



Herring Pie.

HERRING PIE.

INGREDIENTS: *About 1 lb. of fresh herrings, weighed after cleaning, boning and filleting, a small tin of peas (fresh ones can be used when in season), a few cooked potatoes, a few tablespoonsful of hot milk, $\frac{3}{4}$ pint of a creamy white sauce with a nut of butter added. (See p. 28.)*

METHOD: Roll up the fillets of herring after boning, seasoning each one with salt and pepper. Put a layer of peas in a buttered pie-dish, next the rolled herrings, then more peas, seasoning each layer by turn. Make the sauce and pour in, then cover with a lid of potatoes mashed with the hot milk. Bake for about 30 minutes and serve hot. If liked, pastry might be used instead of mashed potatoes.

TAYMOUTH HERRINGS.

INGREDIENTS: *4 herrings, 4 thin rashers fat bacon, 3 tablespoonsful oatmeal, 1 tablespoonful flour, $\frac{1}{2}$ cupful milk, pepper, salt.*

METHOD: Prepare herrings, remove heads and tails, and bone. Put the flour in one paper and the oatmeal (seasoned with pepper and salt) in a second paper. Roll the herrings in the flour. Fry the bacon, chop small and keep hot. Dip each floured herring in saucer of milk then coat

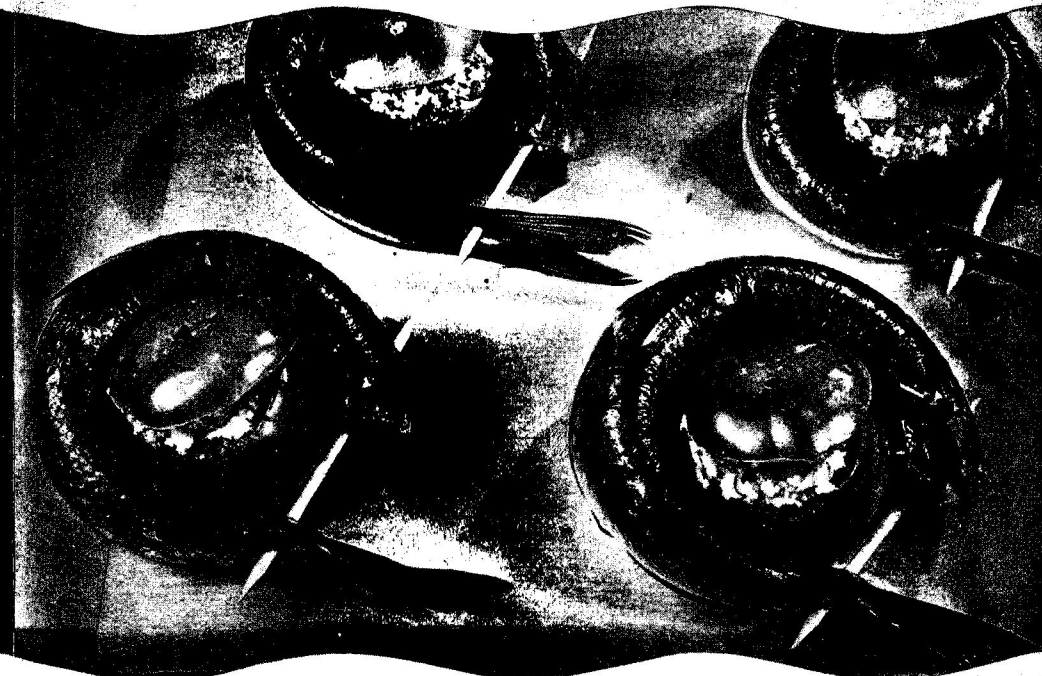
with seasoned oatmeal and fry in bacon fat left in the pan. Arrange herrings on hot dish with tiny heaps of chopped bacon resting on each.

When I was visiting a farm on the East coast of Scotland for the B.B.C. this dish was served with newly baked scones and fried potatoes. Try it with oatcakes, crisp and hot, and perhaps you'll think (as I did) that they are a perfect accompaniment to herrings-cum-bacon dishes.

HERRINGS WITH MUSHROOMS.

INGREDIENTS: *4 fresh herrings, 1 lb. mushrooms, 1 oz. butter.*

METHOD: Prepare the mushrooms by removing the stalks and peeling. Place the mushrooms in a fireproof baking dish and dust with salt and pepper; put the little dabs of butter over and add barely sufficient cold water to cover. Cover with a greased paper and bake in the oven for 20-30 minutes. Scale and clean the herrings, split open, bone, fillet and remove the roes. The roes should be fried in a little dripping or butter. Grill the herrings, serve the mushrooms in the dish in which they are cooked, arranging the grilled herrings on top, and the fried roes on top of each fillet.



Goodwood Herrings.

GOODWOOD HERRINGS.

