



Above: Tomatoes stuffed with buckling — a dish from Germany where buckling is highly prized

## Tomatoes stuffed with buckling

The Germans consider buckling a delicacy and it is used in many different dishes. In this, the fish is mixed with mayonnaise and egg — the gelatine is optional but it sets the filling well

**STARTER** Serves 4 or 8

**Overall timing** 40 minutes plus setting time

**Equipment** Bowl, 2 saucepans, cup

**Freezing** Not recommended

### INGREDIENTS

3	Buckling	3
4 tbsp	Thick mayonnaise	4×15ml
2 tbsp	Lemon juice	2×15ml
$\frac{1}{4}$ teasp	Salt	1.25ml
2	Hard-boiled eggs	2
1 tbsp	Chopped parsley	15ml
1 tbsp	Chopped chives	15ml
$\frac{1}{4}$ pint	Water	150ml
	Pinch of sugar	
2 teasp	Vinegar	2×5ml
1 teasp	Gelatine (optional)	5ml
8	Large tomatoes	8
4	Slices of Pumpernickel bread	4
	Butter	
1	Small lettuce	1
	Parsley	

### METHOD

- 1 Skin and bone the buckling. Chop flesh finely and place in a bowl. Add mayonnaise, lemon juice and salt. Shell and dice the hard-boiled eggs and add with herbs to buckling mixture. Toss well to mix.
- 2 Put water, sugar, pinch of salt and vinegar into a saucepan and heat until warm. If using gelatine, mix into 1 tbsp (15ml) of cold water in a cup then, when firm, place cup in a saucepan of boiling water over gentle heat until dissolved. Stir gelatine into water and sugar mixture. Leave to cool, then add the buckling mixture.
- 3 Wash tomatoes, chop the tops off and remove the inside (this can be mixed into buckling mixture, if you like). Fill tomatoes with the buckling mixture and place them in the fridge to chill and set.
- 4 Just before serving, put each tomato on to a slice of buttered Pumpernickel which should be slightly bigger than the base of the tomato. Serve on a bed of lettuce and garnish with the top of each tomato and parsley.

### VARIATION

Use small capsicums instead of tomatoes. Blanch them for 7 minutes in boiling, lightly salted water, then refresh under cold running water before stuffing.

## Buckling with potato

A simple dish that's easy to prepare and tasty to eat — a salad with chopped gherkins provides good contrast

**LIGHT LUNCH** Serves 4

**Overall timing** 25 minutes

**Equipment** Large saucepan, frying pan

**Freezing** Not recommended

### INGREDIENTS

1 $\frac{3}{4}$ lb	Potatoes	750g
	Salt	
1lb	Buckling	450g
2oz	Margarine	50g

### METHOD

- 1 Peel the potatoes and boil in salted water till just tender. Drain.
- 2 Skin the buckling and remove bones. Cut the buckling into bite-sized pieces and slice the potatoes.
- 3 Heat the margarine in a frying pan, add the potato slices and fry over a medium heat till turning golden brown. Turn the slices over frequently so that they don't burn.
- 4 Add the buckling pieces to the potatoes and cook for a further 5 minutes. Serve hot with a crisp green salad to which chopped gherkin has been added.