



Devilled Bloaters.

Connoisseurs of good fare will tell you that the Yarmouth bloater deserves a place of high honour as a real national delicacy. Like the kipper it is exceedingly easy to prepare and quick to cook.

A bloater is an unsplit herring, slightly salted and lightly smoked. The name comes from "blota," a Swedish word meaning to steep or soak.

The process is an old one. It was certainly used in the 17th century, as there is a passage in Beaumont and Fletcher which runs: "I have more smoke in my mouth than would blote a hundred herrings."

GRILLED BLOATERS.

INGREDIENTS: *As many bloaters as required, a little butter or dripping for frying the roes.*

METHOD: Break off the heads, split open the backs and remove roes and backbone. Toss the roes in a little hot butter or dripping in a saucepan until golden brown. Make your grill hot, grease the grid in the grill pan, and place your fish on it, the insides to the heat. When browned, turn over and grill the backs. Serve very hot

with the roes. Years ago, hot vinegar was always sprinkled over grilled bloaters at the moment of serving and sometimes it was vinegar strained from the pickle jar, very spicy and inclined to burn the tongue.

FILLETED BLOATERS ON TOAST.

INGREDIENTS: *1 bloater per person. A little lemon juice, pepper. Rounds of buttered toast.*

METHOD: Split the bloaters open and take the flesh from the bones in long fillets. Place on a greased baking tin or fireproof dish, squeeze the lemon juice over and season with pepper. Cover with greaseproof paper or lid and bake in a brisk oven for about 8 minutes. Serve on buttered toast.

Sometimes grill a few more bloater fillets than are required for your meal. While still very hot lay them between slices of bread and butter. Leave to get cold, then pack as lunch bag sandwiches. Cold grilled fillets are also a good summer snack with spring onions or fresh tomatoes sliced, or they make a welcome addition to the cold luncheon if served in mixed salad.



Bloater Paste.

BLOATER OR HERRING PASTE.

INGREDIENTS: *1½ lbs. bloaters or red herrings (weighed after cleaning), ½ lb. fresh butter, 1 teaspoonful anchovy essence, pepper and salt.*

METHOD: Clean the herrings and cook in boiling water for about 20 minutes, changing the water if necessary. Remove bones and skin and mince the flesh finely by passing through a mincing machine. Put into a bowl with the butter and anchovy essence and mix thoroughly. Season to taste. Put into small jars, pour some melted butter on top and when cold tie down. Store in a cool place.

NOTE.—Kipper paste can be made in the same way.

DEVILLED BLOATERS.

INGREDIENTS: *To each bloater allow ¼ teaspoonful curry powder, and a piece of dripping or butter the size of a large filbert.*

METHOD: Begin with the thick side of the fish and cut through below the head as far as the other side of the backbone. Draw sharply and the inside will come out

as you pull away the head. Split open the under-part as far as the vent, remove the roe, if there is one, and take out the silver floating bladder, lightly scrape the black lining and the collected blood under the backbone. Next split the bloater so that it lies open like a kipper. Rub it over with the nut of dripping or butter, then spread it with the curry powder. It can then be fried on the uncut side till cooked through, or grilled for 10 minutes. Serve with toast or bread and butter.

BLOATER FRITTERS.

INGREDIENTS: *1 bloater for each person. 1 egg, a little flour and milk for batter, a few tablespoonsful of grated cheese, fat for frying.*

METHOD: Split open the bloaters and remove the flesh in long fillets. Beat together the egg, flour and milk to form a frying batter; stir in the grated cheese. Divide the fillets into convenient pieces. Dip the fish in the batter, fry in deep boiling fat until golden brown. Do not put too many pieces in the pan at once or you will reduce the temperature too much. Drain well and serve very hot.