

SMOKED HERRING PATE

INGREDIENTS

3 pounds smoked herring, removed of bones and skin
1 cup low fat mayonnaise
1 tablespoon dill, finely cut
1 teaspoon Tabasco
salt and pepper to taste

DIRECTIONS

Place smoked herring in a food processor and pulse until very fine. It should almost look like breadcrumbs. Move to a large work bowl and add mayo, dill and Tabasco. Mix until combined, but do not over-mix as the pate will become gluey. Finish with salt and pepper. Serve with crackers or cut veggies. Can be kept in the refrigerator for approximately one week.