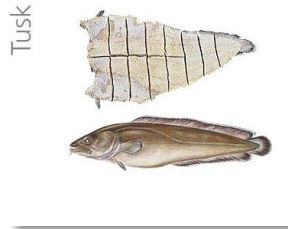


# NORWEGIAN DRIED SALTED TUSK (Brosme brosme)

*Tipo Bacalhau da Noruega*  
**Bacalao Tusk**  
**Makayabu-Sole**



## The product

Tusk can be caught all year and large quantities can be found on the edge of the North Sea shelf, which gives tusk a rich flavor and healthy flesh with a high vitamin and omega content.

Tusk is a bit like Ling, not as long but chubbier, and can be up to 110cm long and are commonly found at a depth of 200-500 meters and often seek deep or hard areas. Tusk often remain in one place and can weigh up to 15 kilograms. Its flavor is characteristic of its deep surroundings, perhaps with a suggestion of lobster.

## Fishing method

Most common fishing methods are trawl nets, fishing nets and long-line.

## Processing

The raw material is gutted and split, salted and then matured to provide an exquisite flavor balanced with a rich complexity. The fish is then dried for two to five days, depending on size and market specifications.

After drying, the fish is stored at 0-5 degrees Celsius. The product receives a final inspection from experienced workers before being packed and sold.

Dried salted ling has good, white, tasty flesh. The only additive is salt - there are no chemicals added.

## Packaging information

Packed with a net weight of 9, 10 or 25 kilos in a base and lid of solid board fastened with plastic bands.

## Preparation

**Cleaning and soaking (desalting):** -> The skin may be removed before soaking if required.

-> Cut the fish into small pieces.

-> Place in a bowl of cold water and leave to soak for 24 to 48 hours.

-> The bones are easily removed after parboiling.

**Cooking:** -> Using fresh water, boil the pieces for 5 to 10 minutes.

! Remember 1 kg of Norwegian dried salted fish will yield about 1,5 kg prepared fish. !

## Nutritional content

Dried Salted Tusk is a healthy product with a natural content of omega-3, iron, vitamins and protein.

Nutritional information	Dried salted tusk (7/8)	
	Per 100g	
Energy	504 kJ	119 kcal
Fat	<0,5	g
of which saturates	<0,1	g
monounsaturated	<0,1	g
polyunsaturated	<0,1	g
Carbohydrates	<0,5	g
of which sugars	<0,5	g
Protein	29	g
Salt	19,0	g

Nutritional information	Desalted tusk	
	Per 100g	
Energy	386 kJ	91 kcal
Fat	<0,5	g
of which saturates	<0,1	g
monounsaturated	<0,1	g
polyunsaturated	<0,1	g
Carbohydrates	<0,5	g
of which sugars	<0,5	g
Protein	21,1	g
Salt	3,2	g

Area of origin (Catch area)

