



Fresh Herrings.

## FRIED HERRINGS

### "DRY" FRYING.

In this method only a very small amount of fat is put in the pan or, in the case of fine oily fish, no fat at all. Two teaspoonsful of dripping or lard will be sufficient for "dry" frying three or even four medium sized herrings. Butter evaporates more quickly and has a tendency to darken if much heat is applied and margarine sometimes fails to agree with the herring flavour. However, each cook to her taste.

### SLASHED HERRINGS.

**INGREDIENTS:** 6 herrings, 2 tablespoonsful flour, salt, pepper, 3 tablespoonsful milk, 5 tomatoes, a very little frying fat.

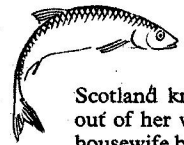
**METHOD:** Scale, wash and clean the fish. Dry them, place on board and make three cuts on each side. Dip each fish in the flour seasoned with pepper and salt, then draw it through the milk which may be put in a saucer. Drain for a moment (just hold the fish up by the tail for the moisture to run off), dust again with flour. Have the fat very hot in the frying pan. Put in the herrings and a few minutes

later the tomatoes halved. Let all cook, both sides. The herrings should be golden brown and crisp. Season and serve. Let everything that accompanies fried herring to table be as hot as possible. Sauces of many kinds are excellent, and though a trifle more trouble to prepare perhaps, they add to the nourishment and attractiveness of the dish. So select one or other from page 28 but see that it is hot.

### HERRINGS FRIED IN OATMEAL.

**INGREDIENTS:** 4 medium-sized fish, 2 tablespoonsful fine oatmeal, 1 tablespoonful flour, ½ teaspoonful salt, ½ lemon sliced, a very little frying fat.

**METHOD:** Prepare the herrings, then remove heads, tails and fins, slit open down centre backs, clean and take away bones. Wipe with damp cloth. Have the flour, fine oatmeal and salt shaken together in paper. Coat each herring with the dry mixture, put skin downwards in the hot fat and cook for five minutes. Turn the fish carefully with a slice and fry the other side a golden brown. Serve on hot plates with thin slices of lemon.



## FRIED HERRINGS

Herrings in Oatmeal.

Scotland knows how to get the very best out of her wonderful oats and the Scottish housewife believes in *re-crisping* the oatmeal she takes from her store. A few minutes in the oven or by the fire is enough, and oatmeal so treated has none of that "tired soured taste" that it gets if kept a week or two in the ordinary store cupboard.

### DEEP FAT FRYING.

Deep fat frying means quick cooking and though quite a lot of fat is required it is economical because if strained and clarified each time it is used, the fat will serve again and again.

### HERRINGS FRIED IN DEEP FAT.

**INGREDIENTS:** 6 herrings, 1 egg, 1 cup of breadcrumbs, a little flour and salt, fat.

**METHOD:** Prepare as for dry frying but remove roes (they will make another dish or if liked may be treated the same as the herrings—that is coated and fried with them). Wash and dry the fish, dust with flour slightly salted. Dip first in well beaten egg, then into the breadcrumbs. See that the pan is ready with the fat in it

smoking hot and deep enough to cover the fish. Put one herring in and then when the fat has recovered from the slight chilling, put in a second fish. Keep the fat very hot and allow eight to ten minutes to cook the herrings. Lift out with a slice, draining the surplus fat back into the pan. Then place each herring on paper and transfer later to hot dish or plate.

Carrots and parsnips cut in slices and coated with flour will fry a nice brown and be tasty items to vary the meal.

### HERRINGS IN BATTER.

Make a batter with a breakfastcupful of milk, two tablespoonsful of plain flour, ¼ teaspoonful of salt and an egg. Beat the egg before adding to the milk and seasoned flour. Beat this batter free from lumps before using it to coat the herrings, prepared as for the previous recipe. Roll the prepared herrings in flour before coating them all over with the batter. Fry in deep fat, garnish with parsley and tiny mounds of finely shredded horse-radish. Or serve with lemon slices.