

Rosemarys Stout Soused Herrings

Tastes Like Home with Catherine Fulvio

Ingredients

For the Herring Rolls

12 filleted herrings

1 onion, cut into rings bay leaves

For the Marinade

1/4 pint of Stout

1/2 pint brown vinegar

1 dessertspoon brown sugar 5 cloves

White & Black peppercorns Salt

Method

Wash the herrings, place a ring of onion and a piece of bay leaf at the tail end of each fillet and roll up. Secure with cocktail stick if necessary.

Place rolled fillet in a baking tray & add the Guinness & vinegar mixture and all other ingredients. Cover with greaseproof paper (or foil) and bake in a moderate oven for 30/40 mins.

The dish is served with Buttered Baby potatoes and green beans with a sour cream, onion and apple dip on the side.

Ingredients

Butter

Baby potatoes Green Beans

Salt & Pepper

Sour Cream

Greek Yoghurt Grated eating Apple Chopped Onion

Method

Boil the potatoes until tender, drain, season and toss gently with a little butter. Boil the Green Beans in water for about 5 mins and drain. Mix equal quantity of sour cream and Greek yoghurt together. Add finely chopped onion and grated apple. Season to taste.