



Bismarckhering (pickled herring)

MECKLENBURG-WESTERN POMERANIA

Ingredients

For 5 people

- 1 kg **fresh herring**
- 250 ml **5% white vinegar**
- 12 teaspoons **salt**
- 250 ml **water**
- 6 teaspoons **sugar**
- 1 **bay leaf**
- 2 **allspice seeds**
- 2 teaspoons **mustard seeds**
- 4 tablespoons **vinegar**
- Onion sliced into rings**

Method

Preparation

Rinse the fresh herring, wash, pat dry and place in brine. Prepare the brine using 1/4 litre of 5% white vinegar and 9 teaspoons of salt. Make sure the herring is well covered in brine and place in the fridge for 2–3 days. Once the herring is infused, remove the bones and peel off the skin.

The marinade

Boil 1/4 litre of water, 3 teaspoons of salt, 6 teaspoons of sugar, 1 bay leaf, 2 allspice seeds and 2 teaspoons of mustard seeds. Add 4 tablespoons of vinegar to taste.

Infusing the herring

Pour the cold marinade over the fillets. To finish, put the onion rings on top. Immerse everything fully in the marinade, weighing it down slightly if necessary, and leave to infuse for 2–3 days. Season 2–3 times during this period.

Serve the Bismarck herring with herby potatoes cooked with bacon, and a beetroot salad.

Bon appétit!

Wine recommendation

An off-dry Riesling Kabinett with a strong acidity and slightly higher residual sugar content is the perfect accompaniment.