



WILD  
ALASKA HERRING  
RECIPES

Wild Alaska herring is affordable, delicious and nutritious. It is easy to prepare and a common item on menus in many countries. Alaska herring has a mild flavor, is loaded with Omega 3's, a source of animal protein only available in fish.

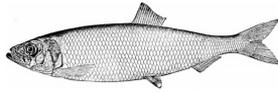
Herring has largely disappeared from fish markets and American menus ...until now. Northwest Herring Week in 2015 and 2016 has re-introduced this tasty, healthy fish to Seattle's culinary scene and combined it with local, fresh ingredients. Its subtle flavor and richness will be appreciated once offered on menus throughout the United States.



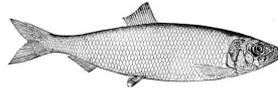
Wild Alaska herring is abundant and comes from fisheries that are responsibly managed. The Alaska Herring Development Project of the Alaska Seafood Marketing Institute (ASMI) partners with seafood processors, chefs and grocers to restore the market for herring as a high-quality seafood that is suitable for any menu.



*Wild, Natural & Sustainable®*



Northwest Herring Week



Dozens of Seattle restaurants and grocers featured **WILD ALASKA HERRING** on their menus or herring products in their retail stores during Northwest Herring Week in June 2016.

*Altstadt*

*Old Ballard Liquor Co.*

*Anchovies & Olives*

*Orfeo*

*Art of the Table*

*Palace Kitchen*

*Bar Melusine*

*Pork Chop & Co.*

*Bastille Café & Bar*

*Revel*

*Blueacre Seafood*

*Salted Sea*

*Ethan Stowell Restaurants*

*San Fermo*

*Etta's*

*Schooner Exact*

*Joule*

*Shiro's Sushi*

*Lark*

*Stoneburner*

*Le Petit Cochon*

*Sushi Kappo Tamura*

*Little Uncle*

*Swedish Club*

*Loxsmithbagels*

*Terra Plata*

*Luc*

*The London Plane*

*Marine Hardware*

*The Walrus & The Carpenter*

*Miller's Guild*

*The Whale Wins*

This book provides a sampling of dishes created by innovative chefs from these restaurants for Northwest Herring Week 2016

See [nwherringweek.com](http://nwherringweek.com) for more information

**BON APPÉTIT!**

# BASIC BRINES FOR WILD ALASKA HERRING



FROM  
OLD BALLARD LIQUOR CO.

## GENERAL NOTE ABOUT HERRING AND BRINING:

All herring have small pin bones that are not easily removed by filleting; these bones provide additional calcium and are safe to eat. We recommend that you marinate herring in an acidic brine (such as the Basic Bone Softening Brine below) before you proceed with your recipe.

**Several recipes in this book call for brining or marinating and advance planning is required. This will be highlighted in bold .**

## BASIC BONE SOFTENING BRINE:

1 cup distilled white vinegar

1/2 cup water

1/4 cup lemon juice

**Brine wild Alaska herring fillets for 2-3 hours, then pour off brine.**

## OPTIONAL:

If you would like to remove the vinegar taste from the fish before moving forward with your recipe, soak the brined fillets in ice water for 30 minutes, change the water and soak for another 30.

