

# S A U C E S T O S E R V E



*Plain White Sauce.*

Herrings, fresh, salted or cured, are good if cooked in the simplest way. But a well-made sauce adds greatly to the appearance, flavour and nutriment of the dish with which it is served. The sauces given below will cost you little, not only in time and trouble, but also in expense.



## **PLAIN WHITE SAUCE.**

**INGREDIENTS:**  $\frac{1}{2}$  pint milk, 1 oz. butter, 1 oz. flour,  $\frac{1}{2}$  saltspoonful salt.

**METHOD:** Put the butter into a small saucepan over gentle heat and gradually add the flour, stirring until free from lumps, then cook for two or three minutes. Remove saucepan from fire and pour in the milk slowly, again stirring until the mixture is quite smooth. Sprinkle in the salt and stir while the sauce comes to the boil, then simmer only for just five minutes. This plain white sauce may be looked upon as a foundation for lots of other tastier sauces. For instance:

## **PARSLEY SAUCE.**

Add two teaspoonsful of parsley finely chopped and serve very hot.

## **MUSTARD SAUCE.**

Mix together a heaped teaspoonful of raw mustard, two teaspoonsful of vinegar. When smooth stir the mixture into the white sauce and bring to the boil again.

## **ANCHOVY SAUCE.**

Stir into the white sauce a teaspoonful of essence of anchovy. (It's better if anchovy is to be used not to have any salt added when making the foundation.)

## **CAPER SAUCE.**

**INGREDIENTS:**  $\frac{1}{2}$  pint of foundation white sauce, 2 teaspoonsful of capers.

**METHOD:** Add the capers and stir for a few minutes before putting sauce into hot tureen or sauce-boat. This is very appetising for serving with casserole, steamed or boiled herrings.

If capers are not available lift a small gherkin or a piece of cucumber from your mixed pickles and chop up small.

# WITH HERRINGS



*You can flavour your plain sauce in various ways.*

## **SIMPLE MELTED BUTTER SAUCE.**

*INGREDIENTS : 1 oz. butter, 3 teaspoonsful flour, 1 breakfastcupful hot water, salt and pepper to taste.*

*METHOD : Put the butter and flour into a small saucepan, cook and stir until smooth. Pour in the hot water, bring gradually to boil—boil very gently for six minutes. Add seasoning. (This foundation is often used instead of white sauce for parsley, egg, anchovy, etc.)*

## **HOLLANDAISE SAUCE.**

*INGREDIENTS : 2 teaspoonsful cornflour, 3 tablespoonsful stock (from boiling fish bones or fish), 1½ tablespoonsful vinegar (tarragon, if possible), 2 egg-yolks, juice of half a lemon, 1 small shallot, 2 oz. butter, salt and pepper to taste.*

*METHOD : Melt butter in small saucepan—put in the cornflour, then the stock and vinegar. Stir quickly and continuously until just on boiling. Add the other ingredients—excepting the yolks. See that the shallot is peeled and crushed before putting it into the pan. Remove pan from fire and whisk in the yolks one*

*at a time, then stand the pan in a larger saucepan containing boiling water and whisk the sauce until as smooth and thick as cream. This sauce must not be allowed to boil after the egg yolks are added.*

*(A great improvement to steamed, boiled, casseroleed or grilled herrings.)*



## **BROWNEED MUSTARD SAUCE.**

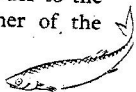
*INGREDIENTS : 1 oz. butter, 1 oz. flour, 2 teaspoonsful mustard (raw), 1 breakfastcupful stock, 1 teaspoonful chopped pickled onion, gherkin or capers, 4 drops gravy colouring.*

*METHOD : Make the sauce with the melted butter and flour blended together in a pan. Add the stock (leaving a tablespoonful or two out to mix mustard). Bring to the boil, simmer for five minutes, then stir in the mustard mixed smooth with the stock and the drops of browning. Lastly put in capers (or chopped gherkin or onion). Serve in hot sauceboat or poured over the herrings.*

# SAUCES TO SERVE WITH HERRINGS

## CURRY SAUCE.

Add a teaspoonful of curry powder to the flour when making one or other of the foundation sauces.



