

Skim it occasionally; when we find the skin is cracking, we shall know the fish is done. Take it carefully out, place on a hot dish and garnish with cut lemon and parsley.

Serve with parsley and butter or egg sauce.

Time about 20 minutes for fish of 1 lb. weight.

BROILED HERRINGS

(With Mustard Sauce)

3 fresh herrings	6 whole peppers
1 oz. flour	1 onion
$\frac{1}{2}$ pint vinegar	1 teaspoonful mustard
1 oz. butter	

METHOD—Cut the heads off the fish, wash them, dry them in a clean cloth; notch them across with a knife; flour them and broil.

Take the heads and smash them up, boil them in the vinegar with the pepper and onion for 15 minutes, then strain. Melt the butter in a saucepan, add the flour and mustard, add the vinegar, etc.; cook till it thickens, pour over the herrings and serve.

Time $\frac{1}{2}$ hour.

BROILED MACKEREL

2 mackerel	Chopped thyme and
1 yolk of egg	parsley
Nutmeg	Pepper, salt and
A little flour	breadcrumbs
Lemon peel	

METHOD—Cut off the heads. Pull out the roes at neck end, and boil them in a little water 10 minutes; bruise them with a spoon, beat up the yolk; add a little grated nutmeg, lemon peel, parsley and thyme, pepper, salt, and a few breadcrumbs; mix all well together and stuff the mackerel with it. Flour the fish well, broil them, and serve with melted butter.

Time to broil the fish about 20 minutes.