

PLENTY OF FISH IN THE SEA!

These shellfish are all molluscs that are found along the Welsh coast and have been eaten by man for many centuries.

Oysters, mussels, fish bones and limpets have been found at Caerleon, and would have been consumed by the Roman soldiers stationed at the fortress there. There was a fast-food outlet in the forum or marketplace at Caerwent where Roman soldiers would have consumed oysters - probably from the Bristol Channel.

Cockles, mussels and oysters are real favourites and have historically been farmed in Wales as a cheap but nutritious food source. The Penclawdd cockle fishery in the Gower peninsula is particularly famous.



Garum Amphora



Have you eaten any of these comforting foods from your local market, or perhaps during a trip to the seaside?

Did You Know?

Mussels attach themselves to a rock or other object and stay there for their whole lives!

Some species of mussel have a lifespan of only 2 years while others frequently live to the ripe old age of 50.

The Romans enjoyed a fermented fish sauce condiment very like modern Worcestershire Sauce. It was made from fish intestines which were fermented with salt. Garum came in pottery vessels called Amphora like this one, and was used in many recipes and sprinkled on food. You could say it was the ketchup of the ancient world!

OBJECTS OF COMFORT

#OBJECTSOFCOMFORT

Look at the lovely bream in this painting by Alfred Janes. The silver foil and scales of the fish seem to shimmer in the light.

Janes was a Welsh artist best known for his still life paintings and portraits. He was known as one of the Kardomah Gang, an informal group of young artists in Swansea that also included the poet Dylan Thomas. They were named after the Kardomah Café where they would meet up.



Alfred Janes. *Bream*, 1935



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These fish frails would have been used to carry fish home from the fishmonger or market. They were stamped with the name of the shop or trader who issued them. An early form of the supermarket carrier bag!

Sounds Fishy!

How many phrases associated with fish can you think of? E.g. 'Too many fish in the sea', 'A fish out of water'...etc. For an extra challenge, explain what each saying means.