## TASTY SMOKING/MARINADE BRINE:

1 cup apple cider vinegar

1/2 cup pickling salt

1 cup sugar

1 teaspoon juniper berries

1 teaspoon allspice berries

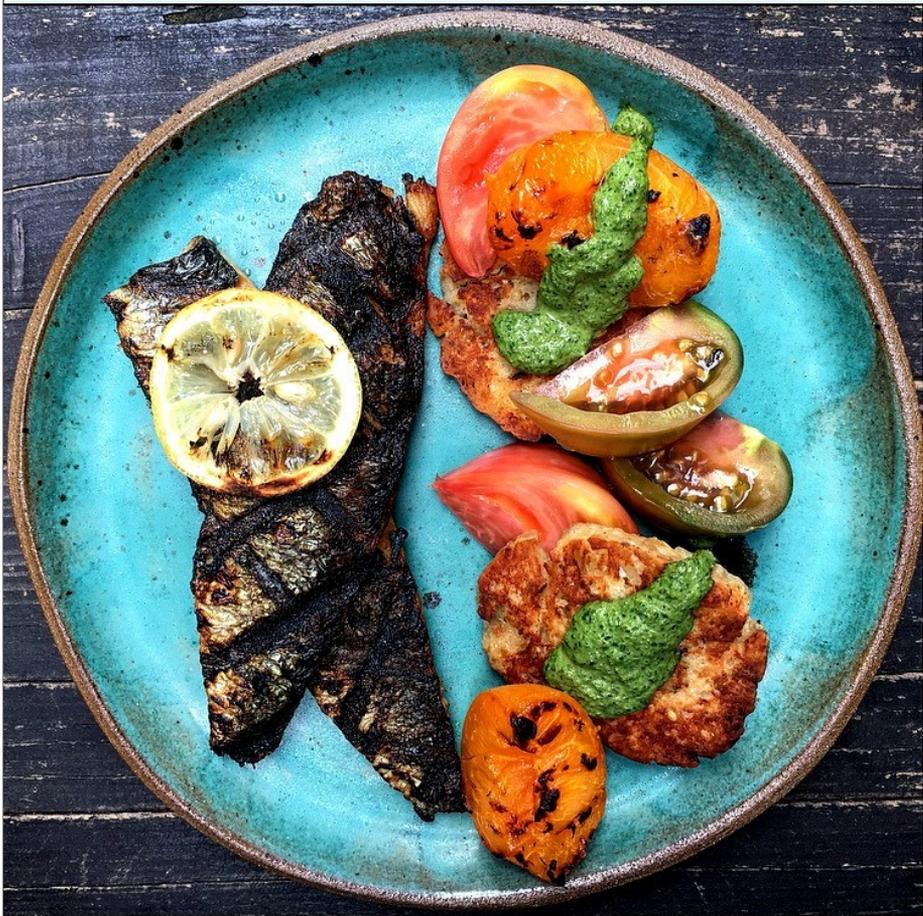
1/2 teaspoon whole white peppercorns

6 cups of ice cubes

Add all ingredients to a pan and bring to a boil, then turn the heat off and allow to steep for 30 minutes. Add the ice cubes to chill the

Can be prepared as a traditional Swedish pickled “Heringsbord” including blood orange & rhubarb, classic “Inlagd Sill,” curry cream herring with tart apple, dill herring, and smoked cream with chives and citrus zest (pictured).

# WILD ALASKA HERRING STECKERLFISCH



FROM  
ALTSTADT

### **ADVANCE PLANNING:**

Prepare marinade one day before you plan to serve the dish; **marinate wild Alaska herring overnight.**

### **INGREDIENTS:**

10-12 wild Alaska herring, gutted (or fillets)  
5 tablespoons rosemary  
5 tablespoons thyme  
5 tablespoons tarragon  
1 bunch green onion chopped  
2 tablespoons cayenne pepper  
2 tablespoons paprika  
2 tablespoons mace  
1 head garlic  
Smoked canola oil, to generously bathe herring (1-3 quarts)  
2 lemons, thinly sliced

### **PREPARATION:**

#### **MARINADE**

Mix the herbs and spices with the oil. Heat the oil at a low temperature so the oil gets a smoky flavor but doesn't fry the herbs. Cool and add the herring. **Marinate overnight.**

#### **WILD ALASKA HERRING**

Remove herring from marinade. Lay sliced lemons inside the cavity of the herring and hold closed with a skewer. Grill whole herring 4-6 minutes until flesh is slightly opaque and skin is brown and crispy.

#### **NOTE:**

If you use wild Alaska herring fillets, grill the lemons separately and place on top of fish. Serve with roasted tomatoes (pictured).

