

Sailor's bliss: pickled herring with celery and apple salad and bread

Total time **40 mins** 30 mins preparation time 10 mins cooking time

Nutritional facts (per portion):
6207.1 kJ / 1483.8 kcal

Fat: **73.2 g** Protein: **97.9 g**
Carbohydrates: **100.9 g**

INGREDIENTS

4 portion(s)

For the herring fillets:

8 herring fillets
1 onion
5 tbsp Kikkoman Naturally Brewed Soy Sauce
4 tbsp beetroot juice
2 tbsp sugar
2 tbsp dill

For the celery and apple salad:

300 g celery
2 pinch of salt
2 apples
10 g parsley
4 tbsp sour cream

For the toast:

8 Slices of rye bread
Olive oil for drizzling

PREPARATION

Step 1

8 herring fillets - **1** onion - **5 tbsp** Kikkoman Naturally Brewed Soy Sauce - **4 tbsp** beetroot juice - **2 tbsp** sugar - **2 tbsp** dill

Clean the herring fillets and dab dry. Cut the onion into fine slices. Mix with Kikkoman Soy Sauce, beetroot juice, sugar and the dill fronds. Marinate the herring fillets in this mixture for 4 hours. Then drain the herring fillets on kitchen paper.

Step 2

300 g celery - **2 pinch** of salt - **2** apples - **10 g** parsley - **4 tbsp** sour cream

Peel the celery to remove any strings and finely grate into strips. Salt the celery strips and let stand for 10 minutes. Peel the apples, cut into small dice and add to the celery. Wash, dry and finely chop the parsley. Mix the sour cream with the celery strips, apples and the parsley.

Step 3

8 Slices of rye bread - Olive oil for drizzling
Sprinkle olive oil over the slices of rye bread and bake in the oven at 180 °C for about 8 minutes.