

BOILED AND STEAMED HERRINGS

Boiled or steamed herrings are especially good for people with poor digestion. The fish, after being prepared, may be cooked in a fish kettle, from which it is of course very convenient to lift them when done. However, fish kettles are not always available, but if you have a large saucepan you can put the grid from your griller in it and this will serve quite well. Another useful tip is to wrap the herrings in greaseproof paper or tie each one in a piece of butter muslin. They can then be easily lifted out of your pan without damage to the fish.

BOILED HERRINGS.

For every herring allow a teaspoonful of vinegar, and $\frac{1}{2}$ a teaspoonful salt. Water to cover. Mustard or parsley sauce. Clean and scale the fish, behead, but do not bone them. Add the salt and vinegar to

the water and bring to the boil. Now put in the herrings, bring to the boil again, then reduce the heat and simmer for 12-15 minutes, according to the size of the fish. Lift out, drain on a clean cloth and arrange on a hot dish. Serve with parsley or mustard sauce. (See p. 28.)

COLD BOILED HERRINGS.

Boiled herrings are very good eaten cold, so that when you cook them for the children's mid-day meal, do sufficient to provide a cold supper dish. Put the herrings in a shallow dish, pour over them a little lemon juice or vinegar. Send salad to table with the fish. Sliced tomatoes, diced beetroot, or halves of hard-boiled eggs in green salad will be suitable.



F R E S H H E R R I N G S

HERRINGS COOKED LIKE WHITING.

If, instead of beheading the herrings for boiling, you leave the heads on but remove the eyes, and then bend the tails round and push them through the eye sockets or fasten them with a tiny skewer, they can be cooked whiting fashion. For this purpose, you will find butter muslin excellent for enfolding the fish in the saucepan. A yard or two of butter muslin cut into the most useful sizes and kept especially for holding the fish while boiling, and for wiping and drying fish during preparation for cooking will be of real service. After use soak the muslin pieces in cold water, then wash in the ordinary way, rinse and hang in open air to dry. They will serve you for months.

STEAMED HERRINGS.

If you have one of those most useful of cookery utensils, a three or four-tier steamer, you can use one or more of the compartments for steaming herrings.

Prepare them in either of the ways suggested for boiling. Wrap them in greaseproof paper, first seasoning them with pepper and salt. Quite good sized herrings will take 20 to 25 minutes to steam in their paper jackets.

Potatoes and sauce may cook in the other compartments of the steam cooker at the same time. I often make sauce in a basin, slip a saucer on the top and let it cook the time necessary in one section of a steamer, in the other compartments of which I have fish, vegetables and pudding. Thus one gas ring only is needed for a complete dinner.

Failing a steamer a simple substitute may be found in a colander over a saucepan of boiling water with the saucepan lid as a cover for the herrings. Or butter a soup plate, lay in the fish, season and cover with a second plate. Cook over a pan of boiling water for 20 mins.



Boiled Herrings.