# FRIED HERRING WITH CHERRY-FRISÉE SALAD & MINT-DILL CREAM



FROM ETTA'S

## INGREDIENTS:

### BRINE & DREDGE FOR WILD ALASKA HERRING:

12 wild Alaska herring fillets  
1 cup champagne vinaigrette  
2 cups water  
1/2 cup sugar  
1/2 cup salt  
1 lemon, in thin slices  
All Purpose Flour  
Cornstarch

### MINT-DILL CREAM:

1 cup sour cream  
1 cup mayo  
5 tablespoons mint, finely chopped  
5 tablespoons dill, finely chopped  
2 tablespoons parsley, finely chopped  
Salt and lemon juice to taste

### CHERRY -FRISÉE SALAD:

Baby frisée lettuce  
Sliced Rainier cherries  
Red currants  
Pickled mustard seed  
Pickled ramps

### PREPARATION:

To prepare the brine, combine vinaigrette, water, sugar, salt and lemon slices in a deep bowl. **Let herring sit in brine for 2 hours.** Dredge brined fillets in mixture of equal parts All Purpose Flour and cornstarch. Fry in oil until golden brown. Toss salad ingredients together with a simple vinaigrette of lemon juice, olive oil and a pinch of salt. Drizzle plate with mint-dill cream; place fried herring on plate atop cream; top with garnish of cherry-frisée salad. Serve at room temperature.

# WILD ALASKA HERRING & LOTUS ROOT



FROM  
SHIRO'S SUSHI

**INGREDIENTS:**

4 wild Alaska herring fillets  
1 medium potato, peeled and cut into bite size  
1 lotus root (joint to joint), peeled and cut into bite size  
1 oz. fresh seaweed, cut into inch-long pieces  
1 inch fresh ginger, peeled, sliced thinly and julienned  
2 cups Dashi  
½ cup Sake  
1 tablespoon Mirin  
1 tablespoons light soy sauce

**PREPARATION:**

In a medium size pot, combine Dashi and Sake over high heat.

Bring to a boil; add herring fillets.

Bring to a boil again; add potatoes and lotus root.

Bring mixture to a boil again, then turn the heat down to medium.

When potatoes are tender enough (in about 10-15 min), skim off foam from the surface.

Add Mirin and light soy sauce.

Turn heat to low and cook for 5 minutes.

Turn off heat, add seaweed and let stand for several minutes (vegetables will macerate).

Remove from pot and place in a serving dish.

Garnish with ginger.

**NOTE:**

Dashi is a combination of water, dried kelp & Bonito fish flake broth.

Mirin is a type of rice wine lower in alcohol and sugar.

HERRING-PIMENTÓN  
ROASTED, WITH CHICKPEAS,  
GREEN SHALLOTS &  
BUTTER LETTUCE



FROM  
STONEBURNER

## INGREDIENTS:

2 wild Alaska herring fillets, bones removed with tweezers	1/2 teaspoon Spanish pimentón (or Hungarian smoked paprika)
2 tablespoons olive oil	1 teaspoon lemon juice
2 tablespoons green shallots, sliced	salt and pepper
5 very thin slices of garlic	6 crispy pieces of lettuce
1/4 cup cooked chickpeas	1 handful of mixed herbs torn: dill, mint, cilantro, parsley & chives

## PREPARATION:

Season herring fillets on both sides with salt and pepper.

In a small bowl, add the lettuce and herbs. Set aside.

Heat a sauté pan until very hot. Add 2 tablespoons olive oil to the hot pan; place herring in the pan, skin side down. Let cook until edges start to brown and skin is crispy, less than 2 minutes. Carefully flip fillets over, and cook about 30 seconds more to finish. Remove fillets and place on a paper towel, skin side up.

In the same hot pan, add shallots, garlic, chickpeas, and pimentón (you can use Hungarian or any smoked paprika if the Spanish pimentón is not available). Sauté until shallots just start to break down, about 1 minute. Add lemon juice and season with salt and pepper. Add a little more olive oil and lemon juice if the pan looks dry, making enough sauce to drizzle around the plate.

