

# An Naidheachd Againne

*The Newsletter of An Comunn Gàidhealach Ameireaganach / The American Gaelic Society*

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Herring are the “silver darlings” that sustained the Scottish fishing industry for over a century, and this very traditional recipe pairs this nutritious fish with that other Scottish staple, oatmeal.

In Scotland, coarse oatmeal would be used, but small-flake rolled oats should work just as well. If you can't get fresh herring, mackerel is a good substitute.

## Sgadan Ròsta ann am Min-choirce

sgadan ùr  
min-choirce  
salann  
ola-còcaireachd no ìm

Sgoilt an sgadan is sad às an ceann. Thoir na cnàmhan às. Nigh an sgadan is clap e gus a thiomachadh.

Cuir salann air taobh a' chraicinn. Tum e ann am min-choirce gus am bi e air a chòmhdachadh. Dèan an taobh eile san aon dòigh.

Fraighig e ann an ola theth (no ìm) airson timcheall air 5 mionaidean air gach taobh.

Fritheal e le buntàta bruich is bainne. Cha bhithear a' cleachdadh sgian no forc idir.

## Herring in Oatmeal

fresh herring  
coarse oatmeal  
salt  
vegetable oil

Gut herring and discard the head. Cut open the fish and remove the bones. Wash and pat dry.

Lay herring skin side down and sprinkle with salt. Dip in dry oatmeal to coat. Repeat on other side.

Shallow fry in hot oil or butter for approximately 5 minutes on each side.

Serve with boiled potatoes and fresh milk. Traditionally no cutlery is required.



Do you have a favourite recipe that you'd like to share with other ACGA members? Submit it in a bi-lingual format to one of our editors and we'll publish it in future issues of *An Naidheachd Againne*. Na gabhaibh dragh—we'll pass the Gaelic by a native speaker to be sure your recipe is delicious in both languages!

#### Links to online ACGA resources

Main ACGA Website: <http://acgamerica.org/>  
ACGA Forum: <http://forum.acgamerica.org/>  
ACGA Facebook Page: <http://facebook.com/ACGAGaelic>  
ACGA Twitter Feed: <http://twitter.com/ACGAGaelic>

You may comment on this article (and others like it) in the following ACGA Sub-Forum:  
<http://forum.acgamerica.org/viewforum.php?f=51>

#### AN NAIDHEACHD AGAINNE

*An Naidheachd Againne* is the quarterly newsletter of *An Comunn Gàidhealach Ameireaganach (ACGA)*. The newsletter is published in the Spring, Summer, Fall, and Winter. It is produced by the Publications Committee of ACGA. The Editors at the time of this reprint are:

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*An Naidheachd Againne* welcomes submissions. Contact the editors for more information.



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