

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

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.



Cross Section of a Herring showing disposition of bones.

IN SEARCH OF SILVER TREASURE



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KING HERRING -



"Of all the fish that swim the sea," runs the old saying, "the herring is the King", and certainly the more you consider the unique qualities of this astonishing little fish, the more you will agree that it deserves its royal title.

It would be difficult to find a more appetising food than the herring or one richer in nourishment for both nerves and body. Added to this, it is one of the least expensive of all foods. Today many of our foodstuffs reach our tables in such a "prepared" state that we may be pardoned for wondering how much of their original goodness is left in them. But the herring comes to us straight from the health-giving sea with all its goodness unimpaired. It has well been called "Nature's own health food." Instead of depending on patent foods compounded in laboratories how much better (and cheaper) to take our vitamins and nerve nutriment in the natural form of herrings!

If we want to see our children grow sturdy and strong, rosy-cheeked and bubbling over with energy, we cannot do better than give them plenty of herrings.

One of the chief dangers of our modern diet is that we are apt to eat too much cereal and starchy food and too little "first-class" protein, the material which builds up the body and repairs waste. For what is termed "first-class" protein we have to go to foods of animal origin, such as meat and fish, eggs, cheese and milk.

The herring provides some of the most digestible of these "first-class" proteins and very cheaply too, as the diagram on p. 2 shows.

From this you will see that herrings are one of the very cheapest sources of animal protein that you can buy. Indeed, two large herrings a day will supply enough protein for the average man.

Herrings also contain about 10 per cent of fat, which is not only an important source of bodily heat and energy, but contains two of those remarkable substances essential to health known as vitamins. Some seven or eight different vitamins are known to exist. Those found in the oil of the herring are called Vitamins A and D.

Nature's Health Food

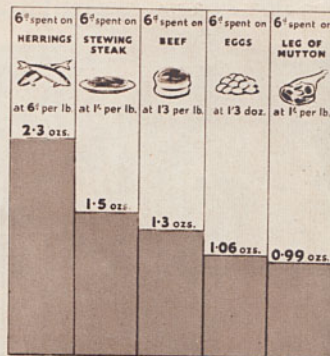
Vitamin A provides resistance against infection and without it growth is impossible. Vitamin D prevents and cures rickets, and helps the formation of sound bones and teeth. The herring is therefore a most valuable food for mothers and growing children.

When you consider the energy value of the herring you will find it also is extraordinarily high. Here is a comparison with other foods:—

1 lb. Cod supplies . . .	220 Calories.
1 lb. Milk supplies . . .	310 Calories.
1 lb. Eggs supplies . . .	635 Calories.
1 lb. Meat supplies . . .	685 Calories.
1 lb. Herrings supplies . . .	755 Calories.

The herring is also very rich in mineral matter. It provides us with a familiar element, iodine, which we know, in tincture form, as something to paint on a scratch. But iodine is immeasurably more valuable than that, for it is an absolute necessity for life and health. The thyroid gland in the neck, one of the chief protectors of the body, cannot make its precious secretion without iodine, which is unfortunately lacking in much of our food, so that very many of us suffer, though perhaps we don't know it, from some degree of iodine deficiency. Herrings are one of our most

HOW MUCH FIRST-CLASS PROTEIN CAN YOU BUY FOR SIXPENCE?



The shaded portion of each column shows the amount of "first-class" protein contained in sixpennyworth of the food illustrated.

HERRING HINTS

valuable sources of iodine, another reason why we should eat them freely.

