

Herring rolls in a classic marinade



Quantity: 1 person

Preparation time: over 60 min

Ingredients

1 kg of fresh herring
2 tablespoons coarser sea salt
4 dl * water
2 pcs Carrots
2 pcs Onion
0.5 teaspoon Black pepper
5 grain Spice
2 pcs. of clove
3 tablespoons sugar
1 tablespoon Vinegar

Preparation

Remove the head and intestines from the herring and wash the fish under running water.

Leave to drain on a sieve. For better filleting, let the washed fish stand at room temperature for a few hours. Insert the index finger from the main end of the herring under the spine and carefully pull the bone off.

Quite small fish can be left intact, larger ones halved lengthwise. Store the fillets in layers in a bowl and shake between salt, let season for a few hours. Boil the marinade in water, add sugar, thin onion rings and carrot discs and cook for 5 minutes. Add vinegar and spices, lift the dish from the stove and simmer under the lid for 10 minutes. Then pick out the spices and let the marinade cool completely. Wipe the salt off the herring, roll the fillets from the tail end into a roll. Store in a jar or box with a lid, with marinated onions and carrots in between. Pour the marinade over and let the cools season for a couple of days.

Recipe from <https://toidutare.ohhtuleht.ee/923409/raimerullid-klassikalises-marinaadis>

By: Liselotte Bikha

6.c Tartu Raatuse Kool