

Salted Herring - "Inlagd sill"

Ingredients:

4 to 6 fillets of salt herring
1½ dl (¾ cup) sugar
1 dl (½ cup) Swedish spirit vinegar
2 dl (about 1 cup) water
5 tsp. allspice
1 bay leaf
1 to 2 red onions
sliced dill sprigs

Directions:

Soak the herring in cold water for 10 to 12 hours, or follow the directions on the package.
Drain them.
Mix the sugar, vinegar and water in a separate bowl.
Add the allspice, bay leaf and onion.
Pour the dressing over the herring and refrigerate for 2 hours.
Cut the herring in 1 cm (1/3 inch)- thick slices, cover with dressing and garnish with red onion rings and dill sprigs.

Variation: Instead of allspice, add 1 teaspoon whole cloves and 5 crushed white peppercorns to the dressing. Bring to a boil, let cool and pour over the herring reserving about ½ dl (¼ cup). Refrigerate for at least two hours. Slice the herring and place in serving dish. Add the remaining dressing and garnish with red onion rings, cloves and dill.