

PACIFIC HERRING ESCABECHE

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8	fresh Pacific herring fillets, pin bones removed
100 mL	extra virgin olive oil
1	orange, zest and juice
1	lemon, zest and juice
1	red onion, finely sliced
1 bulb	fennel, finely sliced
2	carrots, finely sliced
2	cloves garlic, minced
1 tsp	coriander seed
1 tsp	fennel seed
1	star anise
2	bay leaves
1 pinch	saffron
250 mL	white wine
75 mL	white wine vinegar
	salt, to taste

Prepare the Pacific herring, lightly score the skin and portion into desired serving size. Place into a shallow container. Mix together 1 Tbsp of the olive oil and the orange and lemon zest. Pour the mixture over the herring and marinate for 5 minutes.

Heat a medium sized saucepan. Add the remaining olive oil and sweat the onion, fennel, carrot and garlic with the coriander, fennel, star anise and bay leaves, until transparent but with no colour. Add your saffron at this point.

Add your white wine, white wine vinegar and citrus juice and bring to a boil. Let the mixture simmer for 2 minutes and then cool the mixture off of the heat for 5 minutes to just above room temperature.

Season your herring fillets with salt at this point, and pour the warm liquid with all the garnishes over top. Allow the herring to cool completely. Cover and refrigerate for 12 hours to let the flavours develop. Remove from fridge about one hour before serving and bring up to room temperature.

Serve with some nice baby potatoes, or a loaf of crusty French bread!

Serves 2 as an appetizer.