

Aromatic Herring

Serves 4

4 whole herring, fresh or defrosted, cleaned and heads removed

4 x 15ml spoon (4 tablespoons) oil

2 x 15ml spoon (2 tablespoons) coriander seeds

2 x 10ml spoon (2 dessertspoons) cumin seeds

1 x 5ml spoon (1 teaspoon) whole black peppercorns



Pre-Heat the Barbecue or Grill

1. Wash and pat dry the fish, brush with oil
2. Lightly crush the coriander, cumin and peppercorns together. Roll the herrings in the spice mix.
3. Cook for 10 minutes each side on a low heat
4. Serve with salad, bread and relish