

# LATVIAN FISH RECIPES

## POTATOE SALAD WITH HERRING

### Ingredients:

- 300g boiled potatoes with peel.
- 200g salted herring fillet.
- 4 pickled cucumbers.
- 4 hard boiled eggs.
- 1 onion.
- 1 cup sourcream.
- 1tbs mustard.
- Salt and pepper to taste.



### Preparation:

- 1) Slice potatoes, eggs, pickled cucumbers and herring. Dice onion finely.
- 2) Mix sourcecream with mustard and add onion.
- 3) Add salt and pepper to taste.
- 4) Mix all ingredients together.
- 5) Put salad in the bowl and decorate with some greens, for example parsley.

## FRIED BALTC HERRING

### Ingredients:

- 1 kg. Herring fillets
- 4-5 table spoons of wheat flour
- salt.
- oil.



### Preparation:

- 1) Heat the pan.
- 2) Put a few herring fillets on a plate and salt them.  
Then coat them in flour and put them on a heated pan.
- 3) Cook the herring fillets from both sides till they turn brown, approximately two minutes from both sides .
- 4) Put the ready herring fillets on the plate. Bon appetite!