



Metfield Bakery

Recipe downloaded from www.metfieldbakery.com

MY FAVOURITE KIPPERS

Serves: 1

Preparation time: 5 minutes

Cooking time: 5 minutes

METHOD

1. Pound the oat cakes in a mortar.
2. Thickly dredge the kipper with the crumbs.
3. Dot it with butter.
4. Grill for five minutes.
5. Eat kipper bones and all-at least all the fine ones-do not fuss about them, that isn't the point of kippers. Why let your enjoyment be ruined by fussily removing every tiny bone and worrying about it. You won't remove them all any way.
6. Smear every morsel with some honey mustard into which you have liberally added a good portion of chopped dill.

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