

# KING OSCAR KIPPER RECIPES



## KIPPER FRICASSEE

1 can KIPPER SNACKS

1/2 cup butter, 1 cup flour, 4 egg yolks, 1/2 cup milk, 1/2 cup cream, 1/2 cup onion, 1/2 cup carrot, 1/2 cup celery, 1/2 cup parsley, 1/2 cup ground nutmeg, 1/2 cup pepper, 1/2 cup salt.

Put vegetables in salted water and boil for 15 minutes. Add to sauce together with kippers. Add onion and finely chopped parsley. Add salt, pepper and nutmeg and bring to a boil. (serves 2)

## KIPPER HASH

1 can KIPPER SNACKS

3 boiled potatoes, 1/2 small onion, 1/2 cup pepper, 1/2 cup salt, 1/2 cup ground nutmeg, 1/2 cup butter, 1/2 cup flour, 1/2 cup milk.

Make a white sauce of butter, flour and milk. Cut kippers, onion and potatoes into small pieces and mix into sauce. Add seasoning and bring to a boil. (serves 2)

## KIPPER OMELETTE

1 can KIPPER SNACKS

1-2 eggs, 3 tbsp. milk, pinch of salt.

Beat eggs with salt well together, add kippers and fry together slowly. (serves 2)

WITH GREEN SAUND



NO. 1

NO. 2