

GRILLED HERRINGS

Grilled herrings commend themselves as something easy to prepare, quick to cook and appetising when served.

GRILLED HERRINGS.

INGREDIENTS : 2 herrings, a small piece of butter, parsley, mustard sauce.

METHOD : Scale and clean the fish, then wipe with a clean cloth. Upon each side of the herring make three cuts 1 1/2 inches apart, cutting down to, not through, the backbone. Remove the heads. Now just brush each with a little butter, as the herring contains its own cooking fat. Grill quickly under a very hot grill till brown on each side. Dust lightly with salt, garnish with parsley, and serve with mustard sauce. (See p. 28.)

GRILLED HERRINGS WITH TOMATOES.

INGREDIENTS : 1 herring and 1 tomato per person, a little butter, parsley, salt and pepper.

METHOD : Cut the tomatoes in halves and fry in a little butter, taking care not to break them. Grill the fish as before.

Serve surrounded by the tomatoes. If you prefer, you can grill the tomatoes at the same time as the herrings. Put a bit of butter on each tomato to prevent the skin burning. Turn when ready to cook on underside.

GRILLED HERRINGS WITH LEMON JUICE.

INGREDIENTS : 1 herring per person, a little butter and lemon juice.

METHOD : Skewer the heads and tails together. Grill as before. Add the lemon juice and serve. I want you to look at the illustration and see the neat little wooden skewers that make herrings bite their tails.

GRILLED HERRINGS WITH PARSNIPS.

INGREDIENTS : 1 herring per person, a few boiled parsnips, a few breadcrumbs, a little beaten egg, fat for frying, salt and pepper, parsley.

METHOD : Cut the parsnips lengthwise in quarters, egg and breadcrumb them, fry a golden brown. Grill the herrings as

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before, serve with the parsnips ; you have no idea how good the combination of flavours can be.



SPELDERED HERRINGS.

This is a Northumbrian method, and is really only another way of grilling fresh herrings.

INGREDIENTS : 2 or more fresh herrings, teaspoonful of lemon juice, dash of cayenne, a tiny nut of beef dripping for each herring.

METHOD : Scale and clean the fish, remove the heads and tails and backbone. Lay them on a dish, dust with cayenne, squeeze lemon juice over, put a nut of dripping on each one, then grill over a hot fire. Serve with cut lemon. Very delicious !

What will you do with the roes in such a case ? These make delicious savouries, but if you prefer, fry the roes in butter or good dripping, then garnish the speldered herrings with them.

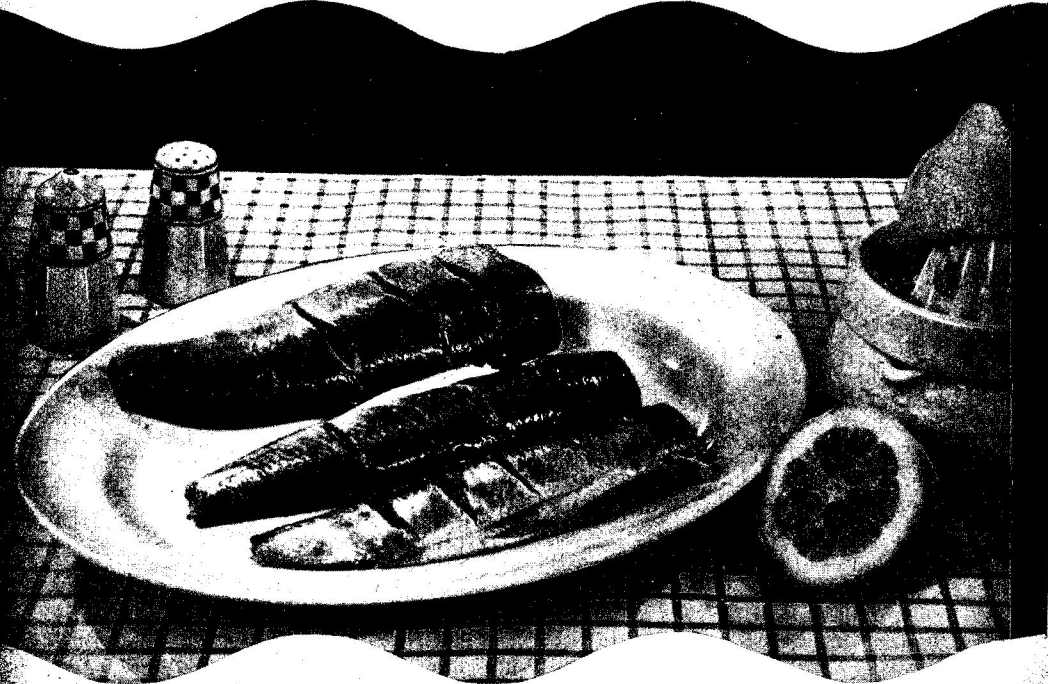
When grilling herrings with roes it is worth while to take out the roes, season each with a little black pepper, salt and a dash of

nutmeg, then replace in the herring. If the herrings have been split and boned, the roes are easily put back.

BROILED HERRINGS.

Broiling, which is cooking in front or on top of a clear fire, is a rather slower process than grilling but need only take three or four minutes longer. The broiling pan with its deep sides, as still used on the East Coast, is a most convenient utensil in which to cook herrings. It is essential, of course, to have a clear hot fire, and the bars of the grate free from coal-dust or cinder ash.

The herrings need not be cut on the sides. They are all the better for basting once or twice during the cooking with the fat which runs to the bottom of the broiling pan. In many places the little Dutch oven with its row of hooks conveniently arranged to suspend the fish while broiling is very popular. In front of a clear fire it is a most desirable cooker, and has one great advantage over any other form—it allows both sides of the herrings to be nicely browned without disturbing the fish. Broiled herrings taste particularly good with horse-radish sauce.



Grilled Herrings.



Grilled Herrings with Lemon Juice.