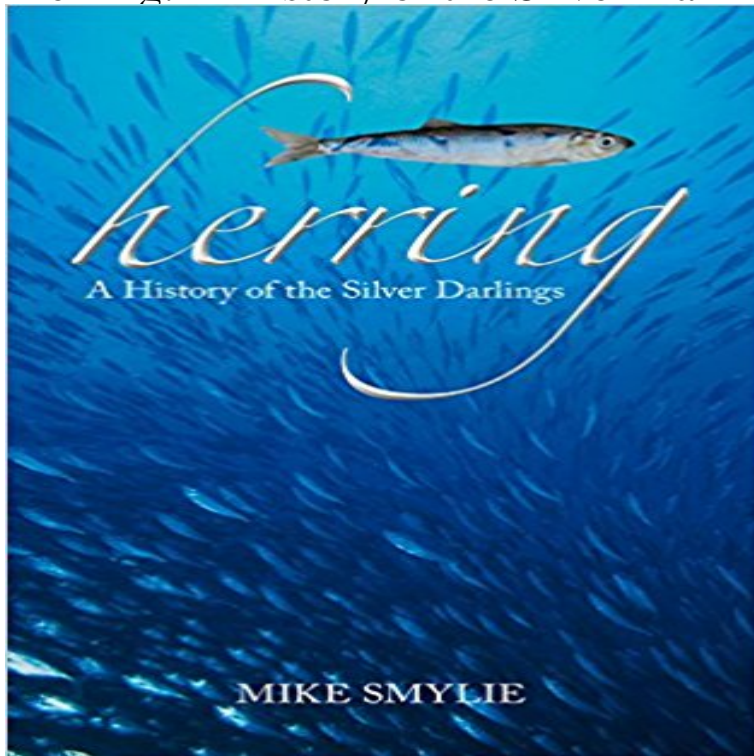


## Herring: A History of the Silver Darlings



The unusual history of the herring and those whose lives have revolved around getting it to the tables of the masses. The story of herring is entwined in the history of commercial fishing. For more than two millennia, herring have been commercially caught and its importance to the coastal peoples of Britain cannot be measured. At one point tens of thousands were involved in the catching, processing, and sale of herring, and many towns on Britain's East Coast grew rich on the backs of the silver darlings. This book looks at the effects of the herring on the people who caught them, the unique ways of life, the superstitions of the fisher folk, their boats, and the communities who lived for the silver darlings. With a wealth of illustrations, this fascinating book reveals the little-known history of the herring and for those who have neglected the silver darlings for lesser fish such as cod and haddock, there are a number of mouthwatering recipes to try.

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