



Sustainable cuisine of the Southern Baltic region

*Informational material concerning
the cuisine and heritage of the fishing industry,
as well as the fish species and attractions of the
Southern Baltic region*

*The heritage of coastal fishing
as a potential for the development of tourism*



TOWN HALL IN USTKA

Ks. Kardynała Stefana Wyszyńskiego 3 Street

76-270 Ustka

www.ustka.pl

[fb/ustkanafali](https://fb.com/ustkanafali)

text:

Sławomir Adamczak

typesetting and graphic design:

Grzegorz Myćka

photos:

potrawy: www.pomorskie-prestige.eu

Arkadiusz Szadkowski

Tomasz Iwański

Agnieszka Szołtysik

Magdalena Burduk

Joanna Ogórek

cover photo:

Joanna Ogórek, www.pomorskie-prestige.eu

translation:

ATOMINIUM, Biuro Tłumaczeń Specjalistycznych

publisher:

Urząd Miasta Ustka

print:

Szarek Wydawnictwo Reklama

#USTKANAFALI

SUSTAINABLE CUISINE OF THE SOUTHERN BALTIC REGION

BALTIC SEA / 4

FISH IN THE BALTIC SEA / 6

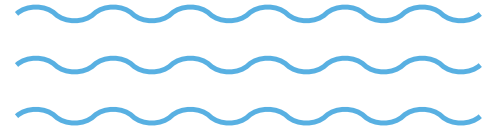
TRADITIONS OF THE FISHING INDUSTRY / 8

ATTRACTIONS IN THE REGION / 9

LOCAL FISH SPECIALITIES / 11



BALTIC SEA



The southern part of the Baltic Sea is surrounded by the coasts of Sweden, Denmark, Germany, Poland, Russia and Lithuania.



The region's largest islands include Oland (Sweden; 1,342 km²), Rügen (Germany; 935 km²), Bornholm (Denmark; 588 km²), Usedom (Poland, Germany; 445 km²) and Wolin (Poland; 265 km²). There is also an abundance of smaller islands, such as Fehmarn or Hiddensee (both Germany).

The most important fish caught here include cod, herring, sprat, European flounder, salmon, trout and plaice, as well as freshwater species that appear in the waters of the Szczecin, Vistula and Curonian Lagoons as well as in the Bays of Puck and Bothnia.

1. [Fishing port in Ustka](#)
2. [Western beach in Ustka](#)
3. [Fishing in the Baltic Sea](#) →





Partners of the
Fish Markets project

POLAND

1. Zachodniopomorskie Voivodeship
2. West Pomeranian University of Technology, Szczecin
3. Municipality of Ustka
4. Municipality of Darłowo

LITHUANIA

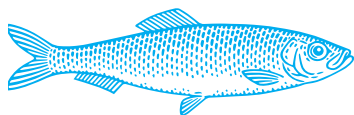
5. Administration of Šilutės District Municipality

GERMANY

6. University of Greifswald, Institute of Geography (Lead partner)
7. Tourism Association Vorpommern e.V.
8. Small Coastal Fishermen's Association Hiddensee
9. Economic Development Corporation Vorpommern
10. Association of the Small Coastal Fishers of Mecklenburg-Vorpommern Region



FISH OF THE BALTIC SEA

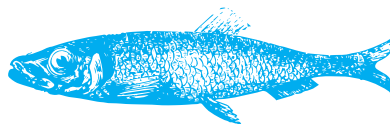


Baltic herring

(*Clupea harengus*; length 20–45 cm, weight 1.1 kg, fishing peak Mar–May, no protective period or size established). Slender fish appearing in the Baltic Sea in three different groups. The first two spawn in the Bays of Pomerania and Gdańsk (one during spring, the other in autumn), the third is caught off the coast of Sweden. Herring has fatty, white and bony meat.

