

Pickled Herring

Wanda Pawlikowski

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

3 large salted herring

MARINADE

1 cup white vinegar

1 cup water

1 large onion, diced

*2 tablespoons pickling
spices*

1/2 cup dry white wine

Soak the herring for three days, changing water twice per day. After three days, skin the fish and cut into bite size pieces. Place the pieces into a large glass jar.

Make the marinade: In a stainless steel saucepan, combine the vinegar, water, onion, pickling spices and wine. Mix well. Bring to a boil. When it has reached a boil, remove from the heat. Allow to cool.

Pour the cooled marinade over the fish in the jar.

Place the jar in the refrigerator for three days before using.

Per Serving (excluding unknown items): 156 Calories; trace Fat (1.5% calories from fat); 1g Protein; 25g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 19mg Sodium. Exchanges: 1 1/2 Vegetable; 1 Other Carbohydrates.