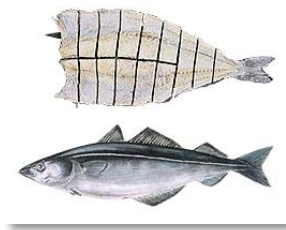


NORWEGIAN DRIED SALTED SAITHE (*Pollachius virens*)

Tipo Bacalhau da Noruega
Bacalao Saithe
Makayabu-Colin



The product

Saithe fish can be caught all year and are found close to the coast and in fjords along the North Sea. Saithe is one of Norway's most important commercial fish species. Saithe can be up to 120cm long and weigh 20kg and are found at depths of up to 300 meters. Saithe migrate over a large area along the Norwegian coast, from south to north, which gives saithe a rich flavor and healthy flesh, with a high vitamin and omega content.

Fishing method

Most common fishing methods are trawl nets, fishing nets, seine nets 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 saithe has good, 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 Saithe is a healthy product with a natural content of omega-3, iron, vitamins and protein.

Nutritional information	Dried salted saithe (7/8)	
	Per 100g	
Energy	472 kJ	111 kcal
Fat	0,5	g
of which		
saturates	0,1	g
monounsaturated	0,2	g
polyunsaturated	0,2	g
Carbohydrates	0,6	g
of which		
sugars	-	g
Protein	26	g
Salt	18,6	g

Nutritional information	Desalted saithe	
	Per 100g	
Energy	368 kJ	87 kcal
Fat	0,7	g
of which		
saturates	0,2	g
monounsaturated	0,3	g
polyunsaturated	0,2	g
Carbohydrates	<0,5	g
of which		
sugars	<0,5	g
Protein	19,7	g
Salt	2,8	g

Area of origin (Catch area)

