

# THE HERRING BOOK

*Scores of Simple Recipes*



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## SCORES OF SIMPLE RECIPES

*Issued by the Herring Industry Board.*



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# Herrings for Value

by Mrs. Stanley Wrench



I like good food and I enjoy cooking it—that in itself would be enough to make me enthusiastic about herrings. There is so much flavour and tastiness in these fine plump fish ; and so many interesting and delicious ways of preparing and serving them. Herrings hot, herrings cold, herrings in pies, salads and hors-d'œuvres. Herrings for a quickly prepared strengthening breakfast, especially in the form of kippers and bloaters, which are the easiest of all to cook. A healthful lunch for school-children, or an appetising, easily-digested evening meal—I recommend them all, with all my heart. And what with fresh herrings, red herrings, kippers, bloaters, and herring roes, you can ring the changes on herring meals almost indefinitely.

The recipes I have chosen for this little book will give you some idea of what can be done with herring ; and once you have discovered how popular they are, I feel sure you will work out perhaps even more successful dishes for yourself.

But before we come to the actual recipes, I want to say a word or two about the wonderful *value* of herrings. I don't mean just their cheapness (though herrings *are* cheap—a very few pence will provide enough for a fine square meal for a whole hungry family !). It's the amazing amount of first-rate nourishment in every one of these fishes that makes them such a good "buy." Weight for weight, herrings supply more strength, more energy, more solid satisfaction than almost any other dish you can put on the table. Even if you were willing to pay double or three times the money, you simply couldn't serve a better, tastier or more nourishing meal than herrings, kippers or bloaters.

So you see that herrings are a positive blessing to your purse—especially if it happens to be a purse that has to provide for the appetites of two or three active children, not to mention a hard-working husband.

I have scarcely touched upon the tremendous health-value of herrings, because that point is dealt with in full on the following page; but I do want to remind you here, that, with proper cooking, herrings can be eaten and enjoyed even by those who suffer from delicate digestion—steaming, grilling and boiling are the best methods of preparation in such cases—and I can recommend herrings baked in a fire-proof dish as a really delicious and digestible meal for anybody.

Morie Stanley Wrench

# Herrings for Health

by a Medical Man

Whether she bothers with words like calories, vitamins and dietetics or not, every woman with a family to feed knows that well-planned meals must do more than merely satisfy the pangs of hunger. Her family's health depends on an adequate supply of vital nourishment. Bulk isn't everything. There must be body-building foods, foods rich in energy, foods that will give growing children sound bones, good teeth and a reserve of strength to ward off infections and illnesses.

How to provide these essential foods in appetising and economical form is the daily problem of wives and mothers everywhere. Apart from sugar and starchy substances, which are contained in bread, potatoes and other common articles of diet, meat, poultry and fish provide concentrated nourishment—and herrings are particularly valuable. They supply just the body-building elements needed for growth and replacement of wear and tear of the body cells and tissues.

Herrings have further special advantages as wholesome nourishment. They contain quantities of fat, the most concentrated of all energy foods. They contain, too, vitamins and mineral salts which are the great safeguards against disease. These are only too often missing in average mixed diets which may appear quite adequate from other points of view.

It is a great mistake to suppose that the market price of the various kinds of foods is any guide to their proper worth as nutriment. In value for money the modest herring is a prince among fishes. In its various forms—fresh herring, kipper or bloater—it *gives the greatest quantity of body-building "animal" food that can be bought for the money.*

Another very important point is that the amount of nourishment which can be obtained from any food depends on its digestibility. The more appetising a dish is, the better it is digested and the more completely is the nourishment absorbed. It therefore follows that *good cookery is half the battle.*

In the following pages you will find a wide range of tried and tested recipes for Herring Cookery, designed to help you make delicious dishes and get the best out of the fish. For example, the use of breadcrumbs or oatmeal when cooking herrings not only makes the fish more inviting but also makes it do you more good. The fat which is supplied by herrings needs a certain amount of starch with it before your system can turn it into useful energy. Bread, oatmeal and potatoes provide this starch. That is why they are so often advised in the cooking of herrings.



# Two ways to tackle a Herring

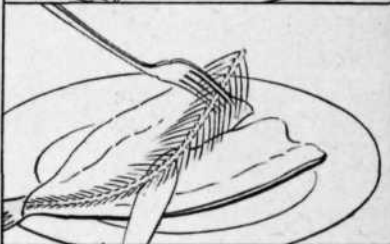
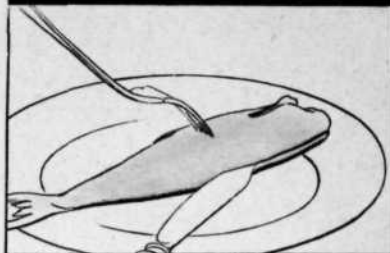
(When cooked)

## 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.

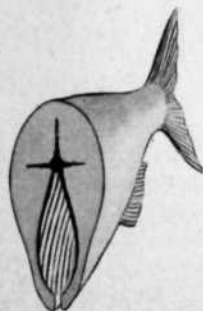


## METHOD 2

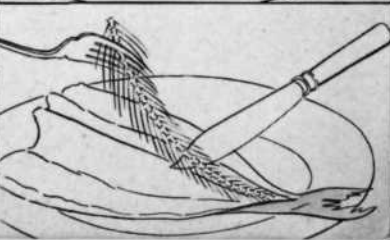
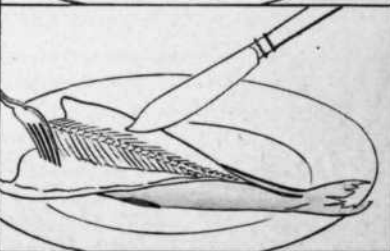
Slit the fish down the side from head to tail about one inch below the back.

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.*





# SIMPLE WAYS WITH



*Fresh Herrings.*

Every housewife should be able to pick out her herrings, and usually a fishmonger will let her have soft or hard-roed fish, according to fancy. With eyes bright and full, gills red, the whole fish bright and shining, also with scales showing, there is no mistaking a good fresh herring. Plump herrings are usually preferred, but medium sized fish are equally good.

A fishmonger will clean, gut, remove the heads, and often bone and fillet them, but after one has seen it done the process is very simple.

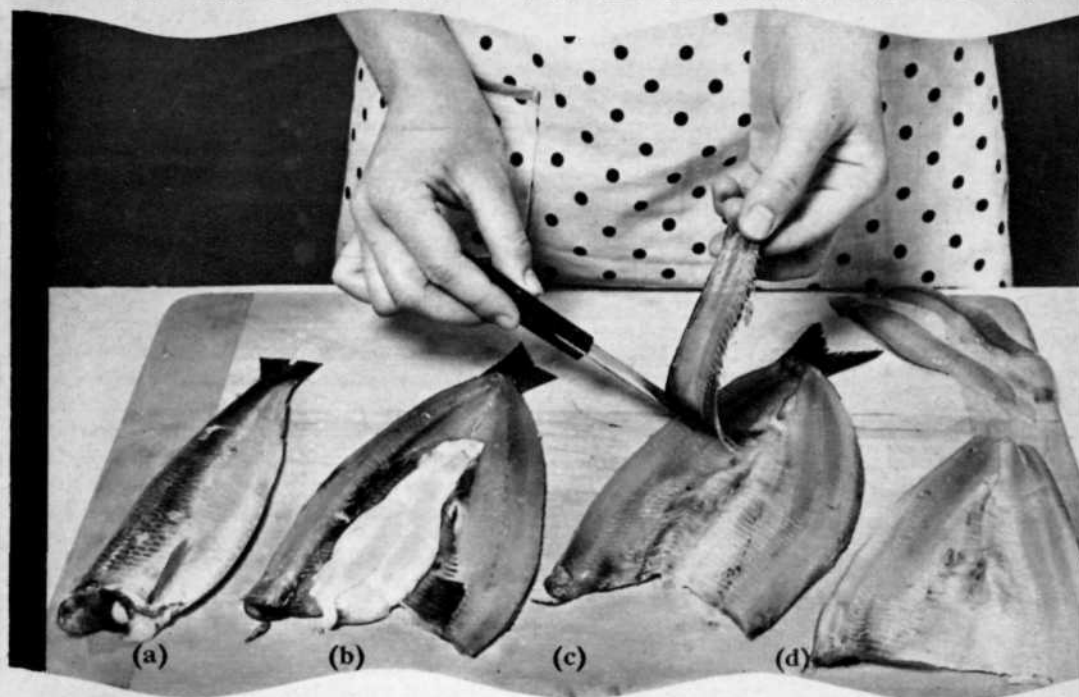
To remove the scales do not use too sharp a knife or the flesh may be cut, and as the scales are removed run the cold tap over the herring. Holding the herring in the left hand begin at the tail end, insert the knife between scales and skin, and gently press upwards towards the head. Do one side first, then the other.

