

## Pickled Herring "Sil"

---

.85 lb	salted herring fillets (see tips)	1/8 oz	bay leaves
1 lb	yellow onion	2 Tbs	allspice
4 Tbs	sugar	1.5 tsp	cloves fresh garlic minced
1/2 cup	boiling water	3.5 cups	white vinegar
2 oz	black pepper corns		

- 1 In a small pan, add boiling water to the sugar and spices. Bring to a boil to dissolve the sugar. Remove from hear.
- 2 Slice the herring into 3/4 inch slices. Quickly rinse in warm water. Drain.
- 3 Peel and cut the onions in half top to bottom. Slice into 1/4 inch strips.
- 4 In a large bowl, layer 1/3 each of onions then the herring then the spice mixture. Repeat with 2nd and 3rd layers.
- 5 Add the vinegar.
- 6 Cover with several layers of plastic wrap and put in the fridge.
- 7 After 3 weeks, taste and adjust if necessary. Can add more vinegar or more sugar syrup to taste.

### Tips

---

I usually make this over Thanksgiving weekend to be ready for Christmas.

Buy salted herring fillets from Scandinavian Specialties @ 6719 15th Avenue N.W. Seattle, WA 98117.

Some fish stores in the Seattle public market have whole salted herring years ago but supply was iffy. It takes a lot of time to bone & skin these.

### Source

---

Author: Roland Magnuson