

DIRECTIONS

FOR

TAKING AND CURING HERRINGS.

*Printed and circulated by the Honourable the Commissioners
of the Board of British Fisheries.*

FRESH HERRINGS, when in prime condition, form a cheap, delicate, and nutritious article of food, and when promptly and efficiently cured, they become valuable as provision. But their value in these respects must necessarily depend entirely on the condition of the fish when caught, and on the degree of promptitude and care which may be exercised in curing them.

Herrings, in regard to their condition, may be divided into three classes, viz., *Matier*—Full Fish—and Spent or Shotten Fish. *Maties* are those fish in which the roes and milts are perfectly but not largely developed—and it is well to understand that this is the state of the fish in which it is truly in the best condition for food—and when it will be found most delicious to eat, as well as most nutritive. Although it does not exhibit, whilst in this condition, so bulky an appearance as it does when it is in that of a Full Fish, it is in reality much fatter, for the bulk of the Full Fish is deceptively produced by the great enlargement of the roe or milt, and this does not take place without a corresponding diminution of the body of the fish. The Full Fish, however, are those which are most sought after in a mercantile point of view, because of their larger appearance. The Spent or Shotten Fish having just performed their function of spawning, and having been thereby reduced to a miserable, lean, and poor state, are unpalatable, and