Next remove the heads, pull out the gills, make a slit about half an inch long in the under side of fish, pulling out the inside, leaving the roe unbroken. Wipe out the inside with a damp cloth after rinsing beneath the tap.

To bone a herring a sharp knife is required. After cutting off heads and tails and cleaning and scaling, make a shallow cut down the back, beginning at the head end. With thumb and finger open the fish, lift up the backbone with the knife and remove as many other small bones as possible. "Practice makes perfect" with this part of herring preparation.

The herring has always been popular amongst British folk, although in olden days probably it was salted and pickled rather than eaten fresh. The oldest document relating to the herring fishery is dated A.D. 709, and is found in the

# FRESH HERRINGS



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

Chronicles of the Monastery of Evesham. Historical documents show us how high-esteemed it was, even by Royalty, for the exchequer accounts of Edward III, show a large consumption of the fish. Herring pies were considered great delicacies, and the town of Yarmouth was bound by charter to send one hundred herrings baked in twenty-four pasties every year to the King.

Another interesting fact concerning the history of the herring relates to the King's Bounty distributed on Maundy Thursday. In former days each person was given a large wooden platter of fish and loaves, amongst which figured twelve red herrings and twelve white herrings (all undressed). In this way was the scriptural fare of "loaves and fishes" interpreted.

Many people say they do not cook herrings or kippers because of the smell,

which may be objectionable in a small house or flat. The best plan is to cook them in the oven ; there is less smell this way than by grilling or frying.

*Indeed, if they are baked in the oven in a casserole with a lid or wrapped in grease-proof paper, there is practically no smell at all.* If you do not want to use the oven, you can cook them in a casserole over a very low gas jet with excellent results.

In grilling or frying close the kitchen door and open the window top and bottom. As the smell goes out at the top fresh air enters. Quick cooking, too, is an antidote to smell.

Don't leave cooking utensils "sitting around" after the job is done. Wipe them out with paper, either white paper or newspaper first, then white paper, set them back on the stove with water and a lump of soda to come to boiling point, or

fill them with garden earth and set in the open air. Also a tip I have tested, if the knife with which you clean or bone fish is required for other food, after washing it, stick the blade in garden soil for some hours, and the fishy odour completely disappears. Even in a town kitchen you can keep a green plant growing in a pot, or have a window box to grow herbs . . . and clean your fishy knives!

The general way when cooking herrings is to fry them, and very good too, provided you do not over-cook, as then the vitamins are destroyed. But try them grilled, and you will find them delicious as well as more digestible than fried.

Here are some ways for cooking Fresh Herrings, but *do* remember there is many a dish that can have several variations run upon it by the way it is served, also by its accompanying sauce. When, for instance, children are "off their feed," or you desire a simple dish of herrings to take on a "party" look, wonders can be worked with tomatoes sliced thinly, a little hard-boiled egg piped on top for a garnish, or with radishes cut into shapes arranged with the salad, and in summer slices of cucumber and egg sauce look very tempting with herring dishes.



#### FRIED HERRINGS.

The following is a very simple, in fact "fool-proof" way of cooking fresh herrings. Do remember, however, that *little* frying fat should be used, because the herring contains nutritive oil. A nut of butter, the size of a walnut, is sufficient for two herrings. Dripping, margarine, or even a little lard may be used, and country folk with home-cured lard with its flavour of rosemary, declare that a fresh herring is "fit for a King" cooked this way.

INGREDIENTS: 1 medium sized, or 2 small herrings per person, a little fine oatmeal, a pinch of salt each, a nut of butter, dripping or margarine, or home-cured lard for frying. A lemon, a little parsley, a little flour.

METHOD: Scale, wash and dry the fish. Remove heads, tails, fins and backbone, if you wish, or keep in the backbone and do not split open. Now roll each one in flour, then in fine oatmeal and fry quickly. Sometimes I brush the herrings with a little beaten egg before rolling in oatmeal, and then use no flour. Lift up with a slice after frying both sides, let them drain on draining paper, remove the paper and serve on a hot dish with cut lemon and parsley.

#### HERRINGS AND FRIED ONIONS.

Remember, too, Mustard Sauce goes uncommonly well with Fried Fresh Herrings. So does Tomato Sauce. Likewise Sauce Portugaise. Have you ever tried Fried Herrings with crisp little heaps of fried onion? This sounds odd, I know. It did to me the first time it was broached by a cook who came from Wales, but after trying it I had to own she was right. But the onions must be crisp and well drained, used as a garnish, and if you take out the roes, fry these separately, then alternate fried roes and crisp heaps of onion; this makes a most attractive looking dish.

Now since herrings are so nourishing a food they should be regarded not only as a palatable addition to one's menu, but as staple everyday food, taking the place of meat and bread. For the children's mid-day meal, for instance, they are valuable indeed. A fish diet helps greatly to prevent deficiency diseases, amongst them that dire enemy of children—rickets.

Moreover, there are ways of cooking herrings for children so that they are savoury and digestible, yet they can be cooking whilst the busy housewife is turning out a room, washing or ironing.



# SH HERRINGS

## BAKED ROLLED HERRINGS.

INGREDIENTS : *Allow 1 herring per person, a blade of mace, 6 peppercorns, a pinch of salt, cold water, a lemon, a sprinkling of minced parsley, and a nut of butter or margarine.*

METHOD : Rub a fire-proof dish or a casserole round with the fat. Clean, scale and trim the herrings, and remove the heads. Split open and remove the backbone. Dust each with salt, then roll up each herring beginning at the tail, or arrange them heads to tails, packing them closely. Put them in the dish with the peppercorns and mace ; just cover with cold water and squeeze the lemon juice over. Dust over with the minced parsley. Bake for  $\frac{1}{2}$  hour in a moderate oven. Serve in the dish in which they are cooked.



## BOILED HERRINGS.

Few people have ever heard of this, but for those with a delicate digestion it can be served appetisingly. A fish kettle with a strainer is the ideal cooking vessel, but if you have no fish-kettle use an ordinary saucepan, place in this a meat-stand, or the toast-grill, lay the herrings on this, and they can be lifted up without fear of breaking.

INGREDIENTS : *1 herring per person, cold water, and to every herring allow a teaspoonful of vinegar, and  $\frac{1}{2}$  teaspoonful salt. Mustard or parsley sauce. A few slices of lemon.*

METHOD : Clean and scale the fish, behead, but do not bone them. Add the salt and vinegar and bring to the boil. Now put in the herrings, bring to the boil again then reduce the heat and simmer for 12-15 minutes, according to the size of fish. Lift out, lay a napkin on a hot dish, and when the herrings are drained arrange them on this ; serve with parsley or mustard sauce.



*Baked Rolled Herrings.*

*Boiled Herrings.*



**COLD BOILED HERRINGS.**

Herrings cooked in this way are very good eaten cold, so that when boiled herrings are cooked for the children's mid-day meal, sufficient may be cooked at the same time to provide a cold supper dish. Put the herrings in a shallow dish, pour over them a little lemon juice or vinegar. Salad can be arranged around later—sliced tomatoes, diced beetroot, or halves of hard-boiled eggs in green salad.

