

Pickled Herring

During the First World War extending food resources was key. Many food products were being sent to soldiers on the front lines in Europe so Canadian citizens were asked by the federal government to use their food resource wisely. Meat was one such valuable commodity. The Canada Food Board began a campaign advising Canadians to eat other sources of protein such as fish and nuts. Preserving food was also essential, thus the popularity of pickling grew in the 1910s. Pickled herring began appearing in cook books, a staple food in Northern Europe since the Middle Ages. Pickled herring stems from early Nordic and North German fishing traditions, it was a way to store and transport fish when refrigerator was not yet available. Pickled herring likely made its way to North America with German and Eastern European immigration.

Recipe:

Take the number of herring desired and put to soak until fresh enough.* Then take a crock and put in a layer of fish, a few onions sliced thin, one lemon sliced, a few whole peppercorns (approx. 1 tablespoon) and a few licorice leaves. Cover with vinegar. Refrigerate for at least 24 hours before serving.

*Place herring in a container with water and refrigerate overnight, changing the water once.

