



The Unique taste of Norway



Cured Products from Norway

SALTFISH • CLIFFISH • STOCKFISH



Norwegian Cured Products

Cured products is a generic term for salted only, salted and dried and dried only products. **Saltfish**, **Clipfish** and **Stockfish** all fall into this category. They are truly a culinary treasure with an exciting story to tell. Cured products are produced using traditional and modern methods of processing and preserving, making each variety unique in taste and texture.



A country defined by the sea

The sea has been an important part of the Norwegian way of life for more than a thousand years.

The extraordinary combination of nature, culture and good management has given Norwegian seafood a world-class position in terms of quality, tradition and sustainability.

Cured products from Norway have passed the test of time. Driven by the strong traditions and natural conditions found along the Norwegian coastline, our fishermen have passed down their knowledge through the generations, ensuring that only top-quality products emerge from our cold, clear waters.



Recognized by chefs worldwide

This is what some famous international chefs say about Norwegian cured fish.

“There is a long and strong relationship between Italian cuisine and Norwegian stockfish. This fish plays an important role in our national tradition. As well as letting you rediscover the smells and flavours of the past, it also gives you a modern-day and innovative culinary experience. Stockfish is the perfect ingredient for creating new and unusual recipes, combining surprising features with the comforting taste of well-known flavours.” **Paolo Barrale, Italy**

“I believe that quality ingredients are the fundamental base for any kind of cooking. That is why I always use the best products in my creations. Among these you'll find the Bacalao Tradicional Noruego, with its outstanding texture and taste. Thanks to Norwegian saltfish and the great variety of dishes, I have been able to please the most demanding palates. I truly recommend it.” **Hung Fai, Bilbao, Spain.**

“One cannot speak about Portugal without speaking of Norwegian clipfish - Bacalhau da Noruega. In fact, clipfish is a passion that unites both countries. Both in my restaurant and at home, I always choose the best product and I know that with Norwegian clipfish I always get the best results. I know I can rely on a well dried and cured clipfish, with its unique texture and flavours. In every dish I create, I am adding my creativity to a product that has always been a part of my cuisine which I proudly present worldwide.” **Vítor Sobral, Portugal**

From cold, clear waters to your table



Delicious creations

The subtle texture and delicate flavour
of Norwegian cured fish.

Cured fish products from Norway play an important role in the culinary traditions of many countries around the world. Chefs as well as consumers have developed a range of dishes where the main ingredient is a Norwegian cured product. Portugal has its famous *bacalhau* as Spain has its *bacalao*, which has also spread to the Caribbean, Latin America and Africa.

Italy discovered Norwegian *stoccafisso* in the 15th century, and stockfish has not only become an important part of traditional Italian cuisine, it has also become a trendsetter in modern Italian gastronomy. The products are versatile and can be incorporated into almost any culinary tradition. Containing important nutrients, they also have valuable health benefits.





• VERSATILITY •



Flavours to delight **your palate**

Versatility is the key. With their distinctive flavour and texture, cured products lend themselves to countless cooking possibilities. Perfect for braising, stewing, roasting, frying, grilling - the opportunity to create new food experiences is unlimited. There's a recipe to suit every taste, ranging from quick-and-easy to more experimental and complex.

Inviting and desired flavours

Loved by chefs and food enthusiasts all over the world, **Saltfish**, **Clipfish** and **Stockfish** from Norway have been appreciated for generations. All three can be made from either cod, saithe, ling, tusk or haddock - choose your own favourite.



Authentic flavours perfected
**by nature and
craftsmanship**





• CURED FISH CATEGORIES •

The unique selection of
Cured Products
from Norway

SALTFISH • CLIPFISH • STOCKFISH

Salting, drying, or a combination of the two, are the methods used to conserve fish by removing water while still preserving all the nutrients and prolonging its premium quality.

Saltfish is salted and matured for 10-20 days, depending on the method used, ensuring an unforgettable taste. **Clipfish** is produced from saltfish, dry salted and matured, which gives it a distinct flavour. **Stockfish** is a product of nature, demanding first-class raw materials and the optimal weather conditions only found in Northern Norway, and dried to perfection over 4-12 months.

The different products are sorted according to quality and size, giving a wide assortment of ready products to suit your own needs. All cured products may be bought ready to be soaked at home, or soaked and ready to cook.

saltfish



Preserved by salt

The saltfish is preserved by salt, which gives it a unique taste and wonderful texture.

To ensure superb quality, the fishermen cut the fish immediately after catching it. On arrival at the factory, it is gutted and cleaned before being flattened and stored with a layer of salt between each fish. It is then left to mature for three weeks. The salt preserves the fish and gives it its valued taste and texture. After desalting, the fish is ready to be cooked, assuring a perfect result whether in a restaurant kitchen or at home.

