

# Pickled Fish

*Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)*

*fresh raw fish  
4 cups water  
1 cup salt  
2 cups white vinegar  
1 1/3 cups sugar  
4 bay leaves  
1 teaspoon whole allspice  
2 teaspoons mustard seed  
5 whole cloves  
1 teaspoon black  
peppercorns  
onions, thinly sliced into  
rings*

Place the four cups of water and one cup of salt in a large glass jar.

Clean and cut up the raw fish. Place the fish pieces in the brine for 48 hours. Rinse the fish twice with cool water.

In a saucepan, combine the vinegar, sugar, bay leaves, allspice, mustard seed, cloves and peppercorns. Mix well. Bring to a boil. Allow to cool.

Pack the fish and onion rings into canning jars. Pour the cooled vinegar solution over the fish. Cover tightly and store in a cool place for about two weeks.

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Per Serving (excluding unknown items): 1254 Calories; 9g Fat (5.8% calories from fat); 4g Protein; 321g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 102440mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Fat; 19 1/2 Other Carbohydrates.