

Mrs Greenkeeper's Own Corner

with Ann Mawson

Herring should be cheap, and at their best this month. They are full of nourishment and flavour; when nicely cooked they make a very good meal. There are many tasty sauces that can be served with them, including celery sauce, horseradish sauce, parsley sauce, orange sauce and gooseberry sauce.

Boiled Herring

4 herring, vinegar, salt, boiling water, parsley for garnish, parsley sauce.

Clean and prepare the herring, but do not bone them. Sprinkle a little salt over them and dip them in vinegar. Put them side by side in a shallow pan and just cover with boiling water. Simmer for 15 minutes (time to cook depends upon the size of the fish). Take out of the pan when done and drain well. Garnish with sprigs of parsley and serve with parsley sauce.

Allow one herring for each person.

Herring and Orange Sauce

4 large herring, orange slices, 1 oz of sugar, flour, seasoning, fat 1 orange, $\frac{1}{2}$ oz of butter, 1 oz of flour, 1 teaspoonful of dry mustard, $\frac{1}{4}$ pint of water, 3 tablespoonfuls of vinegar.

Clean the fish in the usual way, and roll in the flour, that has been seasoned with a little pepper and salt. Fry the herring in a little fat, browning them well on both sides.

Make the sauce by grating the rind of the orange, and squeezing out all the juice. Blend the butter and flour together for a few minutes over a low heat. Stir well. Mix in the dry mustard and water stirring all the time. Simmer together for five minutes, and then add the vinegar, sugar, orange rind and orange juice. Heat all together but **do not** allow to boil. Serve with the

fried herring garnished, with slices of fresh orange. To serve four people.

Tomatoes and Herring baked

$\frac{1}{2}$ lb tomatoes, 1 onion, salt, pepper, a little fish stock or water, 4 herring, 2 teaspoonfuls of dry mustard, 2 teaspoonfuls of vinegar.

Clean and bone the herring and lay them flat. Cut each herring into strips about 2 in. wide. Mix the mustard with the vinegar. Then arrange the herring strips, the sliced tomatoes, the peeled and sliced onion, well seasoned, in layers on a fireproof dish, pouring a little of the mustard and vinegar mixture over each layer.

Carefully pour over a little fish stock, or water, and bake in a moderate oven until done. About 45 minutes at Regulo Mark 4, or electricity 360° F.

To serve three to four people.

Stuffed Herring

4 herring, salt, pepper, 4 oz chopped apple, 1 oz chopped onion, 1 oz butter, 2 tablespoonfuls of breadcrumbs, 1 teaspoonful of sugar, apple sauce.

Clean the herring and take out the backbone. Season the inside with salt and pepper. Mix the chopped apple, onion and sugar with a little seasoning and most of the breadcrumbs (leave just enough to sprinkle over the top). Fill the herring with the mixture and close them again. Lay side by side in a dish and sprinkle the breadcrumbs over them. Dot with the butter, and bake until done in a hot oven. Serve with apple sauce (if liked). About half an hour at Mark 7 Regulo or electricity 420° F.

To serve three to four people.

—Until June . . .