

Herring with Orange and Rosemary

4 x 115g (4oz) herring or mackerel fillets
2 x 15ml spoon (2 tablespoons) flour
salt and black pepper
juice of 1 orange
1 x 15ml spoon (1 tablespoon) fresh rosemary
sprigs
150ml (1/4 pint) fish stock



1. Dust the fish in seasoned flour. Place the orange juice, rosemary and stock in a pan and bring to the boil.
2. Add the fish, reduce the heat and poach for 8 - 10 minutes
3. Serve with a rice salad and lettuce