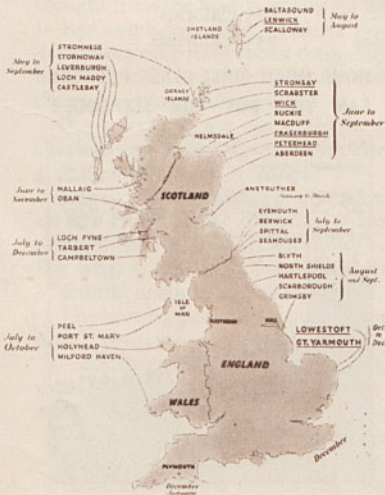
You may ask how it comes about that the herring is so valuable a food. One reason is that the oil, vitamins, iodine, etc., instead of being all contained in the liver as is the case with the cod, are distributed throughout the flesh of the herring. So when you eat herring you are getting at a very low price, as an eminent doctor said recently, "all the merits of cod liver oil, and with a delicious instead of a disgusting flavour."

The herring's richness in vitamins is probably accounted for by the food it eats. For it lives on *plankton*, the tiny animal and vegetable organisms that float near the surface of the sea. Now *plankton* is saturated with sunshine and its life-giving properties pass directly into the herring. We all know the value of sunlight these days, but few of us realise how much of it is stored up in the flesh of the herring.

The latest scientific research has proved that the food value of the herring is not likely to be lessened by cooking. Nor are the vitamins destroyed by smoke - curing as lovers of kippers and bloaters will be pleased to learn.

Herring roes, too, are especially full of nutriment and soft roes are thus an excellent food for young children.

To sum up—in value for money the herring is truly a King. In its various forms—fresh, kippered or bloater—it supplies weight for weight, more strength, more energy, more solid satisfaction than almost any other dish that you can serve.



Ports and Seasons of the Herring Fishery. The Principal Fisheries are underlined.

HOW TO BONE A HERRING

It is quite easy to bone a herring if you follow these simple instructions.

METHOD 1

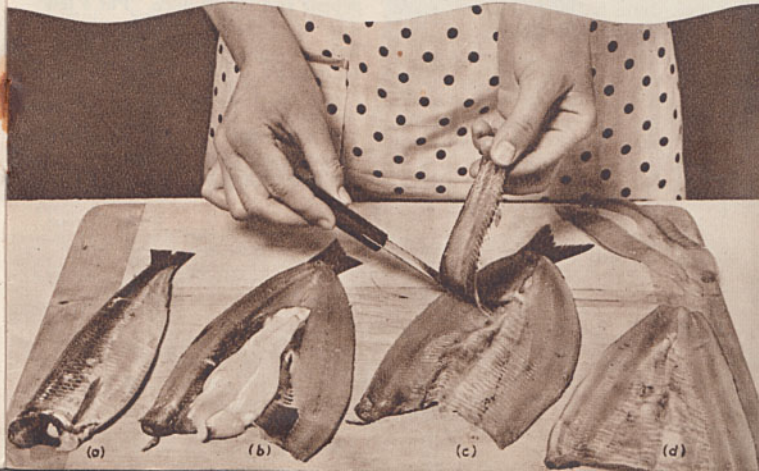
If you have a sharp knife, cut off head and tail, and scale the fish. Be especially careful to remove all scales along the backbone. Now cut along backbone, beginning at the head end. With finger and thumb open the fish and lift up the bone with the knife. After a little practice you will be able to remove most of the small bones with the backbone.

METHOD 2

If you do not possess a sharp knife, use a pair of kitchen scissors. Cut off head and tail and cut open along the belly. Open out the fish, lay inside down on a board and press along the backbone with your thumb. This loosens the bone. Turn the fish over and lift the bone out. Here again, you will find the small bones come away too, if you are careful.

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Preparing a Herring : (a) Beheaded ; (b) Opened ; (c) Boning ; (d) Ready for Use.



SIMPLE WAYS WITH FRESH HERRINGS

GRILLED HERRINGS

Cut off head and tail, scale and clean the fish. Make three incisions on each side, about 1½ ins. apart, cutting down to, but not through, the backbone. Brush with a very little butter, as herrings contain their own cooking fat. Grill quickly till brown each side. Dust with salt and pepper. Serve very hot with mustard sauce.

