

Mock Omelet of Norwegian Kippered Herring

Press through a sieve or fine colander half the contents of an 8-oz. can of Norwegian Kippered Herring. Mix with a tablespoonful of salad oil, and season with a teaspoonful of salt, half a teaspoonful of white pepper, and half a tablespoonful of grated onion or onion juice. Press through a ricer three rather good-sized cold cooked sweet potatoes, and beat into these the seasoned fish mixture until both are thoroughly blended and light. Arrange on an oval platter in the shape of an omelet, and garnish with fresh cress and one small lemon cut in lengthwise wedges. Four to six servings.