



Herring Mayonnaise.

HERRING MAYONNAISE.

INGREDIENTS: Any number of cold cooked herrings. They may be boiled, filleted and baked, fried, or baked in the oven. Green salad, with cucumber. Then, to every yolk of egg used allow a pinch of white pepper, a pinch of dry mustard, a dessertspoonful of white wine vinegar or lemon juice and a gill of olive oil.

METHOD: Cook the herrings the way desired. (Baking always seems to me best, but with mayonnaise sauce cold boiled herrings are delicious.) First break a fresh egg into a basin, taking the yolk only. Free it of the little "germ" attached, then add the pinch of dry mustard and pepper, and whisk it up. Stir in the vinegar and beat again, then drop in slowly the oil, drop by drop, beating it with a wooden spoon. It should be thick as cream when finished. Instead of using olive oil only, half olive oil and half cream may be used. When the herrings have been masked with the mayonnaise slice up sufficient cucumber to arrange around. Serve with any kind of green salad. A couple of hard boiled eggs, cut in halves or quarters, then arranged on the salad, improves its appearance.

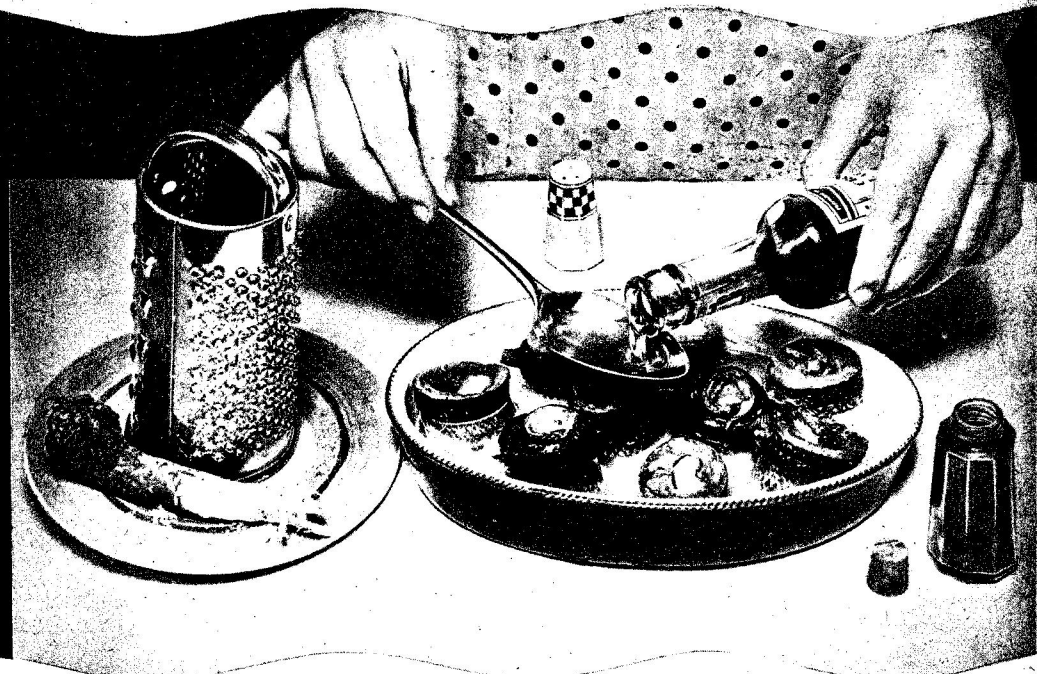
HERRINGS IN JELLY.

Bone, roll, season and bake four fresh herrings. Allow to get quite cold. Cover 3d. worth of fish bones with water to which you have added pepper and salt and a flavouring of herbs and spices, as liked. Simmer for a couple of hours; you will be surprised at the gelatinous matter that comes from them. Pour this jelly-like substance into a bowl, put in the herring rolls and allow to set. Serve with green salad. If preferred, a packet of aspic jelly may be dissolved and used instead of simmering the bones.

RICE, HERRING AND TOMATO SALAD.

Scale, clean and behead three or four fresh herrings. Bake in the oven with a little butter for 15 minutes. When cold remove skin and take the flesh from the bones carefully. Divide into convenient pieces.

Mix together a breakfastcup of cold boiled rice, the pieces of fish, three very firm tomatoes cut into strips, and a little chopped onion. Moisten with a dressing made of two parts of olive oil and one part vinegar, seasoned with salt, pepper and mustard.



Selsey Herrings.

SELSEY HERRINGS.

INGREDIENTS: 6 fresh herrings, a table-spoonful vinegar, 3 table-spoonful grated horse-radish, $\frac{1}{2}$ teaspoonful of fine salt, 2 table-spoonful white wine vinegar, 4 table-spoonful cream, a dash of cayenne, a pinch of dry mustard, a pinch of castor sugar, and a teaspoonful of tarragon vinegar.

METHOD: Clean and fillet the fish. Roll up the fillets, including the roes, and secure each roll of fish and roe with a cotton thread. Set the herring rolls in a buttered fireproof dish, putting a little vinegar on each, then add sufficient cold water to come mid-way up the rolls. Bake in a moderate oven for $\frac{1}{2}$ hour, then let them get cold. Now for the sauce: scrape the horse-radish, add to this the salt, the mustard, castor sugar, then stir in the cream. Blend with this the tarragon vinegar, then the white wine vinegar, and stir well. Arrange the herrings on a dish with a border of green salad and serve the sauce in a boat. Instead of cream, milk may be used, or unsweetened condensed milk (about a dessertspoonful). Ordinary vinegar may be substituted for white wine vinegar.

HERRING PICKLE.

INGREDIENTS: 12 salt herrings, 1 pint good vinegar, 1 pint of water, 12 shallots, or small onions, 2 table-spoonful white mustard seed, 1 teaspoonful cloves, 2 bay leaves and $\frac{1}{2}$ teaspoonful allspice.

METHOD: Soak the herrings all night in cold water, then pour off the water, clean and skin, starting at the head. Remove the roes and lay the herrings in a deep dish. Put the vinegar and water in a saucepan, set this over the fire, and bring it to the boil. Slice the shallots or onions, add to the boiling water and vinegar, also add the cloves, allspice, mustard seed and bay leaves and simmer for 10 minutes. Let this mixture get cold. Cut the roes in pieces, lay in a bowl, and pour over them a pint of the spiced vinegar and beat to a thick creamy sauce. Pour this creamy mixture over the fish, then add the rest of the spiced vinegar, and leave it covered for three days. It may be eaten then, or, if preferred, the whole beaten and pounded down to be stored for a little while.

