

Grilled Kippers.

When you fancy "something tasty" for breakfast, tea or supper, you can't do better than serve kippers. They're as nourishing as they're delicious! And there's another good thing about them. They need only a very short time to cook. You'll probably like bread or toast with them. Don't cut the pieces too thin. Butter them if you like, but take my advice and lay the buttered toast or buttered bread in the pan beneath the grill while the kippers are grilling. In five or six minutes they'll be ready—and so will you.



GRILLED KIPPERS.

INGREDIENTS: *A slice of buttered toast and a nut of butter or dripping for each kipper, a dash of pepper, and a little lemon juice.*

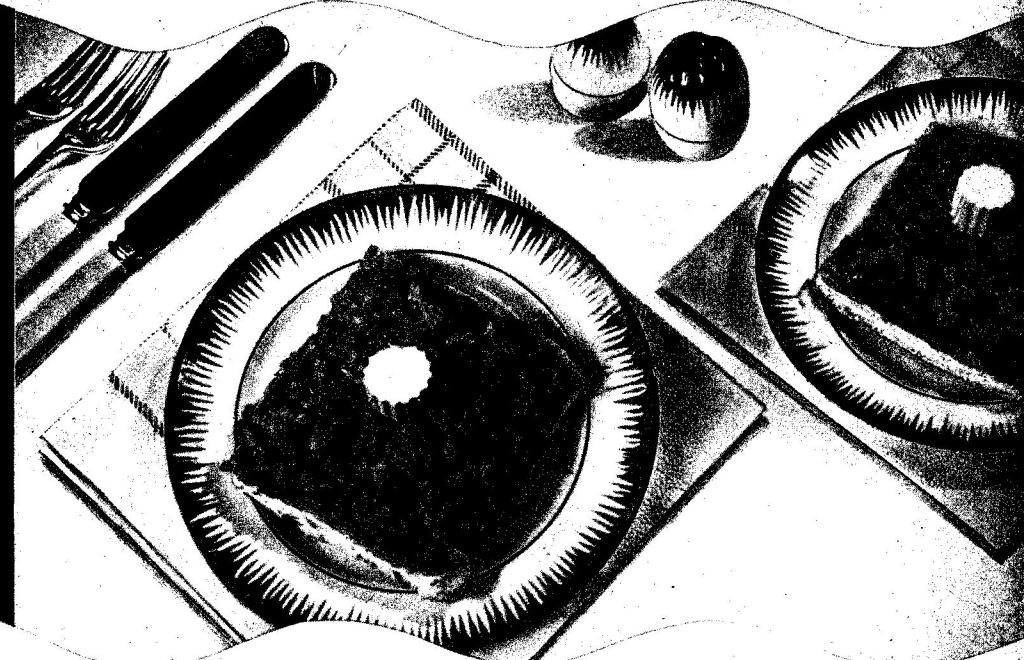
METHOD: Make the toast, butter it, shave off the crusty edges, then lay in the grilling pan. Wipe each kipper with a damp cloth and behead. Heat the grill and put the kippers on the hot grid, skin side uppermost, and grill for a minute.

Turn them, and on the fleshy sides lay the nuts of butter. Cook 5-6 minutes. Serve a kipper on each slice of toast, sprinkle a tiny pinch of pepper over and, if liked, a squeeze of lemon juice.

FRIED KIPPERS.

INGREDIENTS: *1 slice of toast for each kipper; fat for frying.*

METHOD: Remove the heads. Lay the kippers in a bowl, pour hot water over, then take out and wipe with a cloth. Heat the fat in the frying-pan till a light blue smoke rises, then put in the kippers, fleshy side downwards, taking care they do not overlap. Cook for 5 mins., then turn them to the skin side, and leave for 3 minutes longer. Lift each one out with a slice, and lay on the toast. Serve piping hot. Instead of serving with toast they can be served with fried tomatoes, or with tomato sauce. Some people say mustard sauce goes excellently with kippers, too, as with herrings. And why not? For a kipper is really a herring split open, its roe extracted, cleaned, dipped in brine, and smoked in a special way over oakwood chips.



Kipper Toast.

BAKED KIPPERS.

Lay kippers in a greased casserole or baking tin and cover with lid or greaseproof paper. Bake in moderate oven for 10 minutes. Serve very hot. No smell this way!

POACHED KIPPERS.

When cooking kippers for children try poaching them as the meat comes away so easily from the bones when cooked like this:—

Cut off heads, put fish in frying pan with just enough cold water to cover. Bring to the boil, simmer for a few minutes. Drain well, serve with nut of butter on each.

KIPPER SCRAMBLE.

INGREDIENTS: *For each kipper allow 1 egg and 2 tablespoonsful of milk, a little butter and pepper.*

METHOD: Place the kippers in your frying pan, cover with water, bring to the boil very slowly and simmer for five minutes. Remove flesh from the bones and break up with a fork. Beat the eggs and milk together, add the

kipper and pepper. Melt the butter in a saucepan, pour in the mixture, stir until it thickens. Serve on rounds of buttered toast.

In the North I have had scrambled kipper mixed with finely chopped parsley, and found it very good. About 1/2 teaspoonful of parsley allowed per serving.

KIPPER TOAST.

INGREDIENTS: *1 kipper and 1 slice of buttered toast per person, a dash of pepper and a pat of butter.*

METHOD: Wipe the kipper, remove skin and bone, and behead. Cook either by grilling or parboiling, then flake up the meat. Spread the flaked kipper over the toast and set for a minute beneath the grill. Serve with a pat of butter on top. Or, instead, clean and cook the kipper and flake the meat up, then mix it with butter, enough to make it easy to spread. Toast some slices of bread, do not butter them, but lay the kipper-butter thickly over, put a pat of butter on top, and set the slices beneath the grill. This makes an excellent "snack," as well as a simple dish for tea.