

## IRENA's CREAMY APPLE HERRING with CORIANDER SEEDS

**Ingredients:** 400 g herring fillets  
200 g apples (1 large or 2 small) diced (not shredded)  
(Granny Smith or McIntosh)  
50g red onion (small) finely diced (not shredded)  
1 cup of sour cream  
1-2 table spoons of liquid whey from yogurt to soften the cream  
(regular milk can be also used but whey is better)  
1/2 teaspoon dried coriander seed  
salt and pepper to taste

### **Preparation:**

Cut herring into bite-size pieces.

Add salt and pepper to taste (depends on how salty is the herring)

Add diced onions and apples (dice apples in the last moment to prevent discoloration)

In a separate bowl, mix sour cream and whey (or milk) into a creamy mixture that is gently fluid but not runny.

Gently combine the sour cream mixture with the herring/apple/onion mixture.

Before serving, taste the cream sauce and if needed, gently stir in some salt and pepper to taste.



Picture 1: Proportions in the herring/apple/onion mixture before adding sour cream



Picture 2: Herring ready to serve after adding sour cream sauce - the sour cream is softly fluid but not runny.