PRODUCTS

- Cod
- Saithe
- Ling
- Tusk
- Haddock



clipfish



Endless possibilities

Dried and salted to perfection with modern techniques

Clipfish has the same production process as Saltfish. After salting and curing, the fish is flattened and laid on racks to dry. The drying process takes approximately two to four days depending on the preferences of each market. This process, like the salting method is a maturing process. The dried fish contains 47% water with all its nutrients preserved inside. It can then be kept for several months in chilled conditions until it is ready to be desalted and soaked in the kitchen.

PRODUCTS

- Cod
- Saithe
- Ling
- Tusk
- Haddock



stockfish



Dried to preserve perfection

Drying is an ancient way of preserving fish that dates back a thousand years

Drying preserves the nutrients in the fish as well as creating an intense concentration of flavour. After being caught and cleaned, the fish is immediately hung outside on wooden racks to dry for about 3 months, then matured for 4-12 months. The perfected, finished product is achieved by a delicate balance of wind, rain, sun and a temperature just above 0 °C, conditions only found in Northern Norway. Stockfish is an excellent source of protein, vitamins, iron and calcium. No other food is comparable. The nutritional value of 1 kg Stockfish = 5 kg fresh fish.

PRODUCTS

- Cod
- Saithe
- Ling
- Tusk
- Haddock



• HISTORY •



White gold the Norwegian heritage

The first stockfish was exported from Norway before the Viking era. Today, more than a thousand years later, this tradition is upheld, and Norwegian cured products are exported to countries all over the world.



Stockfish was introduced to Italy by Pietro Querini, an Italian nobleman shipwrecked in the Lofoten Islands in the year 1432. On his return to Italy, he brought with him a ship full of stockfish – and a new bond was created between the two countries. Italy is today the most important market for Norwegian stockfish.

This ancient trade quickly spread to other countries and cultures. The warmer climate of southern Europe was not favourable for hanging fish out to dry, so salt was used instead to preserve this valued source of protein – and saltfish and clipfish were invented. Probably invented by Basque and Portuguese fishermen in the 15th century, this curing process has since been refined by the Norwegians. Since the 19th Norwegian cured products have been important to the Portuguese market, and remains a strong part of their culinary traditions even today.

Our cured products have found their way into many different markets and become an important part of the gastronomic and cultural identity of a number of countries. Main markets include Italy, Portugal, Spain and Brazil, as well as Nigeria, Greece and The Dominican Republic.



Assuring sustainable resources

Norway takes a holistic approach to fisheries management, putting sustainability at the heart of everything it does. The fishing industry in Norway is built on long-term thinking and responsibility. It is carefully managed through quotas and concessions to ensure a sustainable development. Our goal is to maintain a healthy eco-system and to ensure that future generations will have the same possibilities to benefit from the natural wonders of our seas.

Norway has one of the world's largest research and development communities for seafood. The fish stocks are carefully monitored so that we can always ensure stocks are healthy. Each species has a maximum quota. The methods used for harvesting and catching fish are equally important, with regard to both fish health and the ecological system. We therefore carry out continuous development of our harvesting methods.



a way of life

Food safety **top of the agenda**

Food safety is at the top of Norway's agenda and Norwegian seafood meets the highest standards of safety. We have developed a rigorous system for control and inspection to ensure that Norwegian seafood is safe to eat. To meet the demand for information about food safety, Norway has also declared an open approach to all safety information and control systems in order to build trust.

With the Ministry of Fisheries and Coastal Affairs at the top of the governing structure, the Norwegian Food Safety Authority, the National Institute of Nutrition and Seafood Research (NIFES), the Norwegian Seafood Council (NSC) and other institutions all work together with the seafood industry in a system based on internal control in every link of the food chain. Each organisation performs its own tasks in order to ensure safety and cooperates to create the surveillance system. This system is designed to ensure vigilant risk management, to guarantee seafood safety and to protect consumer interests.

Traditional craftsmanship **held by generations**

In Norway, fishing is more than an industry - it's a way of life. The sea has put generations to work, supplied them with food and given them a unique knowledge of fishery - developed through generations and passed on to the next.

The production of Norwegian seafood has evolved in terms of technology, experience and knowledge but has never lost the sense of respect for the environment, for the sea or for the human expertise.

There is no doubt we are a proud seafaring nation with a deep respect for our cold, clear waters. This pride in our seafood products is reflected in the high quality maintained by traditional craftsmanship.





Look for the NORGE logo

Norwegian seafood can be identified by the NORGE logo. This red, white and blue logo tells you that the seafood has its origins in Norway and that it is a premium product delivered to customers around the world. The NORGE logo is your guarantee that the seafood :

- comes from the cold and clear waters of Norway
- is responsibly managed by the Norwegian government
- is handled by competent people

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