

HADDOCK (SAVOURY).

Regulo Setting Mark 3
Time 45 Minutes.

Ingredients —

Cooked dried haddock.
2 teaspoonfuls cornflour.
3 eggs.
 $\frac{1}{2}$ pint milk.

Salt and pepper.
 $\frac{1}{2}$ teaspoonful chopped parsley
or dried herbs.

Method.—Grease an au-gratin dish. Remove the skin and bones from the fish, flake it and place at the bottom of the dish. Mix the cornflour to a paste with the eggs and beat up well, gradually adding the milk; then add the salt, pepper and parsley, pour over the fish and bake for 45 minutes with the "Regulo" at mark 3.

Note.—Any other cold cooked fish can be used up in this way.

HERRINGS BOULONNAISE.

Regulo Setting Mark 7
Time 10 Minutes.

Ingredients —

4 herrings.
4 tomatoes.
1 dessertspoonful olive oil

1 teaspoonful chopped parsley.
1 shallot chopped.,
Salt, pepper.

Method.—Clean and wipe the herrings and make two or three cuts across on each side. Grill for 7—8 minutes. Skin the tomatoes and grill the centre pieces. Pour the oil into a fireproof glass dish, add some of the parsley, shallot, ends of tomatoes, salt and pepper and cook in the oven for 10 minutes with the "Regulo" at mark 7.

Alternatively, if the oven is not in use, cook the ingredients together in a saucepan for 5 minutes, then place them in the dish. Arrange the herrings and grilled tomatoes on the top and sprinkle with the remainder of the parsley.

HERRINGS (BAKED).

Regulo Setting Mark 5
Time 15 Minutes.

Method.—Wash and cut the heads off the herrings. Split open and bone (see page 4). Sprinkle with salt and pepper and place together in pairs in a greased tin. Cover with greased paper and bake in the oven for 15 minutes with the "Regulo" at mark 5.

HERRING ROE PUFFS.

Regulo Setting Mark 8
Time 15 Minutes.

Ingredients —

Trimnings of Rough Puff Pastry. Herring Roe Stuffing (see p. 20).

Method.—Roll out the pastry to an oblong strip about $\frac{1}{8}$ " thick. Cut the strip in half. Spread the herring roe stuffing on one half. Without stretching it, place the other half of pastry over the stuffing. Cut across into strips or triangular shaped pieces. Place on a baking tray, brush over with egg and bake for 15 minutes with the "Regulo" at Mark 8.