

Pacific Herring

Latin Name *Clupea pallasii*

Chinese 太平洋鲱鱼

Japanese 太平洋ニシン

Herring have a high oil content and are rich in omega-3 fatty acids and numerous other nutrients

Flavour



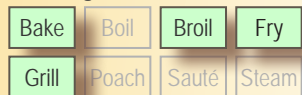
Texture



Omega-3 fatty acids/ gram



Cooking Methods



Average Portion Size

Approximately 75-100 grams (2.5-3.5 oz) per person

Nutritional Value

Per 100 grams (3.5 oz) of raw edible portions

Calories (cal)	195.0
Total Fat (g)	13.9
Saturated Fat (g)	3.3
Protein (g)	16.4
Cholesterol (mg)	77.0
Sodium (mg)	74.0
Omega-3 (EPA & DHA)(g)	2.0

Canadian Nutrient File, Health Canada, 2007



Pacific Herring (left)
Spawn on Kelp (back)
Herring Roe (front)

How to Cook

Choose whole herring that are bright in colour with hard bellies. Herring flesh is off-white in colour with a fine, soft texture, and has a strong and full flavour.

Herring is best grilled, broiled or fried. The flesh is firm in pickled, salted and smoked products.

Herring is a bony fish; however once cooked, the bones are soft and safe to eat. To debone a herring, cut along the underside and up the side to open the fish. Hit across the backbone in a few places with a rolling pin and then remove the backbone and as many of the smaller bones as possible. Scrape the scales from the fish with a knife, and remove the head and tail.

Recipes

Marinated BC Spawn on Kelp and Pacific Herring Appetizer

About ...

Pacific herring have bluish green backs and shiny silver sides and bellies. Average commercial length is 13 inches (33 cm).

Herring roe and spawn on kelp are specialized herring egg products that are usually destined for the Japanese market.



Marinated BC Spawn on Kelp with Pacific Herring Appetizer

Availability

Available fresh

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

Products

Pacific herring are available:

- Fresh whole
- Frozen whole block
- Pickled
- Canned
- Smoked
- Salted
- Herring roe and spawn on kelp are usually destined for Asian markets

Frozen products are available year-round