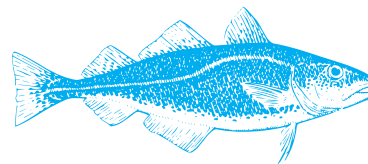
Sprat

(*Sprattus sprattus*; length 12–16 cm, weight 7–14 g, fishing peak Mar–Apr, no protective period or size established). A fish living in schools, similar to herring (it is distinguished by the rough edge of its abdomen). Sprat has silver scales, turning to blue on the back. The meat is firm and juicy.



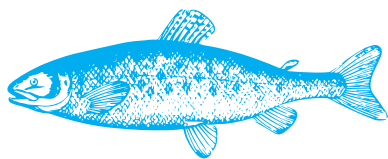
Cod

(*Gadus morhua*; length 130 cm, weight 70–96 kg, fishing peak from autumn to spring, protective size 35 cm, protective period for Western stocks 15 February – 31 March, for Eastern stocks 1 July – 31 August; fishing permissible 12 nautical miles from shore). A predatory fish with a large head and characteristic moustache-like barbels. Two stocks live in the Southern Baltic, with a range extending near Bornholm. Its white, tender and juicy meat has a small number of bones.



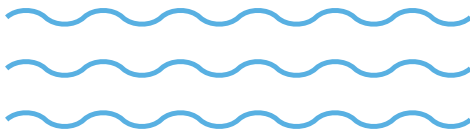
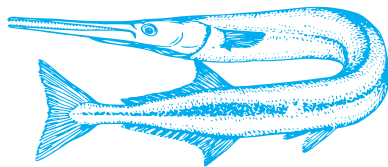
Salmon

(*Salmo salar*; length 150 cm, weight to 46.6 kg, fishing peak Jan–Feb, protective size 60 cm, protective period 15 Sep –15 Nov). A predatory fish with powerful jaws. During spawning, males become reddish, and the shape of their jaw changes. Salmon meat is firm, fatty and juicy, with a characteristic orange colour.



Garfish

(*Belone belone*; length 46–100 cm, weight 1.4 kg, fishing peak May–Jun, no protective period or size established). Strongly elongated fish living in coastal waters. It has white and dry meat with low fat content.



Flounder

(plaice) An asymmetrical fish with a dislocated right eye (to the right or to the left, depending on the species). It is divided into two species: European flounder and plaice. European flounder (*Platichthys flesus*; length 20–35 cm, weight 0.5–1 kg, protective size 25 cm, protective period 15 Feb –15 May, fishing just before and after the protective period) has juicy and tender meat, great for smoking and frying. Plaice (*Pleuronectes platessa*; length 60–70 cm, weight 140 g, protective size 25 cm, protective period 15 Feb–15 May) has even more delicate meat, with very low fat content and easily digestible protein.



Other fish that can be found in the waters of the Southern Baltic include turbot, whitefish, sole, horse mackerel, whiting and bull-rout.



Cod fillet with black lentils, green asparagus and wine-butter emulsion



Smoked sprat

FISHING TRADITIONS

Archaeological excavations prove that the first tools used for fishing were created as early as 60,000–10,000 BC; these included stone and bone fishing hooks, and harpoons made of bones and horns.

In Jastarnia, scientists found traces of a settlement whose inhabitants mainly subsisted on fishing and who also possessed seafaring skills, maintaining contacts with tribes living on the islands of Bornholm and Oland and in southern Sweden. The introduction of Christianity and the granting of fishing rights to cities contributed to the increased consumption of fish, which was considered a Lenten dish (and in some regions various fasting periods totalled as many as 250 days a year). This fact resulted in the emergence of the separate profession of fisherman. Unfortunately, the social significance of this profession was not very high, as evidenced by the proverbs such as “na rybi i raki chodzą próżniaki” (loosely translated as “fishing and crayfish are the province of the lazy”). Nevertheless, fish served as a commercial commodity and, starting from the 15th century,

urban centres began to create new or develop existing guild organizations.

