

## Potato- Baltic herring form

1,5 kg fresh potato  
700 g Baltic herring fillets  
200 g ham  
1 medium onion  
2 eggs  
1 glass fat free milk  
1 tsp cooking oil  
1,5 Tbl breadcrumbs  
Vegeta seasoning, salt, pepper



Peel the potatoes and cut into thin slices or grater. Weed Baltic herring, add salt and little pepper. Cut ham into little cubes, chop onion. Grease the form with cooking oil, sprinkle with breadcrumbs. Lay potato and herring fillets with thin layers into form. Sprinkle onion and ham cubes, last layer has to be potato. Whisk the eggs and prepare the egg-milk mixture, season with salt and Vegeta, pour into the form. Sprinkle with breadcrumbs. Bake in a 175-degree oven for 1 hour, the first half hour should the form be covered with a lid or foil. Make sure the food does not burn! NB! \* Sour lingonberry or pumpkin salad goes well with the herring form.



**BON  
APPETIT!**