



WILD ALASKA HERRING RECIPES



Wild, Natural & Sustainable®



ALASKA HERRING

WEEK

2017

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 and is loaded with Omega 3's.

Herring has largely disappeared from fish markets and American menus...until now. Northwest Herring Week in 2015, 2016, and now 2017 Alaska Herring Week reintroduces 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®





Zachary D. Lyons



BASIC BRINES FOR WILD ALASKA HERRING

INGREDIENTS

Basic Bone Softening Brine:

- 1 cup distilled white vinegar
- ½ cup water
- ¼ cup lemon juice

Tasty Smoking/Marinade Brine:

- 1 cup apple cider vinegar
- ½ cup pickling salt
- 1 cup sugar
- 1 teaspoon juniper berries
- 1 teaspoon allspice berries
- ½ teaspoon whole white peppercorns
- 6 cups of ice cubes

DIRECTIONS

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.

Basic Bone Softening Brine:

Combine ingredients. Brine fillets for 2-3 hours, then pour off brine. (Optional) At this point, 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 minutes.

Tasty smoking/marinade brine:

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 brine. When brine is fully cool, brine the fillets for 2-3 hours.

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



Zachary D. Lyons

Created by Etta's



FRIED HERRING WITH CHERRY-FRISÉE SALAD AND MINT-DILL CREAM

INGREDIENTS

Brine & Dredge for Wild Alaska Herring:

12 wild Alaska herring fillets
1 cup champagne vinaigrette
2 cups water
½ cup sugar
½ 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

DIRECTIONS

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.



Zachary D. Lyons



HERRING AND THE HENDERSTEINS

INGREDIENTS

1 pound Alaska Herring
Equal parts salt and brown sugar
1 large onion
½ cup white wine
½ cup white wine vinegar
1 Tablespoon salt
1 Tablespoon sugar
1 Tablespoon coriander seeds
2 teaspoon black peppercorns
2 teaspoon mustard seeds
2 bay leaves
3-4 cloves
1-2 allspice berries
12 bagels
½ pound natural cream cheese

DIRECTIONS

First, lightly cure the herring with equal parts salt and brown sugar—enough to totally cover the fish. Cure for 1 hour, then rinse under cold water and dry.

Meanwhile, cut the onion into 1/2" thick slices and put in a sauce pan. Add the remaining ingredients and bring to a boil. Allow to cool to lukewarm. Pour over cured and rinsed herring, refrigerate overnight.

Assembly: Smear each bagel half with cream cheese and place 3 herring fillets on each bagel slice.





BRATHERRING

INGREDIENTS

Brine and Pickled Herring:

- 8-10 wild Alaska herring fillets
- ½ cup kosher salt
- 4 cup water
- 1 cup water
- 2 cups white wine vinegar
- ¾ cup sugar
- 1 Tablespoon mustard seed
- 2 teaspoons whole allspice
- 2 teaspoons black peppercorns
- 3 bay leaves
- 3 cloves
- 1 lemon, thinly sliced
- 1 medium red onion, thinly sliced
- 1 bunch dill
- 4 sprigs thyme

Breading:

- 1 cup cornstarch
- 3 eggs
- 2 cups All Purpose Flour
- 2 teaspoons dill seed (ground)
- 2 teaspoons caraway seed (ground)
- 2 teaspoons dried marjoram (ground)
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 2 teaspoons celery salt
- 2 teaspoons mace
- 1 teaspoon cayenne
- ½ teaspoon granulated sugar

DIRECTIONS

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)





STECKERLFISCH

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

DIRECTIONS

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).



Zachary D. Lyons



TOMATO MARINATED PICKLED HERRING WITH FENNEL SALAD

INGREDIENTS

8 wild Alaska herring fillets,
scaled and pin boned
1 red onion, small dice
6 Tablespoon light olive oil
4 teaspoon sherry vinegar
½ cup tomato puree
Salt and pepper to taste
1 bunch Italian parsley,
finely chopped
1 fennel bulb, thinly sliced
Zest of 1 lemon, reserved

DIRECTIONS

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.



Zachary D. Lyons



SMOKED WILD HERRING HUSH PUPPIES WITH SAMBAL KETCHUP

INGREDIENTS

Smoked Herring

4-5 Wild Alaska herring fillets
8 ounces salt for curing mixture
8 ounces sugar for curing mixture
Smoking rig
Makes $\frac{3}{4}$ cup smoked herring,
sliced thinly

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)

DIRECTIONS

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.

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.

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.



Courtesy of Shiro's Sushi

Created by Shiro's Sushi



WILD ALASKA HERRING & LOTUS ROOT

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 ounce 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 Tablespoon light soy sauce

DIRECTIONS

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.



Zachary D. Lyons



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

INGREDIENTS

2 wild Alaska herring fillets,
bones removed with tweezers
2 Tablespoons olive oil
2 Tablespoons green shallots, sliced
5 very thin slices of garlic
¼ cup cooked chickpeas
½ teaspoon Spanish pimentón
(or Hungarian smoked paprika)
1 teaspoon lemon juice salt
and pepper
6 crispy pieces of lettuce
1 handful of mixed herbs torn: dill,
mint, cilantro, parsley & chives

DIRECTIONS

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.



Zachary D. Lyons

Created by The Whale Wins



WILD ALASKA CANNED SMOKED HERRING BUTTER ON TOAST

INGREDIENTS

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

DIRECTIONS

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.

2017 PARTICIPATING RESTAURANTS

Altstadt | ArtoftheTable | BarMelusine | BarkingFrog | Bitter/Raw | BlueacreSeafood | CaféCampagne
Cafe Juanita | Central Coop Deli | Ciudad | Collections Café | Dahlia Lounge | Damn The Weather
Etta's | Fare Start | Freshy's Seafood Shack | Hitchcock Café | Hitchcock Deli – Bainbridge
Hitchcock Deli – Georgetown | Hitchcock Restaurant | Issian Japanese Stone Grill | Joule
Lark | Le Grand Bistro Américain | Le Petit Cochon | Lionhead | Little Uncle | Luc
Mean Sandwich | Old Ballard Liquor Co. | Orfeo | Osteria la Spiga | Poppy | Porkchop & Co.
Purple Café & Wine Bar – Woodinville | Ray's Boathouse & Café | Revel | Salted Sea
SkilletDiner—Ballard | SkyCityattheNeedle | SLABSandwiches&Pie | SteelheadDiner | SwedishClub
Terra Plata | Thackeray | The Harvest Vine | The Herbfarm | The Walrus & The Carpenter
The Whale Wins | Tilth

2017 PARTICIPATING GROCERS

Central Co-op, Capitol Hill | Old Ballard Liquor Co. | Wild Salmon Seafood | Freshy's Local Market

THANK YOU TO ALL OUR SPONSORS



Wild, Natural & Sustainable®



TENUTA GUADO AL TASSO

TORRES



VILLA MARIA
NEW ZEALAND

ALASKAHERRINGWEEK.COM