

# HERRING TATAR

2 Portions | Preparation time 45 min

## INGREDIENTS

1 lobe of herring from a barrel

1 canned cucumber

1 piece / red onion

2 dried tomatoes

6 marinated mushrooms

½ of an apple

1 teaspoon / fresh dill

3 teaspoons / French mustard

½ teaspoon / English mustard

1 tablespoon / orange juice

1 teaspoon / lime juice

## MARINADE FOR HERRING

Juice from one orange

Juice from one lime

One lemon juice.

1 piece / mariachi

½ pcs / red onion

½ chilli peppers

1 teaspoon / fresh coriander

## INSTRUCTION

Herring tatar is prepared from soaked, marinated herrings. Never straight from the barrel. Evaporate a small jar in which we will

## PURCHASE LIST

One herring from a barrel

Canned cucumbers

Red onions

Dried tomatoes

Pickled mushrooms

Apple

Dill

French mustard

English mustard

Orange

Lime

Lemon

Marrakech

Chilli pepper

Fresh coriander

marinate the herring. Squeeze juice from one orange, one lime and one lemon into a jar. To the juice add the pulp from one maraca, half a red onion cut into feathers and half chilli pepper cut into small cubes. Mix thoroughly and add a teaspoon of freshly chopped coriander. Rinse the herring under running water and cut into three pieces, then put it into a jar of the marinade. All the herring pieces must be covered with the marinade so if there was little juice in our fruit, add another one to maintain the proportions. Tighten the jar tightly and leave it in the fridge for at least a week. After two weeks of marinating, the herring is perfect.

After those few days of waiting, we can finally prepare a tartare from herring.

Peel the red onion and apple and cut into small cubes. If you have a large red onion, use only half. Drain the canned cucumber and mushrooms from the vinegar marinade and cut into small cubes. Remove the dried tomatoes from the olive oil, drain off the excess and cut into cubes. Remove herring from the marinade and cut into cubes gently larger than the other ingredients. Chop the dill finely.

In a bowl combine the ingredients of tartare: onion, apple, marinated mushrooms, tinned cucumber, herring and dill. Add 3 teaspoons of French mustard, half a teaspoon of English (or Russian - it is important to keep it sharp) and a teaspoon of orange juice and a teaspoon of lime juice. Mix thoroughly and leave in the fridge for 30 minutes to allow the ingredients to combine.

Serve the tartare with fresh bread and butter.