NORDIC · LUNCH · DINNER

Danish Herring Open Sandwich (Smørrebrød)

15 min · Serves 1 · 402 kcal a serve · Video 3:28 · Scandinavian Today

Pescatarian · No nuts listed

Pickled herring is an oily fish rich in omega-3 fats and vitamin B12 and a source of vitamin D, and the egg adds more protein, so one open sandwich makes a filling lunch with about 21 g of protein. The pickled herring is salty, so no extra salt is needed.

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Ingredients 7 · SERVES 1

- [ ] 1 slice **dark rye bread**
- [ ] **butter**, thinly spread (about 1 tsp)
- [ ] 1 **hard-boiled egg**, sliced
- [ ] 3–4 **tomato** slices
- [ ] 3–4 pieces matjes (spiced) herring
- [ ] 6–8 **thin raw onion rings**
- [ ] a sprinkle of **capers**

Allergens found in the listed ingredients: Gluten, Fish, Egg, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Hard-boil the egg (about 10 minutes), cool it in cold water, then peel and slice it. 1:05
2. Spread the rye bread thinly with butter right to the edges; it keeps the bread from going soggy under the toppings. 0:54
3. Lay the egg slices over the bread and tuck a few tomato slices in between for colour. 1:23
4. Arrange the herring pieces on top, then the onion rings, and finish with a scattering of capers. 1:41
5. Serve on a plate straight away. This tall, generously topped version is the one Danes make for holidays; everyday sandwiches carry fewer toppings. 2:39

> **Tip** Sweet matjes herring contains some sugar and salt; plain marinated herring, smoked mackerel or mackerel in tomato work just as well. Choose a seeded wholegrain rye.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
402 kcal	21 g	30 g	3.7 g	22 g	860 mg
1,680 kJ	42% of a day	26 g net · 9.3 g sugars	13% of a day	6 g saturated	38% of a day
		11% of a day		28% of a day	

Energy from net carbs 27% · protein 22% · fat 51%

High in (20%+ of a day) Vitamin B12 130% · Selenium 113% · Omega-3 60% · Vitamin A 32%

Source of (10–19%) Vitamin B6 19% · Zinc 16% · Iron 15% · Vitamin D 14% · Vitamin E 14% · Folate 14% · Magnesium 13% · Calcium 12%

Recipe and video: Scandinavian Today (@ScandinavianToday) on YouTube — youtube.com/watch?v=_YPizJeUyfc, published 31 December 2012. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/danish-herring-smorrebrod