

T H E R E ' S F O O D V A L U E I N R O E S

Herring roes make the most delicious snacks but they should not be regarded only as a delicacy. For they are exceptionally nourishing, rich in vitamins and very digestible. This makes them a grand food for children. They are excellent too, for any form of deficiency disease or for anæmia or similar troubles.

HERRING ROES ON TOAST.

HOW TO COOK SOFT ROES: You will find it easy to slip them into a colander and stand it for a moment or two in cold water. Then move the colander up and down once or twice and stand it on one side to drain. Coat the roes by rolling them gently in seasoned flour before frying them in a little butter or dripping. Drain well and serve on rounds of buttered toast with a good dash of lemon juice and sprinkling of salt and pepper.

Or if you prefer, simmer the roes in a little milk for 10 minutes. Drain carefully. Curl the roes round and place on toast with a tiny sprig of parsley on each.

ANOTHER METHOD: Put them into tiny fireproof ramekin cups and cook them in the oven with a bit of butter and a sprinkling of fine breadcrumbs over them—and salt of course. Just grease the ramekins with butter first, though.

Or, if you like to take the trouble, roll out some pastry to wafer thinness, put a roe in a shell of pastry, bake and serve hot. Add a dash of anchovy to the roe when enclosing it.

SOFT ROE POTATO CAKES.

Simmer the roes in milk for 5 minutes, then mash with cooked potatoes, season, and fry as fish cakes.

CREAMED ROES.

Simmer 1 lb. soft roes in $\frac{1}{2}$ pint of milk for 5 minutes. Take out and mash well. Melt 1 ounce of butter in a pan, mix in 1 ounce of flour, simmer for 2 or 3 minutes. Add milk in which roes were boiled, simmer for 10 minutes. Then add mashed roes. Season and serve on rounds of buttered toast.

SOFT ROES FOR CHILDREN.

After a child is a year old, it is an excellent plan to give a small portion of soft roe cooked in milk. Mash the roe with a little baked potato, creamed spinach or other vegetable. Begin with say, a teaspoonful of roe and increase it gradually to a tablespoonful. This makes an excellent vitamin ration for a child, is greatly enjoyed and makes cod liver oil superfluous.

HARD ROES.

These are more substantial and if served separate from the fish are tasty. Floured, egged and breadcrumbed and fried for three to five minutes, they are a savoury dish hot or cold, especially for the children's supper. If required for the children's dinner, they may be served as a more satisfying meal with mashed or fried potatoes or cooked rice or macaroni. And if a few halved fried tomatoes go to each serving, you'll be popular with the young folk.

HARD ROE SURPRISE.

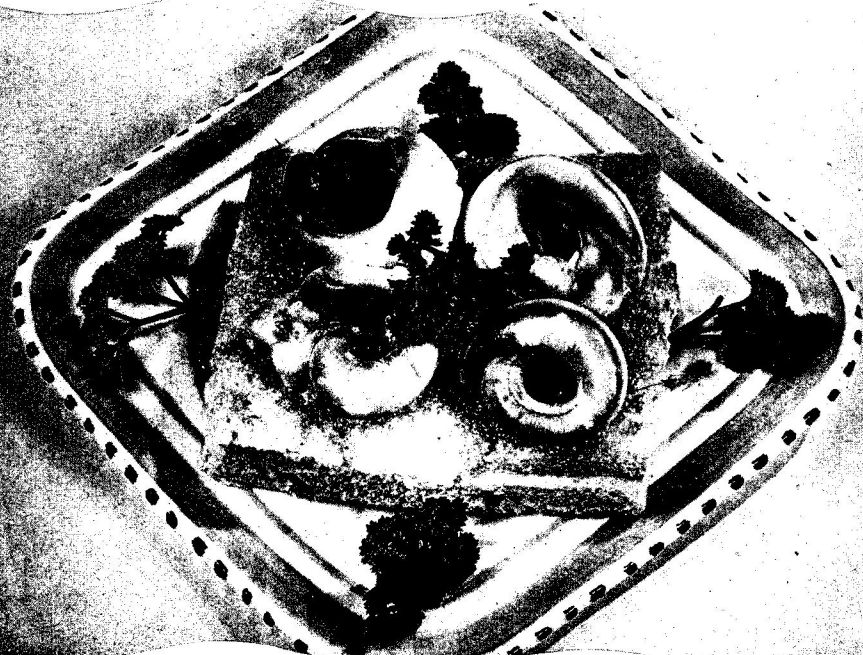
INGREDIENTS: 1 *hard roe*, about a *tablespoonful of mashed potatoes*, 1 *egg*, salt and pepper, a little *parsley*.

METHOD: Cook the herring roe for 15 minutes in boiling salted water, then drain and set in a buttered fireproof dish. Arrange the mashed potato around. Beat up the egg, add pepper and salt and pour this over, then set in the oven. When the egg has set, serve garnished with a little minced parsley.



HARD ROE BUTTER.

Savoury butter for spreading between bread for sandwiches is easily produced. Boil a hard roe or two for a few minutes in salted water. Drain, then mash or pound it. Add pepper, salt, paprika if liked, and a little softened (not oiled) butter. Beat together and press into little jars ready to use for the lunch basket.



Soft Roes on Toast.



Hard Roe Surprise