

B-J's Family Favourite Recipes

Stan's Chopped Herring

This is one of my many favourites. I usually buy a jar of Bismark herrings as they are the easiest to obtain. Then I use however many pieces I need.



Ingredients

- 6 herrings
- 3 large apples
- 4 hard boiled eggs
- 1 large onion
- 1 tbsp sugar, or to taste, if using



Method

Finely chop the eggs, reserving one for decorating the top. Place the rest with all the other ingredients in a food processor and whizz to a smooth paste, or as preferred. Scoop out into a suitable container and refrigerate for at least half an hour.

Serve with rye bread or in a salad or as a dip with vegetable 'sticks'.

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Compiled, designed and produced by Stan Rose for British-Jewry

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