A pleasant variation is to mix a teaspoonful of made mustard with a nut of butter and put a little into each incision before grilling. Serve with mustard sauce as before.

FRIED HERRINGS

1st Method. In oatmeal as in Bonnie Scotland

Cut off heads and tails, scale and clean. Remove backbone if wished (see page 4). Roll in fine oatmeal seasoned with salt and pepper. Fry quickly in a little *very hot* fat until golden brown, about 3 mins. each side. Fat must be smoking hot or fish will not be crisp. Lift up with slice, drain on kitchen paper, serve with cut lemon and parsley.

Note. It is well worth while to re-crisp the oatmeal in the oven before using as this gives it a most delicious nutty flavour. If preferred the fish may be brushed with beaten egg before rolling in oatmeal.

2nd Method. In Flour.

As above but roll in salted flour instead of oatmeal.

3rd Method. Egg and breadcrumbs.

Prepare fish as above, brush with a little beaten egg, then dip in breadcrumbs and fry as before.

4th Method. In Batter.

Prepare fish as above. Make a little frying batter with flour, egg, milk and salt. (Egg may be omitted if desired and a pinch of baking powder added.) Dip fish in batter, fry in *deep* boiling fat. If your frying pan is shallow, use a saucepan. Wait until blue smoke rises before putting in the fish. Fry till batter is crisp and brown. Drain fish well before serving.

BAKED HERRINGS

1st Method—with a little butter.

Cut off heads and tails, scale and clean. Butter a casserole or baking tin, lay in the fish, sprinkle with salt, pepper and lemon juice. Put a few tiny shavings of butter on top. Bake in a moderate oven for about 10 minutes. *You will find there is practically no smell during cooking by this method.* If you do not want to heat the oven, cook the fish in a covered casserole over a gas jet low enough not to touch the pot.

Variations. (a) Slice tomatoes round the fish and bake with it.

(b) Bone the fish (see page 4). Spread inside of each fish with a little tomato sauce or chutney, fold the fish back into shape and bake as before.

2nd Method. With water.

Bone the fish (see page 4). Open out fish, dust with salt, sprinkle with lemon juice, roll up from tail ends, pack into casserole or pie-dish. Add a few peppercorns and a blade of mace; just cover with water. Bake 20 minutes in a moderate oven. Serve from dish in which they were cooked.

BAKED STUFFED HERRINGS

A delicious, substantial dish.

Bone the fish (see page 4). Prepare a forcemeat with breadcrumbs, a little grated onion, mixed herbs, salt and pepper. Bind with beaten egg or milk. Spread this forcemeat on the underside of each herring, roll up from tail end, pack into a buttered casserole. Sprinkle fish with salt and pepper and put a few shavings of butter on top. Bake in a moderate oven for 20 minutes. Sprinkle with chopped parsley and serve from dish in which they were cooked.

Notes. Forcemeat may be varied in many ways, e.g. add lemon rind and juice, or tomato juice.

Potatoes baked in their jackets and hot baked beetroot (with melted butter sauce) may be cooked at the same time and, with the herrings, will provide a delicious economical meal.



Baked Rolled Herrings

Boiled Herrings



Grilled Herrings



Soused Herrings

BOILED HERRINGS

Delicious hot with sauce or cold with salad.

A toast griller placed in an ordinary saucepan can be used if you have no fish-kettle.

Cut off heads and tails, scale and clean the fish but do not bone. Lay the fish on the griller, cover with salted water to which you have added a teaspoonful of vinegar for each herring. Bring to the boil, simmer for 10—15 minutes. Lift out the griller, drain fish on a clean cloth. Serve with parsley or mustard sauce.

STEAMED HERRINGS

No goodness lost this simple way. Serve as you do boiled herrings.

Prepare fish as for boiling. If you have no steamer, butter a meat plate, lay the fish on it, sprinkle with salt, pepper and lemon juice, if liked. Cover with

another plate or dish, cook over a saucepan of boiling water for 20 to 30 mins. If you are using a steamer, season each fish and wrap in greaseproof paper, steam for 15 to 20 mins.