## WALNUT SAUCE.

This may be made with an ounce of butter melted in a saucepan, four pickled walnuts chopped and three tablespoonsful of the pickling liquid. Serve hot. Or the walnuts may be added to brown sauce made with the foundation mixture and brown stock (instead of water or milk).

## CREAM SAUCE.

INGREDIENTS : 1 oz. butter or margarine, the yolks of 3 eggs, 3 tablespoonsful cream or milk, a good pinch of salt, a dash of cayenne, the strained juice of 1 lemon.

METHOD : Put the butter in a saucepan, add the beaten yolks of the eggs, the salt, pepper and cream, and the lemon-juice, then stand the saucepan in a larger pan of boiling water, and with a wooden spoon stir till the sauce thickens.

## TOMATO SAUCE.

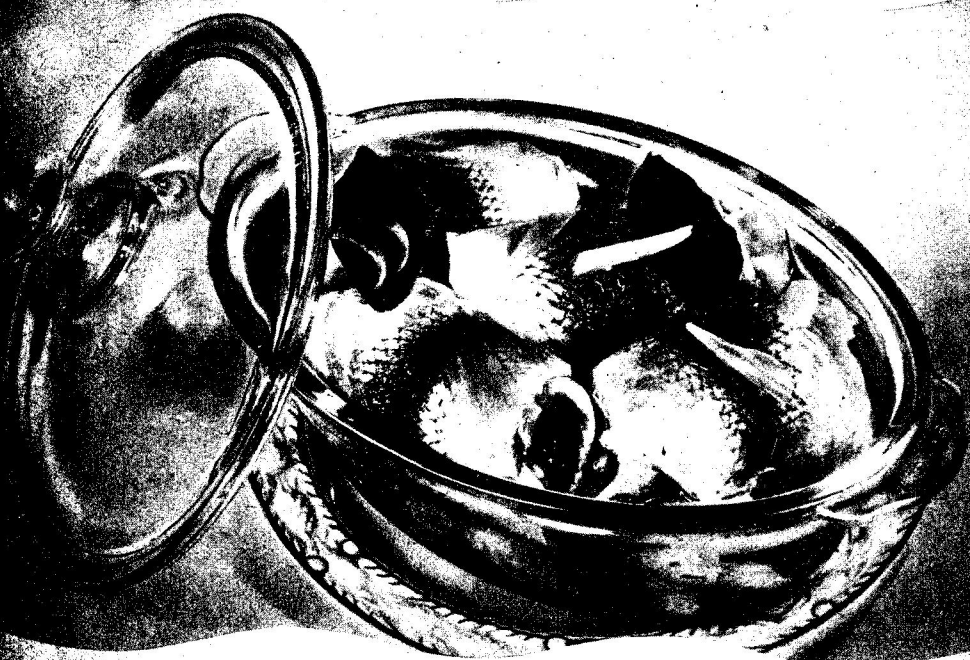
INGREDIENTS : 3 or 4 tomatoes, a pinch of dried thyme, a little pepper and  $\frac{1}{2}$  teaspoonful of salt, 1 dessertspoonful of cornflour,  $\frac{1}{2}$  pint of water, a small lump of margarine or butter.

METHOD : Simmer the tomatoes till tender in the water with salt, pepper and thyme, then put them through a sieve. Mix the cornflour to a smooth paste with a little water, stir in the tomato mixture ; return to the saucepan and cook for 8 minutes, stirring with a wooden spoon. Just before serving add the butter or margarine, or a tablespoonful of cream.



## MAITRE D'HÔTEL BUTTER.

Put an ounce of butter into a bowl and work in thoroughly a dessertspoonful chopped parsley, a few drops of lemon juice, a pinch of dry mustard, pepper and salt. Put a pat of this butter on each grilled herring. You'll be surprised what a difference it makes.



Soused Herrings.