**GRILLED HERRINGS.**

**INGREDIENTS :** 2 medium sized fresh herrings, or 3 small ones. A small piece of butter. Parsley. Mustard Sauce.

**METHOD :** Scale and clean the fish, then wipe with a clean cloth. Upon each side of the herring cut three incisions  $1\frac{1}{2}$  ins. apart, cutting down to the backbone, not through. Remove the heads. Now just brush each with a little butter, as the herring contains its own cooking fat. Grill quickly under a very hot grill till brown on each side. Dust lightly with salt, garnish with parsley, and serve with Mustard Sauce.

**MUSTARD SAUCE.**

This sauce is invaluable with herrings, whether fried, grilled, baked or boiled.

**INGREDIENTS :** 1 teaspoonful made mustard, 2 tablespoonfuls flour,  $1\frac{1}{2}$  teacupfuls brown stock, or, failing this, water, a good pinch of salt, pepper to taste, a dessertspoonful of vinegar or lemon juice, and a piece of butter the size of a small egg.

**METHOD :** Mix the flour to a smooth paste with a little cold water or stock, adding salt and pepper. Bring the rest of the water to boiling point, add, stirring well, then return to the saucepan and cook for 8 minutes, stirring with a wooden spoon. Draw aside the saucepan, stir in the butter, mustard and vinegar, and, if liked, a teaspoonful of anchovy essence. If lemon juice is used add just before serving.

Fried Parsley is often served as a garnish with Grilled Herrings. The parsley should be washed, picked over, then dried thoroughly. It should then be dropped for a few seconds only in very hot fat. It should crisp, retain its colour, and if well dried before dropping in, the process is easy.



*Grilled Herrings.*

## HERRINGS ARE "BARGAINS"

When herrings are at their best they are at their cheapest. That is not so surprising when you consider that herrings are only landed in big quantities when they are in prime condition. So a plentiful supply of fine fat herrings means a plentiful supply of *cheap* herrings—that's why they are such splendid value for money—such bargains.

### SPELDERED HERRINGS.

This is a Northumbrian method, and is really only another way of grilling fresh herrings.

**INGREDIENTS :** 2 or more fresh herrings, a teaspoonful of lemon juice, a dash of cayenne, and a tiny nut of beef dripping for each herring.

**METHOD :** Scale and clean the fish, remove the heads and tails and backbone. Lay them on a dish, dust with cayenne, squeeze lemon juice over, put a nut of dripping on each one, then grill over a hot fire. Serve with cut lemon. Very delicious !

What will you do with the roes in such a case ? These make delicious savouries, but, if you prefer, fry the roes in butter or good dripping, then garnish the speldered herrings with them.

When grilling herrings with the roes inside, it is worth while to take out the roes, seasoning each with a little black pepper, salt and a dash of nutmeg, then replace them in the herring. If the fresh herrings have been split and boned, the roes are easily put back.

### BRAISED HERRINGS.

There is an old countryside saying about that lordly bird, the turkey, which runs : "A turkey roast is the Squire's boast ;

A turkey boiled is a turkey spoiled ;

A turkey braised, may the Lord be praised."

What about a braised herring ? Never heard of it ? Neither had I until the other day. Try this for a change, and see if it does not rival the braised turkey.

**INGREDIENTS :** 1 herring per person. To every 4 herrings allow 2 teaspoonfuls minced parsley,  $\frac{1}{2}$  teaspoonful lemon juice, 1  $\frac{1}{2}$  tablespoonfuls butter, salt and pepper mixed (about a saltspoonful) ; a dash of cayenne, 1 medium sized onion, 4 tomatoes, a blade of mace, and a little water or fish stock.

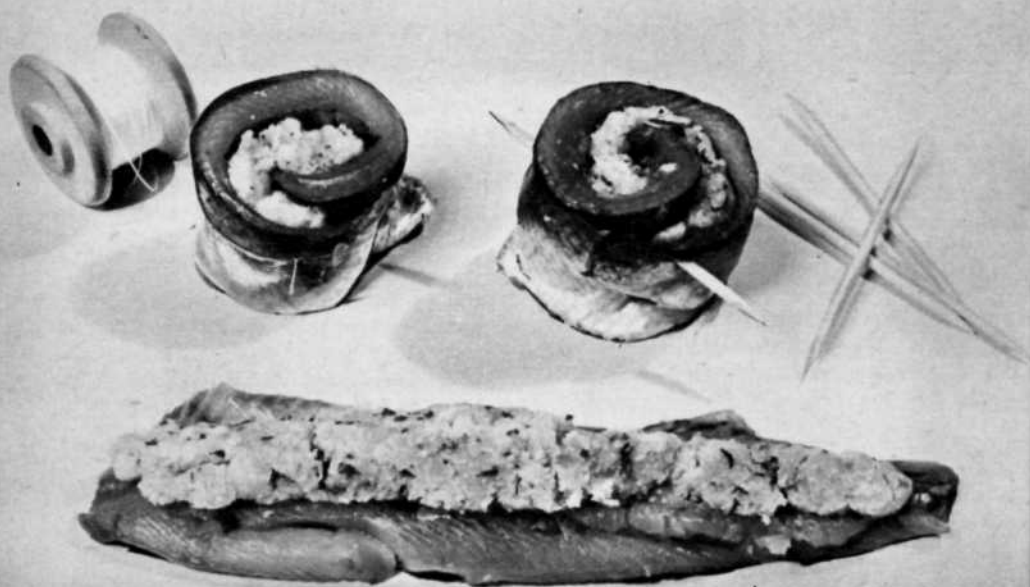
**METHOD :** Melt the butter in a saucepan large enough to hold the herrings. Slice the onions finely ; fry in the butter, then add the tomatoes cut in halves. Cover the pan and cook for ten minutes, shaking the contents frequently. Now clean, scale and bone each herring, cut off heads, and roll up the fillets from tail end. Pack them in the braised vegetables, season with salt, pepper and cayenne, add the blade of mace, and scatter the parsley on top. If necessary add a little stock or water, but as a rule the tomato liquid is sufficient. Cover closely and cook for  $\frac{1}{2}$  hour, then lift out the braised herrings on a very hot dish, arrange the tomato purée around and serve with plainly boiled rice, mashed potatoes, cooked macaroni, or with baked stuffed tomatoes.



### BAKED HERRINGS.

**INGREDIENTS :** 1 herring per person, a little butter, salt and pepper.

**METHOD :** Remove the heads and clean the herrings. Split open and spread the inside with a shaving of butter. Season with salt and pepper and fold over again. Wrap each fish in greaseproof paper, lay them in a baking tin and bake in a moderate oven for 15 to 20 minutes. Unwrap and serve on hot dish.



*Baked Stuffed Herrings.*

You could also prepare them in the same way, but do not wrap in paper, lay them in the fireproof dish or casserole, season as before, then sprinkle with breadcrumbs, on which put a few dabs of butter.

Mashed potatoes, creamed spinach, macaroni, spaghetti, noodles, baked tomatoes when in season, or "potatoes in their jackets" baked in the oven with a nut of butter to put inside when split open, and a baked herring will make a very nutritious mid-day meal for children. Even the "tinies" will enjoy a little of the fish cooked in this way. Cooking in the oven is a digestible method, and one need not fear children getting trouble over the bones.

This makes an excellent "High Tea" dish, too. A hungry man will appreciate a couple of nicely baked herrings, es-

pecially if you add a few drops of anchovy essence or Worcester sauce. Lemon juice or vinegar may be substituted when cooking for adults. Try baking with a little grated onion, and when mushrooms are in season baked herrings with mushrooms make a dish for an epicure.

By the way, herrings may be filleted for this dish, if you like, and the little fillets rolled up, or baked flat. If you have any fish stock (and of course if you are a wise housewife you will always get the bones of all fish you buy), then baked herrings can be done simply in fish stock with a dash of anchovy or any other sauce.



# F R E S H      H E R R I N G S

## BAKED STUFFED HERRINGS.

INGREDIENTS : 1 herring per person, and to every 4 herrings allow 1½ table-spoonfuls white breadcrumbs, ½ table-spoonful finely chopped suet, the same amount of minced parsley, ¼ teaspoonful minced mixed herbs, pepper and salt, 1 or 2 chives or a shallot and 1 tablespoonful of milk.

