

Herring

The Atlantic herring is a small Northern Atlantic Ocean fish most abundant in New York during the winter and early spring. For the nutrition conscious consumer, herring is a great choice. It's high in protein, has a moderate amount of fat, is an excellent source of omega-3 fatty acids, and is a reasonable source of B-complex vitamins and trace minerals.

The familiar canned sardines are actually small immature herring, one to two years in age. In the Northeast, the sardine harvesting and canning industries are concentrated in Maine. Other popular and widely consumed herring products in Europe and the U.S. include smoked herring products such as kippers, and a variety of pickled herring products such as roll-mops and herring in sour cream and wine sauces. You're as likely to find herring products at the deli counter as in your local seafood store. The ingenious methods of "curing" herring by salting, smoking or pickling could easily fill an entire book.

Fresh herring are traditionally prepared by frying, broiling, grilling or baking - cooking methods of choice for the fatter, full-flavored fish species. Herring is one fish species found in the cuisine of many northern European countries. In Scotland, herring are rolled in coarse oatmeal and fried. In a Russian dish, herring are mixed with boiled potatoes, apples, and onions and baked in sour cream. The Dutch send a batch of the season's first herring directly to the Queen. In a traditional Dutch recipe, chunks of herring are baked with an egg, potato and yogurt mixture. Try sharing a batch of herring this New Year's in the German tradition, using this recipe.

Courtesy of NY Seafood Council

German New Year's Herring

Seafood Corner

Ingredients

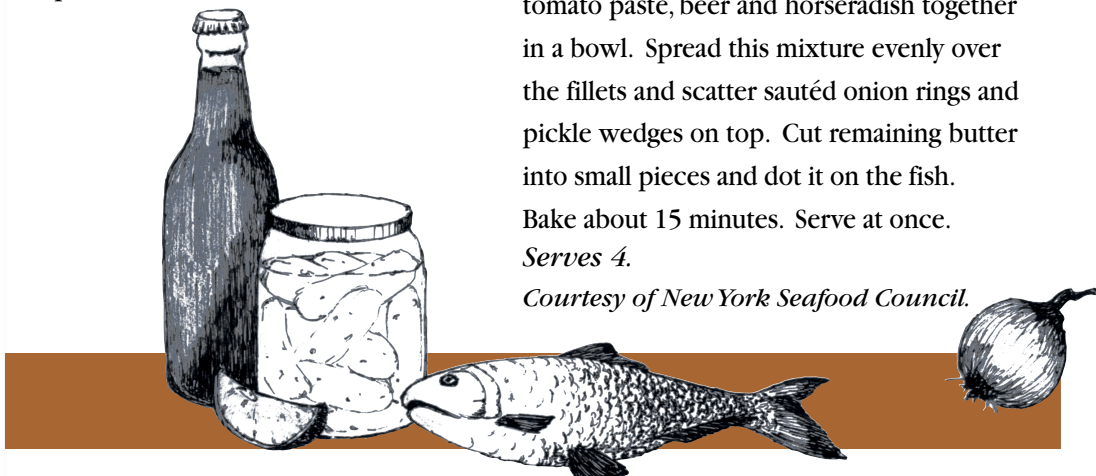
- 2 lbs. herring fillets, cut into serving pieces
- 2 tbsp. lemon juice
- 2 onions, medium, sliced and separated into rings
- 3 dill pickles, medium, cut into thin wedges
- 4 tbsp. butter or margarine
- 3 tbsp. tomato paste
- 1 tsp. horseradish
- 1/2 tsp. salt
- 1 tbsp. beer

Method

Preheat oven to 375°F. Butter a baking dish or casserole large enough to hold the herring fillets in a single layer. On wax paper, spread the fillets out and sprinkle them with lemon juice and salt. Let the fillets marinate for 10 minutes. Melt 2 tablespoons of butter over moderate heat. Sauté onion rings in the butter for about 5 minutes until soft and transparent. Arrange herring fillets in the baking dish. Beat tomato paste, beer and horseradish together in a bowl. Spread this mixture evenly over the fillets and scatter sautéed onion rings and pickle wedges on top. Cut remaining butter into small pieces and dot it on the fish. Bake about 15 minutes. Serve at once.

Serves 4.

Courtesy of New York Seafood Council.



New York Sea Grant

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