

Herring Egg Salad



PREP TIME
30 minutes

COOK TIME
1 minute

READY IN
1 ½ hours



SERVINGS
8-10

OCEAN FOREST INGREDIENTS

Herring Eggs
Black Seaweed
Beach Asparagus
Beach Lovage

Ingredients

- 4 cups herring eggs
- 1 cup cheddar cheese, cubed
- 1 cup pepper jack cheese, cubed
- ½ cup red pepper, finely chopped
- ½ cup onion, finely chopped
- ½ cup beach asparagus, chopped
- ⅓ cup fresh beach lovage finely chopped
- 1 cup sweet corn kernels
- 1/4 tsp cayenne pepper
- ½ cup avocado mayonnaise
- ⅓ cup dried ground black seaweed

Steps

- Bring a large pot of water to boil. Drop herring eggs in boiling water for one minute. Drain in a colander and allow to cool thoroughly.
- Place cooled herring eggs in a large mixing bowl and let continue to cool in the refrigerator.
- Finely chop all of the vegetables and cube the cheese into tiny little cubes. Cubed cheese and chopped vegetables should be close to the size of a corn kernel.
- In the large mixing bowl of herring eggs, add the rest of the ingredients. Mix together well, coating all of the vegetables and herring eggs with mayonnaise and seasoning.
- Chill for at least an hour.



Notes

To avoid over cooking herring eggs, quickly blanch the eggs. Remove them from the hot water before the eggs turn white. Although I consider this overcooking the eggs, for many this may be a personal preference. My grandmother loved them cooked until they turned white. She would eat them hot with a drizzle of soy sauce.

Fresh herring eggs can be substituted for frozen herring eggs, cooked the same way. For beach asparagus, if I do not have any fresh on hand, use frozen beach asparagus, make sure to squeeze out excess water before chopping. If you do not have ground black seaweed, you can easily ground dried black seaweed in a food processor until fine. Cayenne pepper is optional. I prefer my salad spicer so I add ½ tsp cayenne pepper.