METHOD : Wash, scale, dry and split open the herrings, also remove their heads and backbones. Mix together the breadcrumbs, herbs, suet and seasoning. Chop up the chives or shallot finely. Mix with the milk, or, if you prefer with a beaten egg. Season each fresh herring with a dusting of black pepper and salt, then spread it with the forcemeat. Roll up tightly, tie with cotton or skewer. Butter a pie-dish, or a fire-proof baking dish and pack the stuffed herrings in this. Lightly sprinkle with breadcrumbs, put a few dabs of butter over and cover with a well-buttered paper. Set in a moderately hot oven, and bake for ½ hour. Serve in the dish in which they are cooked.

These are equally good hot or cold, and a good many variations can be run on them, for stuffed tomatoes make a good accompaniment, so do potatoes baked in their jackets, and if you like to try a German dish cook one or more beetroot, peel and slice whilst hot, cover with slightly warmed white wine vinegar and serve with the stuffed herrings. I ate this in Berlin years ago, but suddenly remembered it the other day in England, and it tastes quite as good here.

This, by the way, eaten cold, makes a very appetising supper dish in summer. Also in summer, you can serve a cucumber salad with cold stuffed herrings. Sprinkle a few capers over, or even young nasturtium seeds if you have a garden. You've no idea how good herrings are this way with slices of brown bread and butter.

## ROUGHT HERRINGS TO HAVE ROES ?

Some people think that unless a herring has a roe it's not in prime condition ; that is not a fact. The roe or spawn is found in adult fish during the period immediately before the breeding season. But there are always millions of plump and tender young herrings that are not yet old enough to have roes at all.

### HERRING ROES.

What can you do with roes when a herring is boned and filleted ? Delicious things. Instead of serving a pudding, give " Himself " a savoury of herring roes on toast for a change. Or, use them for breakfast, serving them on toast. There are many variants. Instead of " Angels on Horseback," which are savouries composed of thin slices of bacon served on buttered toast with an oyster on top, serve a crisp slice of bacon on toast with a herring roe on top. It may sound odd, but it makes a delicious *bonne bouche*.

Or, if you like to take the trouble, roll some pastry to wafer thinness, put a roe in a shell of pastry, bake and serve hot, add a dash of anchovy to the roe when enclosing it.

Soft roes are quite digestible for tiny children, and nicely cooked in milk and water can be combined with sieved potato, creamed spinach, or even cream of wheat to make a nursery meal.

Older children love them with tomato purée and rounds of toast. Cook them gently in milk and water for 5-6 minutes, then drain, curl them around on slices of buttered toast, and set for half a minute beneath the grill. Or, serve them with anchovy butter, or on anchovy toast for grown-ups as a savoury. Spread buttered toast with anchovy paste, curl the roes on this, set beneath the grill for half a minute, and then serve piping hot.



# HERRINGS F O



*Skewered Grilled Herrings with Lemon Juice.*

Grilled fresh herrings are, of course, as delicious for breakfast as for any other meal and you can run many variants on this dish (see page 8).

## **GRILLED HERRINGS WITH PARSNIPS.**

**INGREDIENTS :** 1 herring per person, a few boiled parsnips, a few breadcrumbs and a little beaten egg. Fat for frying. Salt and pepper. Parsley.

**METHOD :** Cut the parsnips lengthwise in quarters, egg and breadcrumb them, fry a golden brown. Grill the herrings as on page 8, serve with the parsnips ; you have no idea how good the combination of flavours can be.

## **GRILLED HERRINGS WITH LEMON JUICE.**

**INGREDIENTS :** 1 herring per person. A little butter and lemon juice.

**METHOD :** Skewer the heads and tails together. Grill as on page 8. Pour over the lemon juice and serve.

## **GRILLED HERRINGS WITH TOMATOES.**

**INGREDIENTS :** 1 herring and 1 tomato per person. A little butter. Parsley. Salt and pepper.

**METHOD :** Cut the tomatoes in half and fry in a little butter, taking care not to break them. Grill the fish as in the recipe on page 8. Serve surrounded by the tomatoes.

# R B R E A K F A S T



*Herrings on Toast.*

## 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 : Scale, clean and behead the fish, bone and fillet. Dust each fillet 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.



## BLOATERS.

One must not forget, too, how good bloaters are for breakfast. These are salt herrings, of course, and are intended to keep longer than fresh herrings. For home consumption they are soaked in brine for about eight hours, but these salted herrings or bloaters are very much liked abroad, and for export they are salted for a much longer time. I was told that tribesmen of the Arabian deserts regard bloaters as a great delicacy. So remember next time you cook a bloater for breakfast or tea your choice of a really good tasty meal is shared by many a sheik ! Pickled in brine, cured as bloaters or kippers or red herrings, these preserved fish are excellent.



### FILLETED BLOATERS ON TOAST.

INGREDIENTS : 1 bloater per person. A little lemon juice, pepper. Rounds of buttered toast.

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



### GRILLED BLOATERS.

INGREDIENTS : 1 bloater per person, a little butter for frying the roes.

METHOD : Break off the heads, split open the backs and remove roes and backbone. Toss the roes in a little butter in a saucepan until golden brown. Make your grill hot, grease the grid in the grill pan, and place your fish on it, their insides to the heat. When browned, turn over and grill the backs. Serve very hot with the roes.



### BLOATER FRITTERS.

INGREDIENTS : 1 bloater for each person. 1 egg, a little flour and milk for batter, a few tablespoonfuls of grated cheese, fat for frying.

METHOD : Split open the bloaters and remove the flesh in long fillets. Beat together the egg, flour and milk to form a frying batter ; stir in the grated cheese. Divide the fillets into convenient pieces. Dip the fish in the batter, fry in deep boiling fat until golden brown. Do not put too many pieces in the pan at once or you will reduce the temperature too much. Drain well and serve very hot.



There are few breakfast dishes so appetising as a nicely grilled kipper. How good it is, served on toast, especially if you first butter the toast and lay it in the pan beneath the grill while the kipper is grilling. This is how I do mine :—

### GRILLED KIPPERS.

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

METHOD : Make the toast, butter it, and shave off the crusty edges, then lay in the grilling pan. Wipe each kipper with a damp cloth, and behead. Lay the butter, margarine or dripping handy, then put the kippers on the hot grill, skin side uppermost, and grill for a minute. Turn them, and on the fleshy side lay the lumps of fat. Cook 2-3 minutes. Serve a kipper on each slice of toast, dash a tiny pinch of pepper over and, if liked, a squeeze of lemon juice.

Some people like kippers grilled for longer than 2-3 minutes ; this is a matter of taste.

If you have a gas stove, it is possible to grill two kippers at a time, but in any case whether by a gas grill or over an open fire, it is wise to make the buttered toast first, and keep it hot till the fish is ready.

## KIPPER SCRAMBLE.

**INGREDIENTS :** 1 kipper per person, 1 egg and 2 tablespoonfuls of milk to each kipper, a little butter and pepper.

**METHOD :** The night before required, place the kippers in your frying pan, cover with water, bring to the boil very slowly and simmer for five minutes. When cool remove flesh from the bones and break up with a fork.

In the morning, 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.



## FRIED KIPPERS.

**INGREDIENTS :** 1 kipper and 1 slice of toast per person, butter, margarine, or dripping for frying.

**METHOD :** Remove the heads. Lay them 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 minutes, then turn them to the skin side, and leave for 3 minutes longer. Lift each kipper 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 declare that 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.

## SAVOURY HERRINGS.

**INGREDIENTS :** 1 herring, per person, cold cooked potatoes, salt and pepper, 1 egg to every 4 herrings, a tablespoonful of tomato chutney or sauce, a little parsley, a lump of butter, margarine or dripping.

**METHOD :** Clean, behead, scale, bone and fillet the herrings, dry and leave overnight. In the morning dip in flour, and fry a crisp brown. Meanwhile fry the potatoes in another pan. Beat up the eggs with a dash of pepper and salt, and when the herrings have been lifted out to drain on paper, fry the egg as an omelette. Arrange the potatoes on a dish, place the herrings around, put the egg on top. Garnish with parsley.

