



Feel the Wild Atlantic – Finnish-Style

The Irish food market is opening up at last. People are far more adventurous in what they eat and are unafraid of experimenting with different dishes. Silver Darlings is a specialist in the Irish herring industry. Fresh to the industry, Kirsti O’Kelly brings the taste of Finland to the Irish palate.

Kirsti started marinating fish back in Finland with her mother and grandmother when she was a schoolgirl. Pickled herring were part of our food culture and a staple item every Finns fridge. After studies in chef school and food science & culinary arts, she moved to Ireland in 1999. The idea to have her own food business started brewing in her head quite early on during her college years, 20 years later in 2012 Silver Darlings Seafood was established, and quite soon the product range was on the market.

Herring has a long history of being used as currency in the world along with gold, whiskey, fur and leather. It was salted in barrels, times before refrigeration. It travelled the world in boats and that is how it got married with exotic spices and vinegars was when all these items would have been sold in the same ports from the opposite ends of the world. Silver Darlings herring products are a boneless, uncooked delicacy using the finest wild Irish Atlantic herring. The meaty, generous bite size herring chunks are salt cured, then pickled and marinated with fine wine vinegars, crunchy vegetables, fresh herbs and aromatic, exotic spices bursting with deep flavours. The curing process not only preserves the fish it also completely dissolves the famous herring bones. This naturally occurring reaction is one of the reasons why herring is ideal for pickling, the bones are gone but the flesh of the fish is still plump and rich in omega oils, vitamin D and calcium.



The Irish herring stocks are all sustainable and carefully managed with a total allowable catch (TAC) decided on an annual basis. The herring fishing season is normally from September to January with all landings to designated fishing ports. Furthermore, Silver Darlings products are produced in a Donegal facility that uses renewable energy: Hydropower, which is one of the most reliable, predictable and least environmentally intrusive of all renewable energies.

The classic way to eat marinated herring is with boiled new potatoes, potato salad, rye sourdough bread, in various green salads or with poached eggs. They also work well with sour cream or soft cheese on a crostini or part of seafood platter. The Silver Darlings’ products are superior and to prove it they have won numerous taste awards in the UK and Ireland. The latest one being very prestigious Irish Food

Writers Guild award 2016, which was awarded to Silver Darlings entire range.