Russia: Herring under a fur coat

Herring under a fur coat is the name given to a layered salad which includes pickled herring, grated boiled eggs, vegetables, onions and mayonnaise. A layer of grated beetroot gives the dish a vivid purple colour. The colour of beetroot is due to the pigment betanin. Betanin can sometimes pass through our digestive system intact and give our urine an alarming red appearance!

**Betanin**

**KEY:**  
- **Carbon**  
- **Oxygen**  
- **Nitrogen**  
- **Hydrogen**