Basic Brines for Wild Alaska Herring

**Preparation Time:** 0 minutes  
**Cook Time:** 0 minutes  
**Servings:** 12 servings

**Ingredients:**

**Basic Bone Softening Brine**

- Distilled white vinegar
  
  *1 cup*

- Water
  
  *½ cup*

- Lemon juice
  
  *¼ cup*

**Tasty Smoking/Marinade Brine**

- Apple cider vinegar
  
  *1 cup*

- Pickling salt
  
  *½ cup*

- Sugar
  
  *1 cup*

- Juniper berries
  
  *1 tsp*

- Allspice berries
  
  *1 tsp*

- Whole white peppercorns
  
  *½ tsp*

- Ice cubes
  
  *6 cups*
**Description:**
All herring have small pin bones that are not easily removed by filleting; these bones provide additional calcium and are safe to eat. We recommend that you marinate herring in an acidic brine (such as the Basic Bone Softening Brine below) before you proceed with your recipe. Several recipes in this book call for brining or marinating and advance planning is required.

**Basic Bone Softening Brine**
Combine ingredients. Brine fillets for 2-3 hours, then pour off brine. (Optional) At this point, if you would like to remove the vinegar taste from the fish before moving forward with your recipe, soak the brined fillets in ice water for 30 minutes, change the water and soak for another 30 minutes.

**Tasty Smoking/Marinade Brine**
Add all ingredients to a pan and bring to a boil, then turn the heat off and allow to steep for 30 minutes. Add the ice cubes to chill the brine. When brine is fully cool, brine the fillets for 2-3 hours.

Can be prepared as a traditional Swedish pickled “Heringsbord” including blood orange and rhubarb, classic “Inlagd Sill”, curry cream herring with tart apple, dill, and smoked cream with chives and citrus zest.