

Barbecued Herring

8 herring, cleaned
30g (1oz) butter or margarine
2 small onion, finely chopped
900g (2lb) fresh rhubarb sticks
300g (10 and a half oz) long grain rice, cooked
grated rind and juice of 2 oranges
sprigs of fresh rosemary
salt and black pepper
sunflower oil
300ml (10fl oz) water
2 x 15ml spoon (2 tablespoons) brown sugar
(optional)

Serves 8

NUTRITIONAL VALUES PER PORTION (APPROX) 585 Kilocalories;
34g Protein; 34g Fat; 40g Carbohydrate; 2g Fibre

Tip: A large tin of drained rhubarb may be used if fresh is unavailable.

Preheat the barbecue

Melt the butter in a saucepan and cook the onion until transparent.

Chop 2 sticks rhubarb into small pieces and add to the onion with the cooked rice, orange rind, and a little chopped rosemary. Season to taste.

Divide the stuffing between the herring. Make 3 cuts across the flesh and brush with oil. Lay the sprigs of rosemary across the barbecue and cook the fish on top for about 8-10 minutes, turning once. (Alternatively use a fish clamp or foil).

Meanwhile, slice the remaining rhubarb and cook with the water and orange juice until soft.

Sweeten if necessary and serve with the barbecued herring.