INGREDIENTS: *6 fresh herrings, 6 large tomatoes, 4 tablespoonsful breadcrumbs, a tablespoonful butter or dripping, a little lemon rind grated, a small minced onion or shallot, a tablespoonful of chopped parsley, a pinch of dried thyme.*

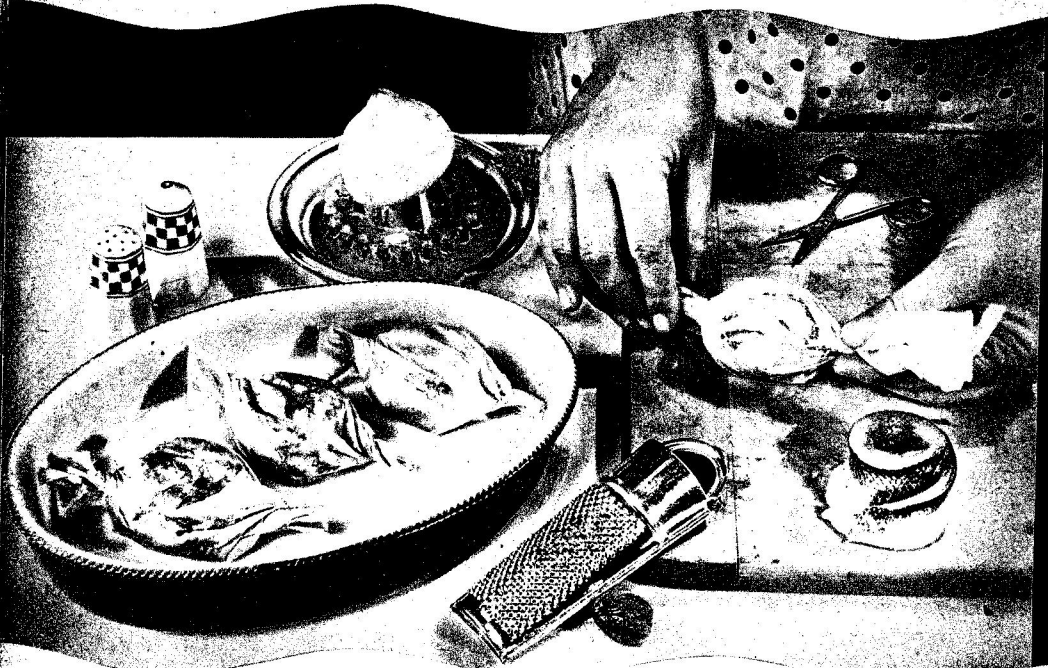
METHOD: Clean, scale and behead the herrings, but leave in the roes, then twist them head to tail and fasten with a tiny wooden skewer or cocktail stick. Slice the top off each tomato, using a very sharp knife, and keep the slice. Scoop out the inside of each tomato, discard the hard core, keep the pulp. Put the breadcrumbs, herbs, chopped onion or shallot, lemon rind, pepper and salt into a basin; to this add enough of the tomato pulp to make it moist. Fill each tomato shell with this, and put a bit of butter on top, then lay the slice of tomato to cover. Set a tomato in the centre of each curled herring. Put in a greased fireproof dish and cook for 20 minutes in a fairly hot oven. Serve in the dish in which they are cooked.



BRAISED HERRINGS.

INGREDIENTS: *To every 4 herrings allow 2 teaspoonsful minced parsley, $\frac{1}{2}$ teaspoonful lemon juice, $1\frac{1}{2}$ tablespoonsful butter, salt and pepper mixed (about a saltspoonful), a dash of cayenne, 1 medium sized onion, 4 tomatoes, a blade of mace, a little water or fish stock.*

METHOD: Melt the butter in a saucepan large enough to hold the herrings. Slice the onion finely; fry in the butter, then add the tomatoes cut in halves. Cover the pan and cook for 10 minutes, shaking the contents frequently. Fillet the herrings and roll up the fillets from tail ends. Pack them with the braised vegetables, season with salt, pepper and cayenne, add the blade of mace and scatter the parsley on top. If necessary, add a little stock or water, but as a rule the tomato liquid is sufficient. Cover closely and cook very gently—simmering only, for $\frac{1}{2}$ hour, then lift out the braised herrings on a very hot dish, pour the tomato purée over and serve with plainly boiled rice, mashed potatoes or cooked macaroni.



Herrings à la Française.

HERRINGS A LA FRANÇAISE.

Fillet the herrings. Wash the roes, season the fillets with salt, pepper, a dash of nutmeg and a little lemon juice. Sprinkle with finely minced parsley. Roll them up, putting the roes inside. Wrap each in buttered paper, set in a greased baking dish and bake in a moderate oven till the paper puffs out. Remove the paper and serve.



HERRINGS EN PAPILLOTES.

