

# Flipping the kippers from the north country

THE TASTE of the far north could be an important part of the Scottish Christmas period, says Direct Seafoods – which now supplies Orkney Rose Kippers.

The firm is keen to point out that the product was recently voted the best of its type by Observer Food Monthly, and that the kippers are un-dyed and smoked over oak chips, with no added chemicals or preservatives.

Direct Seafoods also says they're not too salty, let the true flavour shine

through, and are great for the health conscious.

The average Orkney Rose Kipper size is between 230g and 270g.

The kippers are sourced from sustainable herring stocks and vacuum packed to order, the company says.

For best results, it suggests grilling the kippers skin side down for a couple of minutes and then flipping and cooking for a few more minutes the other way up for a special Orkney Christmas time breakfast.

