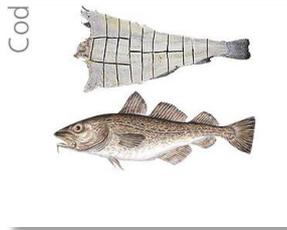


NORWEGIAN DRIED SALTED COD (Gadus morhua)

Bacalhau da Noruega
Bacalao Cod



The product

Cod is the most common and economically most important saltwater fish to Norway. The most important stocks of cod lives much of its life in the Barents Sea, but migrate over a large area along the Norwegian coast, which gives cod a rich flavor and healthy flesh with a high vitamin and omega content. Cod can be up to 150cm long and weigh 40kg and are found at depths of up to 600 meters.

Fishing method

Most common fishing methods are trawl nets, fishing nets, seine nets, long-line and hand-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 cod has good, tasty flesh. The only additive is salt - there are no chemicals added.

Packaging information

Packed with a net weight of 10 or 25 kilos in a base and lid of solid board fastened with plastic bands or packed with a net weight of 50 kilos in a wooden case with base and lid stapled together.

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

Nutritional information	Dried salted cod (7/8) – Type A	
	Per 100g	
Energy	503 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	18,3	g

Nutritional information	Desalted cod	
	Per 100g	
Energy	284 kJ	67 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	15,8	g
Salt	2,1	g

Area of origin (Catch area)

