

FOOD IS CULTURE

The Food is Culture project aims at making European citizens aware that food heritage is a way to express their belonging to Europe and to better understand the richness and uniqueness of its cultural diversity.

Cured and Smoked Sunnmøre Herring (Norway)

Traditional herring salad

Ingebjørg Lyster

For 4 people

3 fillets of Cured and Smoked Sunnmøre Herring

6 potatoes, boiled

2 apples, sliced into small pieces

2 red beets, sliced into small pieces

half an onion, sliced into strips

3 eggs, hard-boiled and sliced

300 ml of sour cream

pepper

salt

Preparation time: 30 minutes

Place the boiled potatoes in a bowl with the sliced hard-boiled eggs. Add the herring fillets, onion, apples, and beets. Finally, add the sour cream and season with salt and pepper.



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* Nova Iskra