

Two ways to tackle a Herring

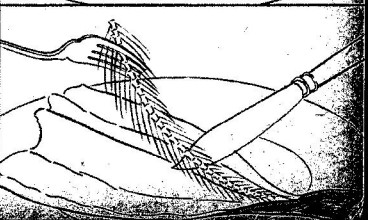
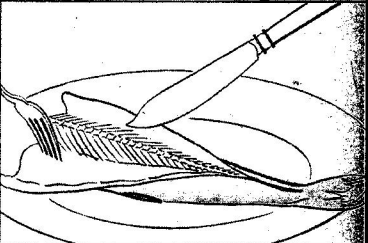
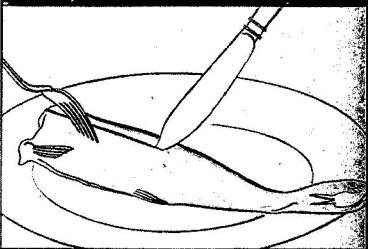
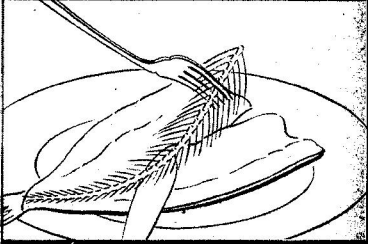
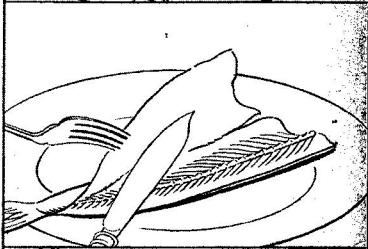
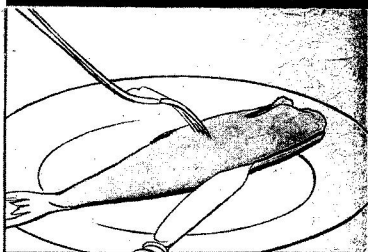
(When cooked)

METHOD 1

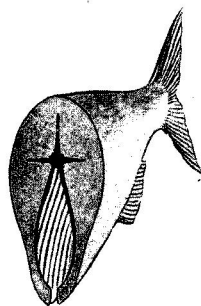
Slit down the centre of the back from head to tail, inserting the knife just far enough to touch the backbone.

Gently lay back the flesh on the side uppermost, thus revealing the backbone with the smaller bones attached to it.

Now insert the knife under the backbone and strip it out gently. It will come clean away as shown in the illustration.



METHOD 2



Cross Section of a Herring showing disposition of bones.

Slit the fish down the side from head to tail about one inch below the back.

Now lay back the flesh on both sides of the cut. This reveals the backbone with the smaller bones attached to it above and below.

Insert the knife under the backbone and strip it away as shown. If gently done, this brings almost all the smaller bones out also.