



Karls

SAUSAGE KITCHEN
& EUROPEAN MARKET

HERRING SALAD

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Ingredients:

1 1/4 lbs of Matjes Herring
1 cup water
Pinch of salt
3 medium onions
14 oz of quartered apples
5 oz pickled Gherkins
1 1/2 cups heavy cream
2 Tablespoons lemon juice
Salt, Pepper and Sugar to taste



Directions:

1. Rinse the herring fillets under cold running water, pat dry, remove any bones that may still remain and cut the fillets into cubes of 3/4 inch.
2. Bring water to a boil in a pan. Add a pinch of salt. Peel the onions, cut in half, slice and blanch briefly in the boiling salted water, then leave to drain.
3. Wash the apples, peel, then cut into quarters and remove cores. Drain gherkins. Slice the apples and pickled gherkins.
4. Mix the lemon juice and heavy cream together, season with salt, pepper and sugar. Stir in sliced onions, apples and pickled gherkins. Put the herring fillets in the sauce, cover and let marinate in the refrigerator for 8-12 hours.

Serve with Boiled Potatoes and fried onion rings or fried potatoes.

Recipe was modified from German Cooking Today, by Dr. Oetker