

## HERRINGS AND TOMATOES.

Regulo Setting Mark 3  
Time 1 Hour.

### Ingredients —

6 herrings.	1 clove.
Salt and pepper.	Sprig of parsley.
2 lbs. tomatoes.	6 peppercorns.
$\frac{3}{8}$ pint vinegar or vinegar and water.	A blade of mace.
	Onion.

*Method.*—Cut the heads off the herrings, and bone them (see p. 4). Place a piece of tomato on each fish. Sprinkle with pepper and salt. Roll up. Place close together in a casserole. Boil the rest of the tomatoes in the vinegar for 5—10 minutes. Pass through a sieve and boil again to reduce to about half a pint. Cool and pour over the herrings. Add the clove, parsley, peppercorns and the mace (all tied in a muslin bag), and the onion cut into quarters. Cover with a lid and bake in the oven for 1 hour with the "Regulo" at mark 3.

## LEMON SOLE AU GRATIN.

Regulo Setting Mark 5  
Time 25 Minutes.

### Ingredients —

1 sole.	Browned breadcrumbs.
1 wineglassful sherry or milk.	Butter.
Cheese sauce.	

*Method.*—Skin, wash and dry the sole. Place in a greased tin with the sherry or milk. Cover with greased paper and bake for 25 minutes with the "Regulo" at mark 5. Place on a dish. Make a cheese sauce by adding pepper and salt, 2 ozs. grated cheese and any moisture from round the fish, to  $\frac{1}{2}$  pint of white sauce (see page 18). Warm and stir until the cheese has melted, and then pour it over the fish. Sprinkle with browned breadcrumbs (see page 20), and return to the oven until thoroughly hot.

## LOBSTER IN ASPIC.

### Ingredients —

1 lobster.	Pickled walnuts, cooked carrots and turnips.
Aspic jelly.	
Decorations of any of the following cut into fancy shapes :— Truffles, hard-boiled egg, gherkin, green peas, etc.	Chopped parsley, grated raw carrots or turnip.
	Salad plants.

*Method.*—Rinse a mould or small dariole cups or bouchée moulds in hot water and then in cold water. Mask with aspic jelly which should be nearly cold, but liquid. To mask, pour a little jelly into each mould and run it slowly round the bottom and sides — this should be done on ice. Allow to set. Dip each piece of decoration into liquid aspic jelly, using two long needles to hold the decoration, and arrange prettily over the bottom and sides of