Pour sauce over the lettuce and herbs in the bowl and mix well to distribute all ingredients evenly.

## NOTE:

This Wild Alaska Herring has a Southern Mediterranean flare. Place one herring fillet on plate; top with the wilted salad mixture. Add the second fillet on top of the salad and drizzle around the plate any remaining sauce.

# TOMATO-MARINATED PICKLED HERRING WITH FENNEL SALAD



FROM  
MARINE HARDWARE

### **ADVANCE PLANNING:**

Prepare and marinate wild Alaska herring 2-3 days before you plan to serve the dish.

### **INGREDIENTS:**

8 wild Alaska herring fillets, scaled and pin boned  
1 red onion, small dice  
6 tablespoon light olive oil  
4 teaspoon sherry vinegar  
1/3 cup tomato puree  
Salt and pepper to taste  
1 bunch Italian parsley, finely chopped  
1 fennel bulb, thinly sliced  
Zest of 1 lemon, reserved

### **PREPARATION:**

Remove pin bones with tweezers and lay fillets in a shallow pan or cut into pieces and place in a bowl.

Mix oil, vinegar and tomato puree until well combined. Season with salt and pepper. If too thick, add water. Sprinkle onions over herring and spoon marinade over fish.  
**Cover and refrigerate for 2-3 days.**

When ready to prepare the herring, transfer marinated fish into zip lock bags, making sure seal is tight. In a shallow pot, bring water to a simmer (122 degrees); place bag in pot and poach for 5 minutes. Meanwhile, prepare an ice bath.

Remove bag from stove and place in ice bath for a few minutes, then move to refrigerator.

Mix fennel with olive oil and lemon juice and zest. Season to taste. When ready to serve, lay two fillets in individual bowls and sprinkle with parsley.  
Place some of the fennel atop herring and serve.

WILD ALASKA CANNED  
SMOKED HERRING BUTTER  
ON TOAST



FROM  
THE WHALE WINS

**INGREDIENTS:**

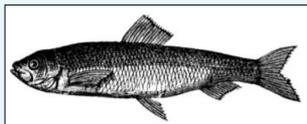
12 oz. drained canned wild Alaska smoked herring  
1 lb. butter, unsalted & softened  
Zest of one lemon  
Juice of one lemon  
2 shallots, minced  
Salt  
Pepper

**PREPARATION:**

Whip all ingredients together.  
Taste & adjust the seasoning if needed.

**NOTE:**

We serve the herring butter on thick cut toasted bread, topped with pickled onion or shallots and chives.



# BRATHERRING



FROM  
ALTSTADT

### ADVANCE PLANNING:

Prepare brine and pickle at least two days prior to serving.

### INGREDIENTS:

#### BRINE AND PICKLED HERRING:

8-10 wild Alaska herring fillets	2 teaspoon black peppercorns
1/2 cup kosher salt	3 bay leaves
4 cup water	3 cloves
1 cup water	1 lemon, thinly sliced
2 cups white wine vinegar	1 medium red onion, thinly sliced
1/4 cup sugar	1 bunch dill
1 tablespoon mustard seed	4 sprigs thyme
2 teaspoon whole allspice	

#### BREADING:

1 cup cornstarch	2 teaspoon onion powder
3 eggs	2 teaspoon garlic powder
2 cup All Purpose Flour	2 teaspoon celery salt
2 teaspoon dill seed (ground)	2 teaspoon mace
2 teaspoon caraway seed (ground)	1 teaspoon cayenne
2 teaspoon dried marjoram (ground)	1/2 teaspoon granulated sugar

### PREPARATION:

*For the Brine:* Heat 4 cups of water with salt until dissolved. Cool to room temperature. Submerge the herring fillets in the brine and **refrigerate 24 hours**. Combine the sugar, vinegar, water and all the spices in a pot and bring to a boil. Simmer 5 minutes, then turn off the heat and let it cool. Remove the herring from the brine. Layer in a 1 qt container with the lemons, onions, dill and thyme. Pour the cooled pickling liquid over and cover. **Allow to pickle at least two days before using.**

When ready to serve, mix flour and all seasonings together in bowl; place cornstarch in separate bowl. Beat eggs. Pat dry herring fillets. Dredge in cornstarch, dip in egg, then dredge in flour mixture. Fry at 350 degrees until golden brown (about 3 minutes).

