

Scandinavian Pickled Herring Bites



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30 min

CA

40

Ingredients

6 new or baby red potatoes (about 12 ounces)

? teaspoon salt

1 8-ounce container pickled herring fillets (see Note), drained

3 tablespoons reduced-fat sour cream

2 tablespoons finely chopped red onion

Fresh dill for garnish

Freshly ground pepper to taste

Place a steamer basket in a large saucepan, add 1 inch of water and bring to a boil. Put potatoes in the basket and steam until barely tender when pierced with a skewer, 15 to 20 minutes, depending on size. Slice each potato into 1/4-inch-thick slices (discard the ends). Sprinkle the potato slices with salt.

Cut herring fillets into pieces small enough to fit on a potato slice. Place one piece of herring on each potato slice, dollop each with about 1/8 teaspoon sour cream and sprinkle with red onion. Garnish with dill and a grinding of pepper.

Make Ahead Tip: Refrigerate for up to 4 hours.

Note: Pickled herring are herring that have been cured in salt, rinsed and then packed in a vinegar-based marinade that can be flavored with wine, mustard, sherry or cream—any flavor will work in the recipe. Look for it in jars or tubs in the seafood department at most supermarkets.

Recipe courtesy of [Eating Well](#).

Species Group

Herring, Mackerel, Sardine