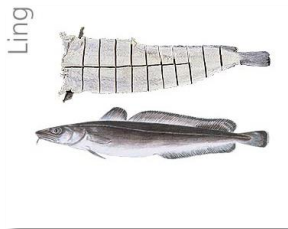


NORWEGIAN DRIED SALTED LING (Molva molva)

Tipo Bacalhau da Noruega
Bacalao Ling



The product

Ling can be caught all year and are often found on the edge of the North Sea shelf or in the deep fjords along the coast, which gives ling a rich flavor and healthy flesh with a high vitamin and omega content.

Ling is a long, narrow fish and can be up to 180cm long and weigh 35kg and are commonly found over a rocky bottom at a depth of 300-400 meters.

Fishing method

Most common fishing methods are 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 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 Ling is a healthy product with a natural content of omega-3, iron, vitamins and protein.

Nutritional information	Dried salted ling (7/8)	
	Per 100g	
Energy	516 kJ	122 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	-	g
Protein	29	g
Salt	17,8	g

Nutritional information	Desalted Ling	
	Per 100g	
Energy	395 kJ	93 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	22,6	g
Salt	2,1	g

Area of origin (Catch area)

