



## PICKLED HERRING IN WINE SAUCE

### INGREDIENTS

4 whole salt herrings (I ordered barrel-cured and salt-brined herring fillets at [goldbelly.com](http://goldbelly.com), but you may be able to buy them at your local fish store)

for the brine:

1/2 cup white wine (you can also use champagne vinegar instead if you want to avoid the alcohol)

1/2 cup vinegar

1/8 cup honey

1 tsp mustard seeds

1 bay leaf

1 tsp white peppercorns

1 small onion

2 sprigs of dill (optional)

### INSTRUCTIONS

In a small saucepan, mix together the vinegar, white wine, honey, mustard seeds, bay leaf, and white peppercorns and bring to a boil. Cover and let cool until it reaches room temperature.

Place the herring fillets in a deep dish, add water so the fillets are fully submerged. Soak the herring for one hour. Then rinse them with cold water and pat dry.

Cut the herring fillets crosswise into bite size pieces and add to a glass container with a tight fitted lid.

Slice the onion into half rings.

Add the dill and onions on top of the herring pieces. Then pour the brine into the container and seal well. Refrigerate for at least 24 hours.

Serve plain or with your favorite SCD legal crackers.

Guten Appetit!