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DISHING

What's cooking in the world of food | The Boston Globe

« Thanksgiving in a pan | Main | What, no brisket ice cream? »



[Alison Arnett](#) is the Globe's restaurant critic. She is also a writer for the Food section.

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FOOD MAILBAG

Ask a question or share an idea or recipe with The Boston Globe food staff.

Name:

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Your question:

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DISHING ARCHIVES

Week of: [October 22](#)

Week of: [October 15](#)

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TALK FOOD

- [Table manners](#)
- [Vegetarians on Feast Day](#)
- [click for cans](#)
- [First-time Thanksgiving cooks](#)

Friday, September 29, 2006

When will herring get respect?



An email about [Bar Harbor Foods](#) herring has a plaintive note. "Herring often gets a bad rep," the publicist writes. She goes on to argue its health advantages -- omega rich and helpful in staving off some cancers in women -- and the company's all-natural, wild-caught products.

As I read, I was transported back to a visit to [Helsinki](#) many years ago. My sister and I had stopped for lunch at a place advertising its salad bar. She was living in Sweden at the time and I had been in Scandinavia for more than a week visiting. We were ravenous for something green, something besides potatoes.

So we rushed to the salad bar, and stopped in amazement. Arranged attractively along a bed of ice were as many as 10 different salads -- all composed of herring. Pickled herring, herring in red wine sauce, herring with cucumbers in cream sauce, and so on. Not a leaf of green anywhere.

The salads were good, and probably good for us. But I got my fill. Maybe now is the time to give them another chance.

Posted by Alison Arnett at 12:07 PM

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