

Preparation of Salted Herring

since the 14th century in
Holland



catching the herring



herrings caught



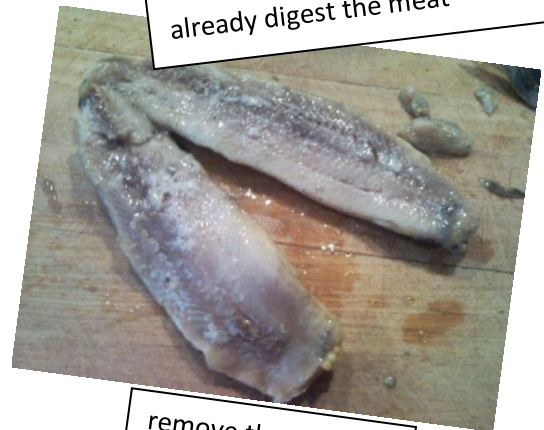
cutting and cleaning the herring



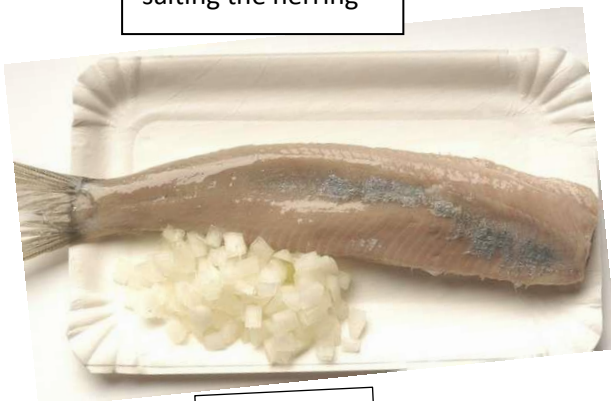
removing the internal organs;
intestinal enzymes will thus partly
already digest the meat



salting the herring



remove the skin



add onions



and.... ENJOY !