1931

Simple Fish Dishes

The Sea Fisheries Association of Saorstat Eireann limited

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**Carrageen Fish Sauce.**

Soak 1 breakfast cup of Carrageen in water for 10 minutes. Drain and cut off stems. Add with salt to one pint of milk or white stock. Bring to boil and simmer slowly for 15 minutes. Add ½ oz. butter and serve hot or cold.
SIMPLE
FISH RECIPES

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Prepared for and issued by
The Sea Fisheries Association of
Saorstáit Éireann, Ltd.,
45 Kildare Street, Dublin