

Roasted Herring-Pimentón



Preparation Time: 0 minutes

Cook Time: 0 minutes

Servings: 2 servings

Ingredients:

Wild Alaska herring, bones removed

2 fillets

Olive oil

2 Tbsp

Green shallots, sliced

2 Tbsp

Garlic, very thinly sliced

5 slices

Cooked chickpeas

¼ cup

Spanish pimentón (or Hungarian smoked paprika)

½ tsp

Lemon juice

1 tsp

Salt

1 tsp

Pepper

1 tsp

Lettuce

6 crispy pieces

Mixed herbs, torn:

Dill

Mint

Cilantro

Parsley

Chives

1 handful

Description:

Season herring fillets on both sides with salt and pepper. In a small bowl, add the lettuce and herbs. Set aside.

Heat a sauté pan until very hot. Add olive oil to the pan and place herring on top, skin side down. Let cook until edges start to brown and skin is crispy, less that 2 minutes. Carefully flip fillets over, and cook about 30 seconds more to finish. Remove fillets and place on a paper towel, skin side up.

In the same hot pan, add shallots, garlic, chickpeas, and pimentón (you can use Hungarian or any smoked paprika if the Spanish pimentón is not available). Saute until shallots just start to break down, about 1 minute. Add lemon juice and season with salt and pepper. Add a little more olive oil and lemon juice if the pan looks dry, making enough sauce to drizzle around the plate.

Pour sauce over the lettuce and herbs in the bowl and mix well to distribute all ingredients evenly.

Note: This wild Alaska herring has a Southern Mediterranean flare. Place one herring fillet on plate; top with the wilted salad mixture. Add the second fillet on top of the salad and drizzle around the plate any remaining sauce.