



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!

KEY: ● Carbon ● Oxygen ● Nitrogen ● Hydrogen

