

Grandma's Lutefish Cooked the Old Fashion Way

To cook the Lutefish:

- Rinse in cold water
- Fill pot with water and add $\frac{1}{4}$ cup of salt per quart of water
- (use less salt if using pickling salt)
- Add lutefish to pot
- Bring to a hard boil
- Remove from heat and cover
- Skim off any foam
- Let stand for 5-10 minutes until fish is flaky

To prepare White Sauce

Ingredients	2 tablespoons of butter
	2 tablespoons of all-purpose flour
	$\frac{1}{4}$ teaspoon salt
	Pepper to taste
	1 cup milk

In a pot:

- Melt butter
- Add flour, salt and pepper
- Add milk
- Stir over medium heat until desired thickness is achieved

Note -- makes about 1 cup of sauce

Serve at once.....hold nose and shovel it in

