

## 2.—ROE STUFFING.

Regulo Setting Mark  $\frac{1}{2}$   
Time 30 Minutes.

### *Ingredients* —

4 soft herring roes.  
Milk.  
Salt and pepper.  
 $\frac{1}{2}$  oz. butter.

$\frac{1}{2}$  oz. flour.  
Cayenne pepper and lemon juice  
1 tablespoonful breadcrumbs.

*Method.*—Wash the roes. Place them in a small casserole and just cover with milk. Add salt and pepper. Place the lid on the casserole and cook in the oven for 30 minutes with the "Regulo" at mark  $\frac{1}{2}$ .

Melt the butter in a small saucepan. Add the flour and cook together for a minute. Add the milk from the roes. Stir and boil to make a thick sauce. Beat up the roes and add to the cooled sauce. Mix well, adding more salt and pepper, cayenne pepper and lemon juice to taste, and the breadcrumbs, if the mixture is not sufficiently thick.

## 3.—SAVOURY STUFFING.

### *Ingredients* —

4 tablespoonfuls breadcrumbs.  
1 oz. chopped suet, butter or margarine.  
1 small teaspoonful chopped parsley.

$\frac{1}{4}$  teaspoonful dried herbs.  
Grated lemon rind, or a dust of nutmeg.  
Salt, pepper, cayenne.  
Egg, if required to bind.

*Method.*—Mix the breadcrumbs with the suet, parsley, herbs, etc., and bind with the beaten egg, or if butter or margarine are used, rub the butter or margarine into the other ingredients and omit the egg.

## 4.—SHRIMP OR LOBSTER STUFFING.

Make like roe stuffing, substituting picked shrimps or lobster broken into small pieces.

## 5.—TOMATO STUFFING.

*Method.*—Skin and slice the tomatoes. Sprinkle with salt and pepper. Place in the cavity made when cleaning a round fish or on the top of a split fish. If liked, place another split fish over the tomatoes. Mushrooms may be used in place of tomatoes.

## TO MAKE BROWNE D CRUMBS.

*Method.*—Place pieces of stale bread in a slow oven to dry and bake to a golden brown colour. Crush with a rolling pin, or pass through a mincing machine, and then through a wire sieve. The crumbs will keep a long time if put into a closed jar or bottle.