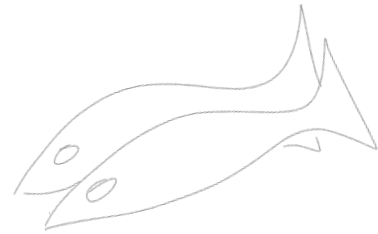




Pickled fresh herring

Ingredients

2 herring, gutted and filleted
Salt and sugar for curing the fish



Pickling ingredients

300ml cider vinegar or white wine vinegar
100g caster sugar
Half a large peeled brown onion or 3 peeled shallots, finely sliced
3 red and 3 black pepper corns
3 Bay leaves - fresh or dried
2 tsp dill - fresh or dried (but fresh is best)

Method

- Sprinkle sea salt over the fillets and leave for 20 minutes
After 20 minutes Sprinkle caster sugar over and leave for 2 hours to cure.
- Whilst the herring are curing make the pickling vinegar. Heat the vinegar and sugar together with all the other ingredients to infuse.

You can use any combination of aromatics that take your fancy. Here are some suggestions: coriander seeds, mustard seeds, chilli, Sichuan pepper, cinnamon, lime or clementine, sun dried tomatoes.

Let the pickling vinegar cool before using it.

- Rinse the fillets, chop them into smallish slices and place them in a kilner jar or large recycled preserve jar. Make sure the fillets are fully submerged in the pickling vinegar.

Ready to eat after two to three days but they'll keep happily for a month in the fridge.