

Welsh Herring

Serves 4

4 x 125g (4oz) herring or mackerel fillets salt and black pepper

lemon juice

1 small leek, chopped

15g (1/2 oz) butter or margarine

1 x 15ml spoon (1 tablespoon) water

1 x 15ml spoon (1 tablespoon) fine oatmeal

1 red apple, cored and chopped

lemon rind, to garnish



Preheat grill

1. Season the herring and sprinkle with lemon juice.
Grill under a medium heat for 5-8 minutes.
2. In a small pan, saute the leek with the butter and water for 5 minutes.
3. Stir in the oatmeal and apple.
4. Arrange the herring in a dish and top with the leek mixture.
5. Garnish with lemon rind and serve with new potatoes.