

The Baltic Twist

the basil herring



Quantity: 8



Time of preparation: 30 mins

500 g of herring matias

1 pot of basil

1 small red onion

1 garlic clove

2 tablespoons of lemon juice

1 tablespoon of shelled sunflower seeds

100 ml of oil

50 ml of olive oil

Salt, pepper

Pour cold water over the herring and leave for 2 hours. Change the water and leave again for another 1-2 hours.

Put the oil, olive oil, lemon juice, the pressed garlic, sunflower seeds, a pinch of salt, pepper and basil in a blender and mix.

Cut the herring into large pieces, put it in a bowl and pour in the pesto oil.

Dice the red onion and put it into the herring. Mix everything thoroughly and wrap in food wrapping paper or put in a jar and seal it.

Leave in the fridge for 48 hours.