*(Inspired by Hunter Angler Gardener Cook Swedish Pickled Herring Recipes)*

# SMOKED WILD HERRING HUSH PUPPIES WITH SAMBAL KETCHUP



FROM  
SALTED SEA SEAFOOD AND RAW BAR

## INGREDIENTS:

### SMOKED HERRING:

4-5 Wild Alaska herring fillets  
8 oz. salt for curing mixture  
8 oz. sugar for curing mixture  
Smoking rig

Makes  $\frac{3}{4}$  cup smoked herring,  
sliced thinly

**(PHOTO ON FRONT COVER)**

### HUSH PUPPIES:

$\frac{1}{2}$  cup All Purpose Flour  
 $\frac{1}{2}$  cup yellow cornmeal  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon baking soda  
 $\frac{1}{2}$  teaspoon fresh ground black  
pepper  
1 large egg, beaten  
 $\frac{1}{2}$  cup buttermilk  
(see recipe below)  
 $\frac{1}{4}$  cup thinly sliced scallion  
 $\frac{1}{4}$  cup minced shallot  
6 cups oil (canola or peanut)

## PREPARATION:

### HUSH PUPPIES:

Heat oil in large pot or Dutch oven (350 degrees). Measure flour, cornmeal, salt, baking soda, salt, and pepper in a mixing bowl. Whisk well to combine.

Combine egg and buttermilk in a separate bowl. Make well in center of dry ingredients and add the buttermilk mixture, herring, scallion, and shallot. Fold ingredients together with spatula until just combined. Do not overwork batter.

Carefully spoon batter into oil; do not over-crowd. Cook until golden brown, 2-3 minutes. Remove and drain on paper towel.

### SMOKED HERRING (CURING REQUIRES 24 HOURS):

Combine salt and sugar (equal amounts by weight). Sprinkle herring fillets liberally with curing mixture and place on sheet tray in refrigerator for 24 hours to cure. Smoke, using applewood chips, according to manufacturer's directions (pictured on front cover).

## NOTE:

Hush puppies are best made with fresh batter and eaten hot. Serve with your favorite sauce. We serve them with a spicy chili relish like sambal ketchup and garnish with scallions.



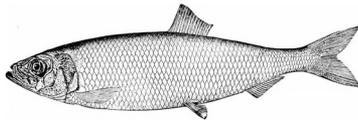
On the menu at the Salted Sea Restaurant during Herring Week 2016



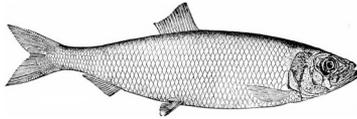
Cold Soy Marinated Herring, with soy, ginger and rice wine vinegar marinade, served with cucumber, pickled shallot, toasted sesame, red chili, and wonton crisps from Salted Sea for NW Herring Week.

## ACKNOWLEDGEMENTS

Bruce Schactler, Director of the Alaska Seafood Marketing Institute's Global Food Aid Program would like to thank and acknowledge the contributions made by the chefs and restaurants included in this book



Northwest Herring Week



## PHOTOS

by Altstadt, Old Ballard, Shiro's Sushi,  
Zachary D. Lyons & Bruce Schactler

## LAYOUT & DESIGN

by Dr. Nina Schlossman

Global Food & Nutrition Inc





*Wild, Natural & Sustainable®*

Alaska Seafood Marketing Institute

311 North Franklin, Suite 200 Juneau, AK 99801-1147

[www.alaskaseafood.org](http://www.alaskaseafood.org)