Children love this dish, and half a herring with the egg and potatoes makes them an excellent portion. The dish looks so appetising. It is well worth the extra trouble.



## HERRING FILLETS.

Do not forget that herrings may be boned, filleted and fried in the same way as plaice, sole or any other fish, which one is accustomed to see egged and breadcrumb, all golden and crisp. Apparently, few people are aware of this, but for High Tea, Breakfast, or Supper this is a really delicious way of treating the homely herring. If you cook Mr. Herring this way prepare him overnight, then the breakfast dish is easy, but do not egg or breadcrumb till the morning.



# H E R R I N G S F



## *Herrings à la Française.*

Since herrings are so nutritious, they may well be served for mid-day meals with potatoes or some other vegetable, or, during summer with salad. Potato salad made with new potatoes, a little minced onion or shallot and minced parsley, bound with mayonnaise, goes excellently with cold herrings. So does Russian salad. You can make this with all sorts of cold left-over vegetables like green peas, carrots, French beans, etc., mixed with mayonnaise sauce.

Try cooking them French fashion, too.

### **HERRINGS A LA FRANCAISE.**

Wash, scale, remove heads and tails, bone and fillet the herrings. Wash the roes, season the fillets with salt, pepper, a dash of nutmeg and a little lemon juice. Sprinkle with finely minced parsley. Roll them up, putting the roes inside. Wrap

each in buttered paper, set in a greased baking dish, and bake in a moderate oven till the paper puffs out. Remove the paper and serve.



### **NORMANDY HERRINGS.**

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

**METHOD :** Clean, scale, behead, bone and fillet the herrings, then grill. Fry the bread in dripping, drain, then spread lightly with anchovy essence. Put 2 fillets of herring on each slice of fried bread, arrange straw potatoes around and serve with anchovy sauce or with tomato sauce.

But if you are a busy mother with a day's washing or ironing confronting you, fancy



# O R D I N N E R



*Star Gazing Pie.*

ways of preparing herrings for dinner may not appeal. Don't forget though, 10 minutes of preparation overnight is all you need to get a dainty dish. Clean, scale and behead the herrings, take out the roes, and you can serve those roes on toast for the children's dinner with mashed potatoes, cooked rice, cream of wheat with a lump of butter, macaroni, spaghetti, or even tomatoes as in Italy. It doesn't take long, and the herrings will make a supper dish.



## **DEVIL'S DREAM.**

It was a man who christened this dish when I described the famous "Star-Gazing Pie" of the Delectable Duchy, which all visitors to Cornwall know. The fishermen's wives make these, but I

confess the first time I saw herrings gaping at me from the top of a pie, each one with a piece of parsley in his mouth, I was taken aback. Instead of putting my herrings in whole, as they do in Cornwall, I make my "Devil's Dream" with filleted fresh herrings, so there are no heads peeping out.

**INGREDIENTS :** *About 1 lb. of fresh herrings, weighed after cleaning, boning and filleting, a small tin of peas (fresh ones can be used when in season), 3 cooked potatoes, pastry,  $\frac{3}{4}$  pint of a creamy white sauce with a nut of butter added.*

**METHOD :** Line a buttered pie-dish with the pastry. Roll up the fillets of herring after boning, seasoning each one with salt and pepper. Put in a layer of sliced potatoes, then a layer of peas, next the rolled herrings, then more peas, then potatoes, seasoning each layer by turn.

Make the sauce and pour in, then cover with pastry. Make a slit in the top of the pastry to let the steam escape and decorate with the odd lengths of pastry cut into shapes of fish. Bake for 30-45 mins. and serve hot. If liked, mashed potatoes might be used instead of pastry.

A "Star-Gazing Pie" is made with fresh herrings in pastry, but thin slices of bacon or ham are added, also cream and a little vinegar and breadcrumbs are put at the bottom. The herrings are so arranged that their heads poke through the centre of the pie.

### HERRINGS IN TOMATO SAUCE.

INGREDIENTS : 1 herring per person, a little butter or margarine, a little parsley, a small tin of tomato purée, or tomato sauce, as below.

METHOD : Scale and clean the fish, remove the heads and tails, cut three incisions in the flesh, down to the backbone. Rub over with butter. Grill on a very hot grill till nicely brown on each side. Put on a hot dish ; lay oblong shaped pieces of dry toast around the herrings and pour the heated purée or the sauce over these.

### 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.

In summer at Lowestoft one can get a very nice dish, Herrings in Jelly, and I have sometimes wondered why housewives do not copy this delicacy for summer meals. The herrings are boned, rolled, baked and set in jelly. Now if you get 3d. worth of fish bones from the fishmonger, and simmer these long enough, with pepper and salt, and a flavouring of herbs and spices, you will get a jelly-like medium in which boned herrings may be preserved. Most folk regard fish bones as only fit for the cat, but try simmering them for an hour or two and see the gelatinous matter you get. Now that one can buy packet aspic, it is even easier, as all one needs to do is to dissolve the aspic in water, set in the herring-rolls, leave overnight and you get a most tempting dish for next day's mid-day meal with green salad.



### HERRINGS AU GRATIN.

INGREDIENTS : 1 herring per person, and to every herring allow a tiny pinch of dried thyme, a few mushrooms or a tomato, or 2 tablespoonfuls cooked macaroni or spaghetti, a piece of butter, 1 teaspoonful minced parsley ; breadcrumbs to cover the top of the dish.

METHOD : Put half of whatever is used (if tomatoes or mushrooms cut them up) at the bottom of the buttered dish and season with pepper and salt. The herrings should be scaled, cleaned, boned, beheaded and filleted, then the fillets rolled up neatly, from the tail. Arrange the rolls on the bottom layer, sift pepper and salt over lightly, also the thyme. Now cover with remainder of whatever medium is chosen and season. Cover with a layer of breadcrumbs. Put little dabs of butter on top.

This will melt and provide sufficient liquid for cooking, but if you like a "moist" dish, add a tablespoonful or two of water or milk. Do not do this with tomatoes, as they contain sufficient moisture. Bake for 20-30 minutes in a moderate oven, scatter the parsley on top, and return to the oven for five minutes.

Or, if you prefer a crisp, golden top, add the parsley when you put in the herrings.

Serve mustard sauce if tomatoes are used; with macaroni or spaghetti serve tomato sauce.



## HERRINGS EN PAPILOTES.

INGREDIENTS: 1 herring per person, and to each herring a lump of butter the size of a large filbert,  $\frac{1}{2}$  teaspoonful minced parsley,  $\frac{1}{4}$  teaspoonful lemon juice, and a mushroom.

METHOD: Clean, scale, behead and bone the fish, taking out the roes. Chop these up with the mushrooms, add the lemon juice, parsley and black pepper and salt to taste. Mix in the butter and work to a paste. Dust the fish with black pepper and salt, insert a layer of this forcemeat and skewer the sides of the herring together or lightly sew up with white thread. Put each herring in a greased paper, lay in a fireproof dish with a little butter, or with a few tablespoonfuls of water and a dash of butter. Bake for  $\frac{1}{2}$  hour in a moderate oven, then remove the papers and serve with mustard sauce.

This sounds far more trouble than it really is, for the dish is one that can be left to look after itself with the oven Regulo set. The flavour of herrings cooked inside paper cases is very fine. An ordinary forcemeat of breadcrumbs and chopped herbs may be put in, if preferred, and the roes used as a savoury.



*Herrings au Gratin.*

*Herrings en Papillotes.*



# HERRINGS FOR DINNER

## HERRINGS FOR SUMMER.

Then there is the summer when cold herrings are simply delicious. You can serve them then in many ways, but the ideal way is to make a good big dish of Bismarck Herrings. Whether described as Roll Mops or Bismarck Herrings, the process is really as simple as A.B.C.

