



Rollmops



Gluten Free



Dairy Free

READY IN



770 min.

SERVINGS



16

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 peppercorns whole black
- ☐ 2 cups cider vinegar
- ☐ 2 tablespoons dijon mustard
- ☐ 4 bay leaves dried
- ☐ 0.5 cup kosher salt
- ☐ 1 medium onion julienned
- ☐ 16 cornichon and/or pickled onion
- ☐ 1 teaspoon pepper flakes red

- ☐ 1 tablespoon sugar
- ☐ 1 pound trout filets from whole cut into 16 to 20 4 to 6-inches long by 1-inch wide pieces
- ☐ 1 quart water
- ☐ 2 cups water
- ☐ 8 allspice whole

Equipment

- ☐ sauce pan
- ☐ toothpicks

Directions

- ☐ Place the salt and water into a 4-quart container and stir until the salt has dissolved, 1 to 2 minutes.
- ☐ Add the trout filets, making sure they are submerged. Cover and refrigerate overnight.
- ☐ Combine water, vinegar, sugar, cloves, allspice, peppercorns, bay leaves, and red pepper flake in a 2-quart saucepan set over medium high heat. Cook, stirring occasionally, until the liquid comes to a boil, approximately 5 minutes. Cool to room temperature and then refrigerate overnight.
- ☐ Remove the trout from the brine and rinse thoroughly under cold running water for 1 minute. Submerge the filets in clean cold water and refrigerate for 1 hour.
- ☐ Drain and rinse the filets. Pat dry.
- ☐ Lay the filets in a single layer, skin side down and brush each with mustard.
- ☐ Place a cornichon or a pickled onion on the filet.
- ☐ Roll up each filet and secure with 1 or 2 toothpicks. Alternate layers of rollmops and julienned onion in a glass jar or ceramic crock.
- ☐ Pour on the chilled pickling mixture, cover and refrigerate for at least 5 hours and up to 2 days.
- ☐ Drain and serve chilled with crusty bread.

Nutrition Facts



 **PROTEIN 30.15%**  **FAT 19.4%**  **CARBS 50.45%**

Properties

Glycemic Index:15.19, Glycemic Load:3.06, Inflammation Score:-5, Nutrition Score:8.2573913983677%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.86mg, Isorhamnetin: 5.86mg, Isorhamnetin: 5.86mg, Isorhamnetin: 5.86mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 23.73mg, Quercetin: 23.73mg, Quercetin: 23.73mg, Quercetin: 23.73mg

Nutrients (% of daily need)

Calories: 99.67kcal (4.98%), Fat: 2.08g (3.2%), Saturated Fat: 0.38g (2.41%), Carbohydrates: 12.18g (4.06%), Net Carbohydrates: 10.04g (3.65%), Sugar: 5.86g (6.51%), Cholesterol: 16.44mg (5.48%), Sodium: 3584.75mg (155.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.28g (14.56%), Vitamin B12: 2.21µg (36.81%), Manganese: 0.49mg (24.69%), Phosphorus: 108.28mg (10.83%), Vitamin C: 8.83mg (10.7%), Vitamin B1: 0.16mg (10.46%), Vitamin B6: 0.2mg (10.08%), Potassium: 301.94mg (8.63%), Fiber: 2.14g (8.55%), Vitamin B2: 0.13mg (7.52%), Vitamin D: 1.11µg (7.37%), Vitamin B3: 1.44mg (7.19%), Vitamin B5: 0.7mg (7.01%), Selenium: 4.87µg (6.95%), Folate: 26.13µg (6.53%), Copper: 0.12mg (6.09%), Magnesium: 21.64mg (5.41%), Calcium: 48.32mg (4.83%), Iron: 0.83mg (4.61%), Zinc: 0.44mg (2.9%), Vitamin A: 58.91IU (1.18%)