

Russian Shuba Salad

Serves 8



Ingredients (Salted Salmon)

- 300 g skinless and boneless 1 salmon or herring fillet (note herring is more authentic in Russia)
- 4 Tbsp coarse sea salt
- 10-15 balls black peppercorns
- 300 ml water
- 2-3 Tbsp vegetable oil
- 1 onion (red or white), sliced into rings (optional)

Ingredients (Salad)

- 4 medium potatoes
- 2 medium carrots
- 2 large beetroots
- 250 ml (1 cup) sour cream or crème fraîche
- 1-2 garlic cloves, crushed
- 1 pinch freshly ground black pepper
- 1 onion (red or onion), finely chopped
- 1 spring onion, snipped, for decoration (optional)



Instructions (Salted Salmon)

- Cut the salmon into small cubes.
- Boil the water and add the salt. Stir to dissolve, then allow it to cool to room temperature.
- Place the fish into the salted water for 7 minutes.
- Remove the fish from the water and let drain.
- Place the fish in a bowl, add the oil, and stir so that the fish is covered with the oil.
- Add in the peppercorns and onion rings (optional).
- Stir well then transfer to a glass jar with screw top lid and let sit in the refrigerator for 24 hours.

Cook: Evgeniya Kalacheva
Salad, inexpensive, healthy, easy, gluten free



Instructions (Preparation for Salad)

- Bake the potatoes, carrots and beetroots with their skins on, until tender, approximately 40-50 mins depending on size at 190 C (375 F).
- Let them cool down then remove / peel off the skins.
- Grate all the vegetables into separate bowls.
- Mix the sour cream with the garlic and the black pepper.

Instructions (Assembly)

- Into a serving bowl, layer the ingredients in the following order five layers: cubed salted fish, diced onion, grated cooked potato, grated cooked carrot, and grated cooked beetroot.
- Let chill in the refrigerator for a few hours before serving.
- Decorate with snipped spring onion if desired.
- Serve chilled.