SOUSED HERRINGS

Serve hot or cold.

Remove backbones (see p. 4). Take out roes, which can be used for a savoury. Open out fish and roll up from tail end with slices of Spanish onion inside. Pack into an earthenware pie-dish or casserole. Put more sliced onion over, season with salt and pickling spices. Cover with vinegar and water, half and half. Bake in a moderate oven for at least 1 hour.



FOUR WAYS WITH KIPPERS

When you fancy 'something tasty' for breakfast, tea or supper, you can't do better than serve kippers. Grilling is probably the most usual method of cooking them.

GRILLED KIPPERS ON TOAST

Heat grill. Put slice of buttered toast in bottom of grilling pan. Behead kipper, lay it on griller skin side to the heat. Grill for a minute, turn over, spread with nut of butter, grill for 2 or 3 minutes. Serve on toast with dash of pepper and squeeze of lemon juice.

Delicious as kippers are when grilled, there are other methods too good to neglect. For instance, *if you want to avoid any smell while cooking*, bake them this way:

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.

FRIED KIPPERS

Behead and fry in a little very hot fat. Put a slice of onion in the pan as this will absorb the smell.

POACHED KIPPERS

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

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.

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Grilled Kippers

CAN YOU COOK BLOATERS?



A nicely cooked bloater is a real national delicacy and so quick to prepare too!

GRILLED BLOATERS

Break off heads, split open the backs, remove roes and backbones. Put fish in pan under hot grill, insides to heat. When browned turn over and grill the backs. Meanwhile toss the roes in a little butter or a spoonful of boiling dripping in a saucepan until golden brown. Serve fish very hot with the roes.

FILLETED BLOATERS ON TOAST

Split the bloaters open and take the flesh from the bones in long fillets. Place on a greased baking tin or fire-proof dish, squeeze a little lemon juice over and season with pepper. Cover with lid or greaseproof paper and bake in a brisk oven for about 8 minutes. Serve on buttered toast.

BLOATER FRITTERS

Make a little frying batter with flour, egg and milk. Split open the bloaters and remove the flesh in long fillets. Dip the fillets in the batter, fry in deep boiling fat until golden brown. Drain well and serve very hot.

DEVILLED BLOATERS

Allow $\frac{1}{2}$ teaspoonful curry powder and nut of butter to each bloater. Split the bloaters so that they lie open like a kipper. Spread with the butter and curry powder. Fry cut side uppermost in a little very hot fat until cooked through. Serve with toast.

Devilled Bloaters



CANNED HERRINGS



If you look at the map on page 3, you will see that practically no British herrings are caught during the months of March, April and May. True, there are imported Norwegian herrings on the market, but though these are large and attractive looking fish, they will be found distinctly coarse-fleshed and cannot really be compared with the fish taken from our home waters.

But there is no need to go without British herrings during these "off season" months, for

the North Sea fish are now canned in a number of tempting ways. You can have them in a delicious tomato sauce or savoury mustard dressing or without sauce at all.

Served just as they come from the tin British canned herrings are delicious with salad or fresh sliced tomatoes, but they can be served hot if you prefer. Here are two suggestions:—

HERRING PIE

Slice a Spanish onion and fry in a little dripping until golden brown. Season with salt and pepper. Put half of the onions at the bottom of a pie dish, add the contents of a tin of herrings in tomato sauce, then the remainder of the onions. Cover with a crust of boiled potatoes mashed with a little hot milk. Put a few shavings of butter on top and bake in the oven until the potatoes are browned.

SAVOURY RICE

Boil 1 teacupful of rice in salted water until tender, then strain. Add the contents of a tin of herrings in mustard sauce. Mix well together and make very hot. Pile on rounds of buttered toast. Serve with a pat of butter on top.

Savoury Rice