INGREDIENTS: 1 herring per person, and to each herring a lump of butter the size of a large filbert, ½ teaspoonful minced parsley, ¼ teaspoonful lemon juice, and a mushroom.

METHOD: Clean, scale, behead and bone the fish, taking out the roes. Chop these up with the mushrooms, add the lemon juice, parsley and black pepper and salt to taste. Mix in the butter and work to a paste. Dust the fish with black pepper and salt, insert a layer of this forcemeat and skewer the sides of the herring together

or lightly sew up with white thread. Put each herring in a greased paper, lay in a fireproof dish with a little butter, or with a few tablespoonsful of water and a dash of butter. Bake for ¼ hour in a moderate oven, then remove the papers and serve with mustard sauce.

HERRINGS IN CREAM SAUCE.

INGREDIENTS: 3 or 4 fresh herrings, ½ lemon, a little salt, a piece of butter the size of a small egg, 4-5 potatoes, a little parsley, cream sauce (see page 30).

METHOD: Filler the fish. Wipe the fillets and roes dry, roll up the fillets, pack them in a buttered fireproof dish with the roes between, sprinkle with a little salt and lemon juice, and cover with buttered paper. Bake for 20 minutes in a moderate oven.

Meanwhile cook the potatoes, and mash them with a tablespoonful of hot milk and a nut of margarine or butter.

Serve the herrings on a hot dish, surround with a border of mashed potatoes, sprinkle the mashed potatoes with the minced parsley. Pour the cream sauce (see p. 30) over the herrings.

HERRINGS AND TOMATOES.

By the way, herrings and tomatoes make a very good blend, and if in a hurry to prepare a tempting dish, butter a baking dish or casserole, fillet the herrings, roll them up, pack with uncut tomatoes, season the whole, and add a few shavings of butter. Cover with a casserole lid, or if in an open dish with a buttered paper, set in the oven (moderate heat), and in half an hour a very nice supper or "High Tea" dish is ready. The juice in the tomatoes and the oil in the herrings usually provide enough moisture, but a tablespoonful or so of fish stock or water may be added if you like plenty of liquid.

HERRINGS AU GRATIN.

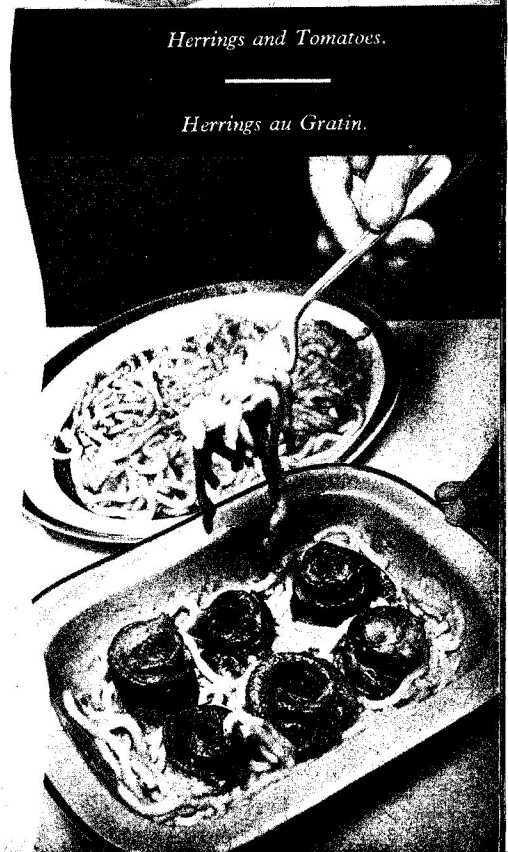
INGREDIENTS: 1 herring per person, and to every herring allow a tiny pinch of dried thyme, a few mushrooms or a tomato, or 2 tablespoonsful cooked macaroni or spaghetti, a piece of butter, 1 teaspoonful minced parsley; breadcrumbs to cover the top of the dish.

METHOD: Put half of whatever is used (if tomatoes or mushrooms cut them up) at the bottom of the buttered dish and season with pepper and salt. The herrings should be scaled, cleaned, boned, beheaded and filleted, then the fillets rolled up neatly, from the tail. Arrange the rolls on the bottom layer, sift pepper and salt over lightly, also the thyme. Now cover with remainder of whatever medium is chosen and season. Cover with a layer of breadcrumbs. Put little dabs of butter on top. This will melt and provide sufficient liquid for cooking, but if you like a "moist" dish, add a tablespoonful or two of water or milk. Do not do this with tomatoes, as they contain sufficient moisture. Bake for 20-30 minutes in a moderate oven, scatter the parsley on top, and return to the oven for five minutes.

Or, if you prefer a crisp, golden top, add the parsley when you put in the herrings. Serve mustard sauce if tomatoes are used; with macaroni or spaghetti serve tomato sauce.



Herrings and Tomatoes.



Herrings au Gratin.