



RED HERRING SALAD

INGREDIENTS

for the salad:

6 salt herring filets, rinsed with cold water
1 small beet
1 large Honeycrisp apple
1 small white onion or shallot, minced

for the dressing:

1/2 cup mayonnaise
3 tbsp plain yogurt (if you are sensitive to lactose I recommend homemade 24 hour yoghurt)
1 tbsp dijon mustard
1 tsp honey
1 tbsp freshly squeezed lemon juice
1 pinch white pepper
1 tbsp dill, minced

INSTRUCTIONS

Wrap the beet in aluminum foil and bake in the oven at 350° F/180° C for 40 to 50 minutes until soft. Remove from the oven and let cool. Remove the aluminum foil and using a paper towel rub off the peel. Cut the beet into small pieces and add to a bowl.

Peel and core the apple and cut into small pieces. Add to the bowl.

Cut the herring filets into small pieces and add to the bowl.

Add the mayonnaise, yoghurt, honey, mustard, dill, and white pepper to a small bowl and mix until well combined. Add the dressing to the salad bowl and mix all ingredients well.

Refrigerate the salad for at least one hour.

Guten Appetit!