



- 1 Choose your recipe.
- 2 Boil the pickling brine.
- 3 Allow to cool.
- 4 Rinse the fillets, cut them into pieces.
- 5 Layer the herring with the spices and other ingredients in the accompanying glass jar. Pour in the brine to cover the herring.
- 6 Attach the right label.
- 7 Let the herring stand for 5-7 days in the refrigerator before serving.
- 8 Serve, enjoy.

Each recipe is based on one jar of pickling herring, 420 grams. Available for purchase in store.

Brine, for one recipe:

1/2 dl vinegar (12%)

1 dl sugar

1 1/2 dl water

HERRING PROFOOD CHRISTMAS

8-10 g Profood Herring spice

5 Telicherry peppercorns

1 whole star anise

1 cinnamon stick

Peeled zest from a fifth of an orange

HERRING PROFOOD LEMON

8-10 g Profood Herring spice

5 Telicherry peppercorns

Peeled zest from a fifth of a lemon

1 tablespoon of chopped chives

2 tablespoons of sliced leeks

HERRING PROFOOD SHERRY

8-10 g Profood Herring spice

6 dill tops

½ sliced onion

3 dl sherry

The accompanying sachet of herring spice from Profood contains about 30 grams.

Buy three jars/packets of pickling herring, triple the pickling brine if you prefer to prepare all three recipes.