

S N A C K S

SOUSED HERRINGS.

INGREDIENTS: 6 or 8 herrings, 1 tablespoonful mixed pickling spice, 1 breakfast-cupful vinegar, 1 breakfast-cupful water, 1 level teaspoonful salt, 3 pickled onions.

METHOD: Cut off the heads and tails, clean and bone the fish. Roll up with a slice of onion inside each fish. Pack in a baking dish (not baking tin). Scatter pickling spice between the rolls, add remainder of onion sliced. Sprinkle in salt, pour in vinegar and water, mixed together. Bay leaves may be added if liked. Bake in a slow oven for one and a half hours. If preferred, do not bone fish but lay in dish, alternately thick end to thin end.

Different districts have their own traditional methods of preparing soured herrings and I have seen a small piece of bruised root ginger, bay leaves, half a dozen stalks (stems only) of parsley, fresh shallots, and even chunks of cucumber added to the baking dish.

SCALLOPED HERRING.

INGREDIENTS: 2 cooked herrings, $\frac{1}{2}$ pint white sauce (see p. 28), 4 tablespoonsful bread-crumbs, 1 oz. butter, 1 teaspoonful lemon juice, salt and pepper, $\frac{1}{2}$ lb. cooked potatoes, 1 teaspoonful milk, lemon and parsley for garnish.

METHOD: Sieve the potatoes. Put in a pan with $\frac{1}{2}$ oz. butter and the milk. Beat well over heat until creamy. Butter 4 to 6 scallop shells according to size, line with breadcrumbs and put a tablespoonful of sauce in each. Remove skin and bone from the fish and divide the flesh among the shells. Season with salt, pepper and lemon juice. Cover with breadcrumbs and sprinkle with remainder of butter (melted). Put the potato mixture into a forcing bag with a large rose pipe and force it round the fish in each shell. Grill until golden brown, or bake in a hot oven. Garnish with a butterfly of lemon and sprig of parsley. This is an excellent way of using up herring "left-overs."



Scalloped Herring



S N A C K S

HERRINGS AS HORS-D'ŒUVRES.

INGREDIENTS: 1 salt herring, a small onion or shallot, 1 hard-boiled egg, salt and pepper, a little parsley.

METHOD: Soak the herring in cold water for 24 hours, then soak in vinegar for the same time. Skin, bone and behead, chop the flesh up finely with the shallot or onion. Add pepper and a very little salt. Mix in the chopped white of egg. Put in a hors-d'œuvre dish, garnish with the chopped up yolk of egg and parsley. There are many delightful forms of the familiar fresh herring on the market—for instance, there are Bismarck Herrings, Herring Fillets, bottled and tinned, Boned Kippers, and a new form of herring called Buckling, smoked whole like bloaters to a golden brown; they may be eaten cold, since they have been smoked at a higher temperature than bloaters.

HERRINGS ON TOAST.

INGREDIENTS: 1 herring, 1 small slice of buttered toast per person, pepper and salt, a little lemon juice, a few sprigs of parsley.

METHOD: Fillet the fish and dust with salt and black pepper and squeeze a little lemon juice over, then grill. Lay the fillets on buttered toast and garnish with parsley.

All sorts of variations can be worked. First spread the toast with anchovy paste, or hot tomato mixture. Or, instead of toast dip the bread in a mixture of egg and milk, then fry a golden brown. There is still another method of serving fried bread instead of toast as in—

NORMANDY HERRINGS.

INGREDIENTS: 1 herring and 1 slice of bread per person, a little anchovy essence, straw potato, anchovy sauce, and dripping.

METHOD: Fillet the herrings, then grill. Fry the bread in dripping, drain, then spread lightly with anchovy essence. Put two fillets of herring on each slice of fried bread, arrange straw potatoes around and

serve with anchovy or tomato sauce.

To make the potato straws, cut the potatoes after peeling in thin slices. Soak in cold water for a little while. Drain thoroughly. Wipe, place the slices on a board and cut into straws and fry. Shake the pan to keep the straws from sticking together.

GOLDEN EGG AND HERRING TOASTS.

INGREDIENTS: 1 cooked herring fillet and 1 egg per person, 1 piece of toast per serving, salt, cayenne pepper (or white pepper if preferred).

METHOD: Separate yolk from white of each egg. See that the fish is free from bone, add to the yolks in basin. Beat lightly together, season. Have toasts trimmed and well buttered. Whip the egg whites until stiff (add a pinch of salt). Then place a little pile on each piece of toast and put the toasts on greased fireproof dish. Drop a spoonful of herring and yolk mixture in centre of each little pile of white. Put in oven. Bake for a few minutes until golden brown.

This is a method that you could adopt with herring roes just dropped in the yolks one at a time and put in place in centre of white. They are light, easily digested and most attractive to serve to invalids or children.

SALT HERRING RAMEKINS.

INGREDIENTS: 3 salt herrings (filleted), $\frac{1}{2}$ lb. cooked potatoes, 1 teacupful cooked butter beans, 2 small onions, 2 table-spoonsful vinegar, 1 oz. butter, a few teaspoonsful of milk.

METHOD: Grease ramekins with butter, put in a layer of fish, sprinkle over a little onion finely chopped, and pepper, then add a layer of beans mashed with a little butter. Add the ingredients in layers as before. Moisten each ramekin with a little vinegar. Then mash the potatoes with milk and a little butter, and spread like a crust over the top. Put on tiny dabs of butter and bake for 20 minutes.