



There is something very fishy going on in Sweden!

According to Ann-Sophie, a Chisago County resident originally from Sweden, “Swedish people enjoy the rotten herring in the fall - it is called *surströmming*. It smells awful and the cans should be opened outside while under water to avoid smelly explosions.” Whether or not you enjoy the special taste for herring, it is an integral part of Nordic culture and cuisine.

Herring can be prepared in a number of ways. It can be pickled, smoked, salted, fried, broiled, marinated, sautéed, or baked. The Atlantic or Baltic herring varieties are used in mustard herring, onion herring, dill herring, herring in wine sauce, herring with beets, and blackcurrant herring. The most popular way of eating herring, like Ann-Sophie mentioned, is *surströmming* – fermented Baltic herring. “Usually sold in pressurized cans, it smells like vinegary flatulence – it’s putrid. Due to its overpowering odor, *surströmming* is traditionally done outdoors, usually during the month of August,” says worldhum.com. Herring is often served with onions, boiled almond-shaped yellow potatoes called *mandelpotatis*, and thin bread known as *tunnbröd*. A sour cream similar topping called *gräddfil*, which is fatty fermented milk, can also be used with herring. Due to the salty, strong taste, Swedes may wash it down with milk, beer, and a variation of vodka called *akvavit*.



Want to learn all about the history, culture, and cuisine of herring? Consider a trip to one of the many museums dedicated to educate you about the smelly fish. *Skeppsmaln*, a small fishing town, and *Sillebua*, a town on the island of *Klädesholmen*, are among a few to try.



**Tell me how you eat herring...if you happen you like it.
I'll choose a winner for a local goodie!**

phinsch@cityofindstrom.us or comment on Facebook