Herring fishing in the Middle Ages in the waters surrounding Rügen was mentioned by Helmold in his *Chronica Sclavorum* (12th century). The first descriptions of fish occurring in Poland can be found in the 15th century work *Chorographia Regni Poloniae* by Jan Długosz. In the 17th century, Eilhard Lubinus published his Great Map of the Duchy of Pomerania where he provided a rich catalogue of fish found in the Szczecin Lagoon and the Baltic Sea, noting that “over 70 species live here and, in this respect, hardly any other country can compete with Pomerania”.

Culinary trivia

Surströmming – this traditional Swedish delicacy originates from the island of Ulvön on the picturesque High Coast (Höga Kusten) of the Gulf of Bothnia. According to legend, one time a fisherman was sailing on a small boat which stormy waves carried far off into the open sea.



When he had eaten all the provisions and was facing the prospect of starvation, he decided to eat the stinking, fermented fish that he had caught much earlier and had not managed to throw away. The experiment was successful. Today, pickled herring (surströmming) is a local delicacy. When opening the can, it is worth remembering that this is one of the most hideously stinking dishes in the world. Traditionally, it is accompanied by a glass of milk or vodka.

Szczecin paprikas – this canned fish dish comes from ... Africa. The recipe was brought to Poland by seamen and mass production started in Szczecin later on. It contains ground fish, rice and tomato puree and spices.

Herring – the abundance of this fish in the Baltic Sea means that a lot of dishes are prepared on shore with herring in the lead role. Herring can be found fried, smoked, baked and pickled. On the Polish coast, herring is popular in Kołobrzeg (with onions and peppers) and in Szczecin (with onions and garlic).

REGION ATTRACTIONS

Herring Museum

In the village of Starkowo near Ustka, in the central part of the Polish coast, one can find the Herring Farm, a combination of guest house and Herring Museum. It is located in a farmstead dating from 1832 with half-timbered buildings and a newer brick farmhouse (1902). You can trace the history of herring fishing here. It is also worth visiting the local inn and trying this fish prepared in a plethora of different ways, some of them quite surprising.

Fisherman's Harvest Festival

One of the most important events in the tourist season in Ustka. You can take part in fishing and maritime activities, and you can also try to fix a fishing net yourself or try your hand at throwing it. Furthermore, local fish products are offered at the market.

Wieck

You can visit a well-preserved fishing village on the outskirts of Greifswald, in Mecklenburg-Western Pomerania (today within the city limits). The buildings comprise small

thatched fishermen's houses. The pride of Wieck is a drawbridge from 1887. Its leaves are lifted manually to let the incoming ships pass. The Fischerfest Gaffelrigg fishing festival, the largest such event in the land, is held here every year in July.

Schiffahrtsmuseum Kiel

The Maritime Museum in Kiel, in the German land of Schleswig-Holstein, presents the history of this city as a port on the Baltic Sea, including the history of local fishing. An interesting aspect is the site of the seat of the museum; it is located in a historic hall where fish auctions used to take place in the past.



2.

1. "FishParade" in Ustka
2. Fisherman's Harvest Festival in Ustka



1.

Fish Festival in Kołobrzeg

The Fish Festival is held each year in September, in the Marina Solna in Kołobrzeg. The rich and varied program includes, among other things, the “Fish on the pan” competition for the most traditional and innovative fish dish, netmaking workshops, family fishing tale telling, as well as the “Fishing Feast” organized by local fishermen.

Darłowo

Darłowo can also boast of rich fish traditions, as evidenced by events such as the Fisherman’s Harvest Festival (2018) or the Fish Festival during Darłowo Sea Day (2019). Guests can try local dishes, including the wonderful fish soup, fried cod and fish smoked in various ways.

Port Fish Day in Darłowo



Palangos Stinta

In Lithuanian Palanga you can take part in the annual Palangos Stinta festival, usually held in February. The highlight of the program includes fishing competitions held at the local pier. Both local fishermen and guests can participate. Fish dishes are prepared at street stalls, including delicious soups. Themed concerts make the event even more enjoyable.

