

"Fresh Herring & Recipes."

Baked Herrings

- 6 Fresh Herrings
- $\frac{1}{2}$ Teaspoonful of Salt
- $\frac{1}{2}$ Teaspoonful of Pepper
- $\frac{1}{3}$ Teacupful of Vinegar
- 1 Bay Leaf
- $\frac{1}{2}$ Cupful of Water

FRESH herrings should not be washed unless in exceptional circumstances. They should be emptied, their heads removed and the scales scraped off, and then well wiped. With a sharp knife split each herring up the back and lay it open, cut it in half, lift the bones out, beginning at the head; now roll each half up into a nice, firm roll, beginning at the head. Stand the herrings in a small baking-dish with the backs uppermost; pour in the water and vinegar, add the bay leaf and sprinkle with salt and pepper. Cover the dish with a plate, and bake for half an hour. The herrings may be served in the dish in which they are cooked: they are good either hot or cold.

Baked Herring

Six herring; six tablespoonfuls bread crumbs; three tablespoonfuls drippings; two tablespoonfuls chopped parsley; one and one-half teaspoonfuls onion juice; one teaspoonful salt; three-quarters teaspoonful pepper; two tablespoonful flour; three tablespoonfuls milk. Cut off heads, remove bones and split herring down the back. Wash in salt water and after drying dredge each fish with flour. Place three fish in a greased baking pan, skin downward; mix the drippings, seasoning, parsley, crumbs and milk together, and spread over herring. Over this lay the other herring with skin uppermost. Cover with greased paper and bake in a moderate oven for half an hour.