

Sharing the Herring

Northern Scotland provides some of the world's best herring. Watch as Catriona Frankitti takes me through four unique types of cured herring when I attended the Boston Seafood Show (SENA, 2019).

It's a good follow up to my [adventure on a herring carrier](#) where I leared how they purse seine herring.

Catriona explains skin-on, skin-off, the quality, the health benefits, and how to introduce herring to first-time tasters. Especially kids.

Its Kosher, MSC Certified; a delicious sustainable seafood from Silver Tide in Northern Scotland.

Fashionista

Put Your Best Fish Forward

Herring

Scotland

Scotland Seafood

MSC Certified

Kosher

Pickled Herring

Sustainable Seafood

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