but not brown, then tomatoes and peppers, stirring all the time. Add fish to heat through. Pour over eggs and cook, stirring. Serve immediately on toasted or fried bread.



FISH CROQUETTES

INGREDIENTS 2 cups mashed potatoes, preferably 1 day old
 ½ cup boiled, flaked white fish
 1 tbs. chopped and fried onion (in oil or butter)
 1 egg unbeaten
 salt and pepper to taste

COATING: 1 egg, beaten with 1 tbs. water & pinch of salt
 breadcrumbs
 oil for frying

METHOD: If using fresh mashed potatoes, cook over a low heat to dry, then cool thoroughly before adding other ingredients. Lightly fry onion, then toss flaked fish in pan to warm slightly. (If preferred 1 teaspoon onion.) Add to mashed potatoes and work to smooth paste. Form croquettes, about the size of a medium egg, coat with egg and breadcrumbs and fry until crisp and golden.
Serve immediately.

FISH MILANESA

INGREDIENTS: 4 large fish fillets, cleaned and boned
 lemon juice and pinch of salt
 1 cup flour
 3 eggs beaten
 1 tablespoon oil
 1 teaspoon paprika with a trace of cayenne
 2 cups breadcrumbs (preferably white)
 oil for frying

METHOD: Season fillets with salt, pour over lemon juice and let them stand for 15 minutes. Beat eggs with oil, paprika, a trace of cayenne and let it stand for 15 minutes. For a deep red colour, mix paprika and cayenne with oil and heat, stirring, for just a couple of minutes; let it cool and then add to eggs. Coat fillets in flour, dip in egg mixture and dredge with bread crumbs. Fry and serve immediately.

