

Soft Roes on Toast

A recipe from *Howard and Maschler on Food* (1987), quoted by Helen Garlick in *Lockdown Food Part 3*.

Ingredients

½ tsp	mustard powder
	salt
30g	butter
125–180 g	soft roes
1 slice	wholemeal bread

Method

Put the mustard and a little salt into a bowl with the butter and work it all into a paste with a fork. Melt the paste in a double saucepan to avoid browning the butter, then put the roes into a non stick pan and pour the melted butter over them. Cook gently for 8-10 minutes while you are toasting the bread. When the roes are cooked, arrange them on the toast.