



“SOUSED YOUNG HERRING, BEANS, TOMATO, APPLE, BEETROOT, MUSTARD”

SERVED WITH DEUS BRUT DES FLANDRES



Ingredients (4 persons)

- 1 manually cleaned soused herring (1/2 fillet per person)
- 40 g beans, finely chopped and blanched
- 1 tomato, peeled, seeded and cut into small dices
- 1/4 Granny Smith apple, cut into small dices
- 1/4 shallot, cut into small dices
- 5 g chives
- white balsamic vinegar
- 1 small beetroot
- 10 g sugar
- 5 g vinegar
- 2 tablespoons mayonnaise
- 1 tablespoon cream
- 1 tablespoon grain mustard
- pepper
- salt

Preparation

Divide the soused herring into four half fillets. Mix the beans, tomato, green apple, shallot and chives. Season with olive oil, white balsamic vinegar, salt and pepper.

Make a dressing from the mayonnaise, cream and grain mustard. Cook the beetroot. Peel it and chop finely. Add the sugar and vinegar. Season with salt and pepper.

Spoon up some of the vegetables on a plate. Arrange the soused herring on top of them and finish with a few drops of the dressing.

Tournée Générale

