



45°N  
63°W



# FISHERMAN'S BREAKFAST

## INGREDIENTS:

- 1-2 medium fillets of smoked herring
- 4 eggs
- 4 slices brown bread
- ½ cup pickled beets, diced
- ¼ cup fresh dill, chopped
- ½ cup creme fraiche or sour cream
- 1 cup white wine vinegar
- 1 cup water
- 2 tbsp kosher salt
- 2 tbsp sugar
- ⅔ cup mustard seeds
- 1 large pinch of fennel seeds

## INSTRUCTIONS:

### PICKLED MUSTARD SEEDS

In a medium pot, combine water, vinegar, sugar and salt and bring to boil. Once boiling add mustard seeds and fennel and reduce to a simmer. Gently cook on low heat for 30-40 min or until soft. Remove from heat and allow to cool. Store refrigerated in an airtight container for up to 3 months.

### BREAKFAST

In a large pot with lots of water, boil your eggs for exactly seven minutes. Once the timer goes off, remove from water and submerge in an ice bath. This will make sure your eggs will not over cook and give the best soft boiled eggs every time. Allow to cool and shell and slice in half exposing the runny yolk.

Remove beets from jar and give a quick dice. Once chopped into bite sized chunks, place in a bowl. Clean your dill, making sure to remove any of the thick woody stems. Chop half and mix in with the beets. Salt to taste and set aside.

Toast your bread and cut into triangles.

Remove smoked herring from its package. If a whole fillet of smoked fish seems daunting to you, simply flake the smoked meat off the bone.

Your plate should have fish, eggs, beets, a dollop of sour cream, pickled mustard seeds, fresh dill, and toasted brown bread. Scoop all contents onto your bread and enjoy this classic maritime breakfast.

*Recipe provided by Andy Hay, Masterchef Canada.*



NOVA SCOTIA  
**SEAFOOD**  
PURE. CANADA.



NSseafood.com