

# ARENQUE, Spanish for "Herring," from The Harvest Vine.

The Harvest Vine in Seattle, Washington developed this recipe for Alaska Herring Week 2017 (alaskaherringweek.com).

This is a three-step process. First the herring gets brined for two days. Once brined, the herring gets cooked slowly in olive oil. Finally the herring gets plated with roasted peppers, cured olives and piparras. The directions for each step are written below.

## STEP ONE:

<b>BRINE</b>			
<b>Amount</b>	<b>Unit</b>	<b>Ingredients</b>	<b>Procedures</b>
2	cups	water	<ol style="list-style-type: none"> <li>1. Mix all the brine ingredients together and gently add the herring fillets.</li> <li>2. Please note the herring needs to be floating in this mixture.</li> <li>3. Brine for two days, then remove from mixture.</li> </ol>
1	cup	white wine vinegar	
1	TBS	salt	
7	each	parsley stems	
4	oz.	garlic cloves, smashed	
¼	cup	olive oil	
2	lbs	herring fillets	

## STEP TWO:

<b>CONFIT</b>			
<b>Amount</b>	<b>Unit</b>	<b>Ingredients</b>	<b>Procedures</b>
2	lbs	brined herring	<ol style="list-style-type: none"> <li>1. In a saute pan, sear the fish skin side down until the skin is crispy.</li> <li>2. In a large pot, add the remaining ingredients.</li> <li>3. Add the herring and cook on low heat until the fish is cooked through.</li> <li>4. Remove the fish and set aside.</li> </ol>
8	each	garlic cloves, smashed	
2	each	bay leaves	
3	each	lemons, sliced skin on	
1	TBS	sea salt	
9	each	white peppercorns, crushed	
7	cups	olive oil (Spanish)	

## STEP THREE:

<b>PLATING</b>			
<b>Amount</b>	<b>Unit</b>	<b>Ingredients</b>	<b>Procedures</b>
1	each	herring fillet	<ol style="list-style-type: none"> <li>1. Cut the herring fillet in half and place the herring on top of the piquillo peppers</li> <li>2. Garnish the herring with piparras peppers, oil cured black olives and Spanish olive oil.</li> <li>3. Alternatively, you can garnish with a puree of the black olives or alioli.</li> </ol>
2	each	piquillo peppers	
1	each	piparras pepper	
4	each	oil cured black olives	
1	TBS	Spanish olive oil	
1	TBS	alioli (optional)	