

## BAKED HERRINGS

This is one of the simplest and most delicious of all methods of cooking herrings and is not so well known as it deserves to be. To be able to serve fish straight away in the dish in which it has been cooked has three advantages at least:—

- (a) The fish is nice and hot.
- (b) All the goodness is conserved.
- (c) The time and labour of the housewife is lessened.

Personally, I am all for the fireproof dish, with or without a cover, something sufficiently robust to stand the heat and wear and tear of use in the oven or on top of the stove, and comely enough to place on the dining table. Let's suppose that one of these useful baking dishes is available ready for—



## BAKED HERRINGS.

INGREDIENTS: 6 large herrings, 2 teaspoonsful butter, pepper, salt.

METHOD: After cleaning the herrings remove heads and split the fish open. Wipe with wet cloth, then spread under-

sides with a little butter seasoned with pepper and salt. Close the fish and lay them in the greased fireproof dish made hot to receive them. Tuck down over them two pieces of buttered greaseproof paper. Bake in a moderate oven for a quarter of an hour. Then remove the paper and leave the fish in the oven for another five minutes to brown. Serve straight away.

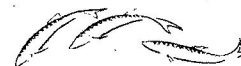
As the oven is being utilised for this dish, potatoes peeled and placed in a small dripping pan can go into the oven a little beforehand and then be ready to serve with the herrings. Baked tomatoes, halved and seasoned will also be welcomed. A spoonful of chutney with each portion will enhance the flavour of the fish.

If children are to share in a meal of baked herrings, a few drops of lemon juice on the fish and a little extra butter in the potatoes will make for easy digestion. Menfolk will reach for the sauce-bottle or prefer the spicier chutney.

When young spring onions are in season, half a dozen of the small white bulbs may be chopped and baked with the herrings as a savoury addition to the dish.

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At all seasons of the year, thanks to newer methods of cultivation, mushrooms are on sale. If mushrooms, after being washed and peeled, are cut into slices and simmered in a very small amount of milk and water with a pinch of cayenne pepper and of salt, they will be ready in a few minutes and will look much more for the money than if left whole. They are delicious if put in with the herrings for the last ten minutes' baking.



## BAKED HERRING FILLETS.

Fillets of nice sizeable herrings, coated with seasoned flour, may be rolled up and packed closely into a pie-dish or casserole with a shaving of butter or beef dripping placed on top of each roll. Add a few peppercorns and a squeeze of lemon juice. Bake for 15 minutes.

Herrings are tasty items when baked plain, but stuffed they are altogether superior, and there's nothing difficult about the filling, either.

## BAKED STUFFED HERRINGS.

INGREDIENTS: 4 herrings,  $\frac{1}{2}$  cupful breadcrumbs, 1 level tablespoonful shredded suet, 1 teaspoonful chopped parsley, 1 saltspoonful pepper and salt mixed, 1 small onion, milk to mix.

METHOD: Prepare the herrings, split open, removing heads and backbone. To make the filling, chop the onion very small and add breadcrumbs, parsley, suet and a little seasoning. Bind with one or two tablespoonsful of milk (or if preferred a beaten egg). Mix well. Then sprinkle the underside of each herring with pepper and salt and spread on a portion of forcemeat. Roll up at once and keep in place firmly by tying with coarse white cotton or piercing with a small wooden skewer. To cook—grease a dish with butter or a little beef dripping. Place the herrings in carefully. Add a shaving of fat to each. Cover with a lid or greaseproof paper. Bake for 20 minutes.

There are other ways with stuffed herrings, baked and savoury; they can be served cold with cucumber, beetroot, lettuce,



Baked Herring Fillets.



Baked Stuffed Herrings.

# S I M P L E      W A Y S      W I T H

radishes, pickles or chutney. You'll appreciate them with the simplest or most elaborate salad, or even with just plain bread and butter they will provide a cooling meal for a summer day.

There are also various stuffings that will even add to the "flavoursomeness" of herrings. I think that you will enjoy newly crisped oatmeal mixed with par-boiled onion, chopped very small, seasoned with black pepper and salt, and if you like, with a heaped teaspoonful of parsley added. Brown breadcrumbs, blended with ripe tomato pulp, salt, pepper and nutmeg, is another mixture you'll have more than once.

While on the subject of baking, I want you to remember that the oven or stove top is capable of cooking herrings which will serve as a great standby on washing day or when spring cleaning demands labour and devotion. Again, why not cook them on Saturday and serve them with salad for Sunday's supper?

It is easy to see how a healthy person can find in herrings a cheap yet nutritious food, but when thinking of them for invalids, how many know their value? In any form of deficiency diseases, in cases of anæmia or in certain forms of goitre, herring dishes are of great use. Often when a patient is convalescing a tempting little dish can be prepared with a small portion of herring.

Try this way for an invalid:—

## **BAKED HERRINGS WITH EGG.**

**INGREDIENTS:**  $\frac{1}{2}$  herring per person,  $\frac{1}{2}$  yolk of an egg, 1 gill milk, 1 teaspoonful parsley.

**METHOD:** Scale, clean, behead, bone and fillet the herring. Roll up each fillet, keeping the roes for another dish. Lightly dust with salt and pepper. Set the fillet in a buttered fireproof dish. Beat up the egg with the milk and pour around. Bake in a moderate oven till the custard is set. Sift the minced parsley over before serving.