## BISMARCK HERRINGS.

**INGREDIENTS :** *Medium sized herrings as required, a little flour, salt and black pepper ; 1 bay leaf, 1 Spanish onion, 1½ gills of vinegar and the same amount of water to 6 herrings, 6 peppercorns, 2 or 3 cloves, a blade of mace, and, if liked, a little garlic.*

**METHOD :** Clean, scale, behead, bone and fillet the herrings. Sprinkle with salt and pepper ; lightly dust with flour. Roll up the fillets, beginning with the head end.

In each fillet enclose a piece of roe. Lay the rolls closely side by side in a baking dish so that they do not curl. Slice the Spanish onion over them. Add the vinegar and water, also the cloves, mace, peppercorns, and a clove of garlic. Bake slowly in the oven for 1½ hours. Serve cold with salad and brown bread and butter.

These herrings are really very much nicer to eat after they have been made for about a fortnight. Pack the herring rolls closely in a jar, bay leaves and spices between. At the bottom of the jar insert one clove of garlic, Continental fashion. Cover tightly and store in a cool place. I find that when doing this white wine vinegar is preferable to ordinary malt vinegar, although costing a little more.

These Bismarck Herrings make delicious hors d'oeuvres.



*Bismarck Herrings.*

# HERRINGS FOR TEA



*Grilled Kippers.*

"Something nice and tasty for his tea."

I overheard that remark as I was shopping, and when I saw what she selected, could vision that homely but delicious tea-supper, for that is what High Tea means. Nor can you beat kippers for tea, which is what my shopping neighbour chose. Grilling is the favourite method (see page 14), although I know some people like to fry them in fat, whilst others believe in par-boiling them and then popping them for a minute beneath the grill.

Here is another simple method and one which is practically without smell:—

## **BAKED KIPPERS.**

**INGREDIENTS:** 1 kipper per person, a little butter. Greaseproof paper.

**METHOD:** If not in cellophane, wrap in greaseproof paper. Put in a baking tin, bake in a moderate oven for 15 minutes.

Take out of their papers, put a tiny nut of butter on each and serve on a hot dish.

If you do not want to use your oven, why not fry

## **STEAMED KIPPERS.**

**INGREDIENTS:** 1 kipper per person, a tiny piece of butter, pepper.

**METHOD:** If you have not got a steamer, put the kippers on a buttered plate, sprinkle with pepper, cover with another plate. Place over a pan of boiling water and cook for 15 minutes.

## **POACHED KIPPERS.**

A fisherman's wife showed me another way of cooking kippers. She cut off the heads, poured hot water over the kippers, then dried them, and laid them in a frying pan, adding just enough cold water to cover. Then this was brought to boiling point, they were allowed to simmer only for



one minute, and she declared they were done. Lifted out with a slice on to a hot dish, a good lump of butter was laid on each. Served piping hot, children enjoy kippers treated thus, as the bones are easily taken out.

But now that Boneless Kippers are on the market most of the difficulties of mothers are solved. These Boneless Kippers make a fine tea for hungry school-children, and they are so quickly cooked and served, that for a tea-supper they are ideal. At one time kippers were regarded as lowly fare, but this year they have become fashionable in a quarter one wouldn't expect. At the West Kent Hunt Ball, held at "The Wildernesse," a country club near Sevenoaks, nice meaty kippers were served to the guests at the early morning breakfast. They were grilled, served very hot, and I am told everybody voted them "top-hole." With kippers at a Hunt Ball breakfast, I should not be at all surprised if Mayfair does not follow the fashion and have them for tea as well. There is no meal so nice as that when you can stand with your back to the fire, look at a nicely laid tea-table and watch the door for when the cooked kippers come in. If you are going to a theatre or the pictures, High Tea gives one a splendid send-off, or, if you feel hungry afterwards let me assure you grilled kippers on toast with a cup of coffee is . . . "a meal for the gods." High Tea is a nice sociable meal—far better than breakfast, and you can talk comfortably over the doings of the day as you enjoy a kipper.

Let me remind you to have a few paper napkins on the tea-table, which can be whisked away when you have wiped your fingers! Another tip, if you have unpunctual members of the family, is to have a trivet-stand which you can place in front

of the fire, on which to keep hot the kipper on toast. It does not spoil by waiting, provided you keep it hot.

## HERRING PICKLE.

INGREDIENTS: 12 herrings, 1 pint good vinegar, 1 pint of water, 12 shallots, or small onions, 2 tablespoonfuls white mustard seed, 1 teaspoonful cloves, 2 bay leaves and  $\frac{1}{2}$  teaspoonful allspice.

METHOD: Soak the herrings all night in cold water, then pour off the water, clean and skin, starting at the head. Remove the roes and lay the herrings in a deep dish. Put the vinegar and water in a saucepan, set this over the fire, and bring it to the boil. Slice the shallots or onions, add to the boiling water and vinegar, also add the cloves, allspice, mustard seed and bay leaves and simmer for 10 minutes. Let this mixture get cold. Cut the roes in pieces, lay in a bowl, and pour over them a pint of the spiced vinegar and beat to a thick creamy sauce. Pour this creamy mixture over the fish, then add the rest of the spiced vinegar, and leave it covered for three days. It may be eaten then, or, if preferred, the whole beaten and pounded down to be stored.

In the Midlands, where old customs are kept up, I was told in Leicester that in places where the Curfew Bell is still rung from mid-September to the beginning of April, it is customary to serve a grilled red herring and a baked potato for supper on "Curfew Night." At Melton Mowbray the traditional way of cooking the Red Herring is to grill it over the open fire.

It was in the Midlands, too, that I was told that you should also rub the bars of your grill with mutton suet before grilling herrings, as then they do not smell so much whilst cooking. This applies to fresh or salted herrings, also to kippers.

## KIPPER TOAST.

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

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 dab 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 dab of butter on top, and set the slices beneath the grill. This makes an excellent "snack," as well as a simple dish for tea.

Baked or grilled fresh herrings are as nice for tea as for breakfast or dinner, so are fried fresh herrings, either whole or filleted.

## DEVILLED BLOATERS.

INGREDIENTS : 1 bloater per person ; to each bloater allow  $\frac{1}{2}$  teaspoonful curry powder, and a piece of dripping or butter the size of a large filbert.

METHOD : Begin with the thick side of the fish and cut through below the head as far as the other side of the backbone. Draw sharply and the inside will come out as you pull away the head. Split open the under-part as far as the vent, remove the roe, if there is one, and take out the silver floating bladder, lightly scrape the black lining and the collected blood under the backbone. Next split the bloater so that it lies open like a kipper. Rub it over with the nut of dripping, butter or margarine, then spread it with the curry powder. It can then be fried on the uncut side till cooked through, or grilled for ten minutes. Serve with toast.



*Kipper Toast.*



*Devilled Bloaters.*

# H E R R I N G S

I am giving this recipe for Herring Paste to be made with Red Herrings, but I have tasted it with ordinary bloaters, too, and it is very good. It is very nice for tea, spread on buttered toast, or on bread and butter.



## FISH PASTE.

**INGREDIENTS :** 1 lb. of red herrings,  $\frac{1}{2}$  lb. butter beans,  $\frac{1}{4}$  lb. butter. A dash of cayenne, also a pinch of any other spice liked. Powdered allspice is generally used in the district where this paste was made.

**METHOD :** Soak the butter beans overnight, then cook in slightly salted water till tender. Soak the red herrings for 12 hours, then simmer them for 10 minutes in just enough water to cover. Drain, remove bones and skin, and whilst still hot, flake the meat from the herrings and

mash down with the butter beans. Rub through a wire sieve, so that the skins of the beans and any bones left in the herrings are left behind. Add cayenne and spice to taste. Now mix in the butter thoroughly. When cold, it can be potted in small pots, and a little melted butter poured over each pot to render it air-tight.

Originally, I was told, this paste was used by hunting folk for sandwiches.



Those who really like to try old-fashioned recipes may care to try this one which comes from an old book, dated 1824, in my possession, called *A NEW SCIENCE OF DOMESTIC COOKERY*, by A Lady.