Danish Fly Festival

The Danish Fly Festival has been held in the Danish town of Kolding for over a quarter of a century. It is organized every two years and attracts fly fishing enthusiasts. Usually from 2,500 to 3,000 people take part in it.

Blekinge Pike Festival

The Swedes also have their own fishing event: the Pike Festival in the region of Blekinge. The competition takes place in early autumn at four locations on the coast. The fish caught are measured, photographed and released into the water. Two competitions categories are judged: the longest fish and the total length of five individual fish caught.

Fish markets

Above all, fish markets are held in many places on the shores of the Southern Baltic. They constitute a great opportunity to

buy fresh fish (sometimes even right off the fishing boats). In Poland, you can buy fish straight on the shore, among others, in Ustka, Darłówko and Kołobrzeg. In the former, the Fishmarket Ustka application was launched, allowing for online shopping. A similar application is being prepared by Darłowo, where a multifunctional fish market is also being created (apart from sales, various events and shows are to be organized here). Fiskehoddorna is a well-known fish market in Malmö, Sweden. In German Schleswig-Holstein, you can go shopping for fish in places such as Schleswig and Behrendorf, and in Mecklenburg-Western Pomerania - in Zinnowitz and at the large Rostocker Fischmarkt in Rostock.

Fishing trips

Fishing cruises are organized in many ports throughout the Southern Baltic. They usually last up to several hours and offer the opportunity to catch your dream fish. Most take place on specially adapted fishing boats.

Look for MyFish logo
and in the Play app shop
Fish market in Ustka



FISH RECIPES FOR LOCAL DISHES



Fish cabbage soup with mushrooms

Fish broth ingredients:

Fish broth ingredients: heads, tails and backbones of fresh fish, 2 stalks of celery, 1 carrot, 1 parsley root, 1 small onion, a piece of celery root, 4 allspice berries, 2 bay leaves, 3 l of water, salt, pepper to add flavour

Ingredients added after straining:

2 cups of sauerkraut, 100 g of smoked salmon, half a glass of dried mushrooms, marjoram, oil for toasting croutons, 2 slices of bread for croutons

Fry the heads and backbones in oil together with the root vegetables. Then pour in about 3 litres of water and cook on low heat, uncovered (until the liquid evaporates halfway). Strain through a sieve and add the washed sauerkraut and previously soaked mushrooms to the broth thus obtained. Cook until both ingredients become soft, then add the chopped salmon and bring to a boil again. Serve with croutons fried in oil.

Baltic herring in vinegar marinade

Ingredients:

1 kg of gutted herring without heads, egg and flour to coat, 3-4 onions, frying oil, salt and freshly ground black pepper

Ingredients for the vinegar marinade:

1 cup of vinegar, 4 cups of water, 3 tablespoons of sugar, 2 tablespoons of salt, 2 bay leaves, 5 grains of red pepper and the same amount of allspice

Salt and pepper the cleaned herring, coat in egg and flour and fry until golden. Prepare the vinegar marinade and cook for 15 minutes after boiling, then cool. Put the peeled and chopped onions into boiling water for 5 minutes, then remove and cool. Put the herring and pickles into boiled jars, and put onions on top (1-2 rings). Cap the jars and put them in the fridge for three days so that the flavours can blend.

Paprikas

Ingredients:

300 g of finely chopped sea fish fillets, 100 g of cooked rice, 2 onions, 1 carrot, small jar of tomato concentrate, salt, pepper, ground paprika, oil

Fry the onions in a pan, add the grated carrot, then the fish. Stir for about 5 minutes until the fish falls apart. Season with salt, pepper and paprika, add the concentrate and rice. Mix everything and simmer for 10 minutes, stirring gently. After cooling, serve as a spread for bread or toasts.



Products used for the preparation of pickled herring



„Fish markets - Small coastal fishery and its heritage as significant potential for tourism destination development“. Project is co-financed from the European Regional Development Fund under the Interreg South Baltic 2014-2020 programme.



European
Regional
Development
Fund