*Fish Paste.*

**TO DRESS RED HERRINGS.**

Choose those that are large and moist, cut them open, and pour some boiling small beer over them, soak them for half an hour; drain them dry, and make them just hot enough before the fire, then rub some cold butter over them and serve. Egg-sauce, or buttered eggs and mashed potatoes should be served with them. Instead of butter, a little sweet oil (olive oil) will add to the richness, but it must be dropped on while before the fire, and in the smallest quantity.

**SELSEY HERRINGS.**

INGREDIENTS : 6 fresh herrings, a table-spoonful vinegar, 3 table-spoonfuls grated horse radish,  $\frac{1}{2}$  teaspoonful of fine salt, 2 table-spoonfuls white wine vinegar, 4 table-

spoonfuls cream, a dash of cayenne, a pinch of dry mustard, a pinch of castor sugar, and a teaspoonful of tarragon vinegar.

METHOD : Clean, scale, behead, bone and fillet the fish. Roll up the fillets, including the roes, and secure each roll of fish and roe with a cotton thread. Set the herring rolls in a buttered fireproof dish, putting a little vinegar on each, then add sufficient cold water to come mid-way up the rolls. Bake in a moderate oven for  $\frac{1}{2}$  hour then let them get cold. Now for the sauce : Scrape the horse-radish, add to this the salt, the mustard, castor sugar, then stir in the cream. Blend with this the tarragon vinegar, then the white wine vinegar, and stir well. Arrange the herrings on a dish with a border of green salad and serve the sauce in a boat. Instead of cream, milk may be used, or unsweetened condensed milk (about a dessertspoonful). Ordinary vinegar may be substituted for the white wine vinegar.



*Selsey Herrings.*

# HERRINGS FOR

*"Wasn't that a dainty dish to set before a King?"*

Often have I thought of those words, surveying a dish of nicely grilled fresh herrings, crisp and brown, with a little ball of Maitre d'Hotel butter on each, and with floury, mashed potatoes as an accompaniment. Cooked and served this way for supper the herring is appetising and digestible, and even though it contains fat in itself, that **fillip of Maitre d'Hotel butter** makes it tastier and the dish looks more attractive.

It sounds more imposing than it is, for all you have to do is to put a piece of fresh butter, the size of a small egg, into a bowl, add a pinch of dry mustard, a teaspoonful of minced parsley, and squeeze in enough lemon juice to moisten, then with a fork beat these ingredients to a cream. Make a little ball of this for each herring, and before serving put it on top. That's all . . . but what a difference it makes.

Potatoes baked in their jackets go well with herrings for supper, so do Stuffed Tomatoes.

Now I have served herrings and mustard sauce as the fish course at a dinner party and have been complimented on my good sense, as well as my good cooking, and whether for dinner or supper know they are uncommonly delicious. A dish "to set before a King" in very truth, for I remember reading that His Majesty King Edward VII declared that one of his favourite dishes was a herring split, boned, seasoned with salt and pepper, dipped in milk and fine oatmeal, then grilled. Try them for supper this way and serve with them fried tomatoes, or, for a change, to each grilled herring a tablespoonful of plain boiled rice, and then add your ball of Maitre d'Hotel butter to the rice. Here are other ways of serving herrings for supper.

## HERRINGS IN SHRIMP SAUCE.

**INGREDIENTS:** 6 fresh herrings, table-spoonful vinegar, teaspoonful salt, 3 gills of white sauce, gill of shrimps, measured after their shells have been removed,  $\frac{1}{2}$  teaspoonful anchovy essence.

**METHOD:** Clean, scale and behead the herrings, keeping in the roes. Bake or boil, adding the vinegar and salt to the water, if boiling. If boiling, allow 12-15 minutes according to size of fish, and put the herrings in when the water boils. Prepare and mince the shrimps, add them to the white sauce, stir in the anchovy essence. Lift out the herrings, drain well, arrange them on a hot dish and pour the shrimp sauce over; if the herrings are baked, serve separately in a sauce boat. Garnish with a few shrimps from which the armours have been removed.



## HERRING MAYONNAISE.

And now . . . have you ever heard of **HERRING MAYONNAISE**? Salmon Mayonnaise we all know. But, comparing salmon and herring there is little difference in protein value, although salmon is richer in fat, but as regards delicacy of flavour, I am convinced that if herrings were very expensive, people would rank them as high as salmon. In summer if you serve cold herrings in mayonnaise with a salad, this dish, costing very little, becomes a rare delicacy. Mayonnaise is not difficult to make, although many people think so. Use the freshest eggs possible, also good olive oil, and remember that the yolk of one egg will absorb a gill of oil.



# S U P P E R

**INGREDIENTS :** *Any number of cold cooked herrings. They may be boiled, filleted and baked, fried, or baked in the oven. Green salad, with cucumber. Then, to every yolk of egg used allow a pinch of white pepper, a pinch of dry mustard, a dessertspoonful of white wine vinegar or lemon juice and a gill of olive oil.*

**METHOD :** Cook the herrings the way desired. (Baking always seems to me best, but with mayonnaise sauce cold boiled herrings are delicious.) First break a fresh egg into a basin, taking the yolk only. Free it of the little "germ" attached then add the pinch of dry mustard and pepper, and whisk it up. Stir in the vinegar and beat again, then drop in slowly the oil, drop by drop, beating it with a wooden spoon. It should be thick as cream when finished. Instead of using olive oil only half olive oil and half cream may be used.

When the herrings have been masked with the mayonnaise slice up sufficient cucumber to arrange around. Serve with any kind of green salad. A couple of hard boiled eggs, cut in halves or quarters, then arranged on the salad, improves its appearance.

## HERRINGS AND TOMATOES.

By the way, herrings and tomatoes make a very good blend, and if in a hurry to prepare a tempting dish, butter a baking dish or casserole, fillet the herrings, roll them up, pack with whole tomatoes, season the whole, and add a few dabs of butter. Cover with a casserole lid, or if in an open dish with a buttered paper set in the oven (moderate heat), and in half an hour a very nice supper dish or "High Tea" is ready. The water in the tomatoes and the oil in the herrings is usually enough liquid, but a tablespoonful or so of fish stock or water may be added if you like plenty of liquid.



*Herring Mayonnaise.*

*Herrings and Tomatoes.*



**HERRINGS WITH MUSHROOMS.**

INGREDIENTS : 4 fresh herrings, 1 lb. mushrooms, 1 oz. butter.

METHOD : Prepare the mushrooms by removing the stalks and peeling. Place the mushrooms in a fireproof baking dish and dust with salt and pepper ; put the little dabs of butter over and add barely sufficient cold water to cover. Cover with a greased paper and bake in the oven for 20-30 minutes. Scale and clean the herrings, split open, bone, fillet and remove the roes. The roes should be fried in a little dripping or butter. Grill the herrings, serve the mushrooms in the dish in which they are cooked, arranging the grilled herrings on top, and the fried roes on top of each fillet.

**SOUSED HERRINGS.**

In the Peak District, they make a dish known as Soused Herrings, which make a good change. They resemble the Bismarck Herrings sold in shops, but in Derbyshire are often eaten hot instead of cold.

INGREDIENTS : 3 medium-sized fresh herrings, 1 Spanish onion, a teaspoonful of salt, 2 cloves, 2 chillies, 12 peppercorns, 2 bay-leaves, a blade of mace, and enough vinegar and water, equal quantities, to cover.

METHOD : Wash, scale and clean, behead, bone and fillet the herrings. Take out the roes, which can be used for a savoury, then roll up the herring slices. Slice the Spanish onion finely. Set the slices of onion in a baking dish and season with salt. Scatter the spices over and lay the bay-leaves in the corner of the dish. Set in the herrings and cover with vinegar and water. Bake for 1 hour in a slow oven.

Some people cover the dish with a buttered paper, and in our grandmother's days they heated a poker red hot, holding this over the dish before serving, so that the top of

each herring was slightly crisped. These can be left to get cold, and it is an advantage to make a double quantity, one set for eating hot and the other for a cold dish later in the week.

**HERRINGS IN CREAM SAUCE.**

INGREDIENTS : 3 or 4 fresh herrings,  $\frac{1}{2}$  lemon, a little salt, a piece of butter the size of a small egg, 4-5 potatoes, a little parsley.

METHOD : Scale, clean and remove the heads and tails then bone and fillet. Wipe the fillets and roes dry, roll up the fillets, pack them in a buttered fire-proof dish with the roes between, sprinkle with a little salt and lemon juice, and cover with buttered paper. Bake for 20 minutes in a moderate oven.

Meanwhile cook the potatoes, and mash them with a tablespoonful of hot milk and a nut of margarine or butter.

Serve the herrings on a hot dish, surround with a border of mashed potatoes, sprinkle the mashed potatoes with the minced parsley. Pour the cream sauce over the herrings.

**CREAM SAUCE.**

INGREDIENTS : 1 oz. butter or margarine, the yolks of 3 eggs, 3 tablespoonfuls 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.

NOTE.—The white of eggs may be used to beat up with sugar to make a meringue, and when eggs are cheap, as well as herrings, in spite of using eggs and cream this will make a dish that costs less than meat, yet will give far greater food value



*Goodwood Herrings.*

for money. For growing children the combination of eggs, cream, potatoes and the protein and fat in herrings makes an ideal balanced meal, and as well as a supper dish this would be equally good for a mid-day dinner.

Suppose it is summer time, then herrings cooked in the same way will make a very nice cold dish as salad, either for High Tea, supper or mid-day meal. Instead of the mashed potatoes serve a border of watercress or hearts of lettuce, or mixed green salad, or potato salad. Cold new potatoes, sliced up with a little minced raw onion and minced parsley and mixed lightly with mayonnaise, make a delicious salad to serve with cold herrings.

#### **GOODWOOD HERRINGS.**

**INGREDIENTS :** 6 fresh herrings, 6 large tomatoes, 4 tablespoonfuls breadcrumbs, a tablespoonful butter or dripping, a little

*lemon rind grated, a small minced onion or shallot, a tablespoonful of chopped parsley, a pinch of dried thyme.*

**METHOD :** Clean, scale and behead the herrings, but leave in the roes, then twist them head to tail and fasten with a tiny wooden skewer or cocktail stick. Slice the top off each tomato, using a very sharp knife, and keep the slice. Scoop out the inside of each tomato, discard the hard core, keep the pulp. Put the breadcrumbs, herbs, chopped onion or shallot, lemon rind, pepper and salt into a basin ; to this add enough of the tomato pulp to make it moist. Fill each tomato shell with this, and put a bit of butter on top, then lay the slice of tomato to cover. Set a tomato in the centre of each curled herring. Put in a greased fireproof dish, add a few tablespoonfuls of water and cook for 20 minutes in a fairly hot oven. Serve in the dish in which they are cooked.

# HERRINGS FOR IN



## *Soft Roes on Toast.*

It is easy to see how a healthy person can find in herrings a cheap yet nutritious food, but when thinking of them for invalids, how many know their value? In any form of deficiency diseases, in cases of anaemia or in certain forms of goitre, herring dishes are of great use. Often when a patient is convalescing a tempting little dish can be prepared with a small portion of herring.

A fillet of fresh herring, boiled or steamed, and served with a little plain white sauce, melted butter or parsley sauce, will appear very appetising, and is more digestible cooked this way. A baked fresh herring, egged and breadcrumbed, is a form of invalid diet not to be disregarded.

Try this way for an invalid :—

## **BAKED HERRINGS WITH EGG.**

INGREDIENTS :  $\frac{1}{2}$  herring per person,  $\frac{1}{2}$  yolk of an egg, 1 gill milk, 1 teaspoonful parsley.

METHOD : Scale, clean, behead, bone and fillet the herring. Roll up each fillet, keeping the roes for another dish. Lightly

dust with salt and pepper. Set the fillet in a buttered fireproof dish. Beat up the egg with the milk and pour around. Bake in a moderate oven till the custard is set. Sift the minced parsley over before serving.

## **SOFT ROES ON TOAST.**

This makes a nice savoury for tea, and may be taken up as a surprise to a convalescent.

INGREDIENTS : 1 soft roe, 1 gill milk, pepper and salt, a small slice of lightly buttered toast.

METHOD : Bring the milk to the boil in a small saucepan. Wash the roe, then let it simmer gently in the boiling milk for 10 minutes. Drain very carefully. Set on the toast, curling the roe round, and put a tiny sprig of parsley on top.

## **HERRINGS IN EGG SAUCE.**

INGREDIENTS :  $\frac{1}{2}$  herring per person,  $\frac{1}{2}$  hard-boiled egg, 1 gill creamy white sauce, a little butter, 2 tablespoonfuls milk.

# VALIDS AND BABIES



## *Hard Roe Surprise.*

METHOD : Scale, clean, behead, bone and fillet the herrings. Roll up the fillets keeping the roes for another dish, lay in a soup-plate, dust with salt and pepper, add the milk and steam for  $\frac{1}{2}$  hour over a saucepan of boiling water. Chop up the egg and stir into the white sauce. Set one fillet into pretty dish, pour the sauce over and garnish with a sprig of parsley. The other fillet can be served cold with salad.

## **HARD ROE SURPRISE.**

INGREDIENTS : 1 *hard roe*, about a tablespoonful of *mashed potatoes*, 1 *egg*, salt and pepper, a little *parsley*.

METHOD : Cook the herring roe for 15 minutes in boiling salted water, then drain and set in a buttered fireproof dish. Arrange the mashed potato around. Beat up the egg, add pepper and salt and pour this over, then set in the oven. When the egg has set, serve garnished with a little minced parsley.

## **HERRINGS FOR BABIES.**

When weaning is over, and a child is gradually accustomed to mixed feeding,

the value of herrings should be remembered. Lightly cooked herring roe, or a small portion of steamed or baked herring flesh, can be combined with creamed spinach, mashed potato, cooked noodles, or with breadcrumbs and white sauce, after a child is one year old.

Begin with a very small portion, say a teaspoonful of herring roe, or cooked herring, combined with the same amount of potato, preferably cooked in its jacket. Increase this amount by degrees until a tablespoonful of herring, and a tablespoonful of potato, sieved vegetable of some other kind, or creamed spinach is given. There is no fear of herring bones for a young child with herring roes, but if the flesh is given, this can be rubbed through a sieve.

Here, perhaps, a "tip" may be given to mothers. If older children are eating herrings and are careless enough to get a bone in the throat, don't give drinks of water. Encourage the child to eat a piece of bread; the little bone is incorporated in the bread and is swallowed, but does no harm.



# HERRINGS IN VARIETY

## BISMARCK HERRINGS.

There are many delightful forms of the familiar fresh herring on the market—for instance, there are Bismarck Herrings (see page 20), 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.

## KILTIE SAVOURY.

INGREDIENTS:  $\frac{1}{2}$  buckling per person, 1 slice of buttered toast,  $\frac{1}{2}$  teaspoonful anchovy paste or anchovy essence.

METHOD: Divide the buckling down the back, behead and bone, roll up each half tightly. Toast the bread one side; on the untoasted side place the fillet and put beneath the grill till the toast is brown. Whilst buttering and spreading the toast, keep the fillets beneath the grill. Spread with anchovy paste or essence, set the fillet on top and keep hot till wanted. This may be served as a dinner savoury or for a "snack" or for a cocktail party.

Another way is to behead, bone and slice them, then serve in sandwich form between bread and butter. The flesh

pounded down with a little butter is delicious for picnic sandwiches, or on toast fingers for parties.

## BAKED, BONED AND ROLLED HERRINGS.

This is a novelty lately put on the market, and makes a very palatable sandwich. Housewives should make a batch of their own. Where business girls take their lunch to the office or where children take lunch to school, one of mother's baked, boned and rolled herrings, with a roll and butter, makes a tasty, nutritious and satisfying lunch. Pack the herrings in greaseproof paper, or in a cardboard carton, and split and butter the roll.

## 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'oeuvre dish, garnish with the chopped up yolk of egg and parsley.



Rolling Buckling.

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