

Saltfish is just one of Norway's range of traditional cured products. The method of using salt to preserve fish is old and well known in many cultures. Iberians fishing in the North Atlantic needed to preserve their catches before bringing them home. They covered the fish in salt and then let them dry. This product is well incorporated into Iberian food culture.

The traditional production has since been refined, and Norwegian saltfish is today among the best salted fish in the world. The cold, clear waters along the Norwegian coast give its fishermen access to top-quality raw materials, which is crucial for the final product.

The Iberian peninsula has long been the main area for the Norwegian saltfish trade. It is here that the greatest variety of dishes is found and where you can find special stores selling only salted fish. *Bacalao a la Vizcaína* is a traditional dish that has travelled from the Basque country to the rest of Spain and across the Atlantic to the Spanish-speaking countries of Latin America. *Bacalao al pil pil* is another famous dish where the main ingredients are salted cod and lots of olive oil. Enjoy.



Proudly
Norwegian



Norwegian Seafood Council
Stortorget 1
N-9291 Tromsø, Norway
Phone: +47 77 60 33 33
mail@seafood.no



www.seafoodfromnorway.com



Saltfish

Delicate texture,
**exquisite
flavour**



Cured Products from Norway

Norwegian cod preserved
**preserved by
natural salt**



Saltfish

Norwegian saltfish: Origin and production

SPECIES

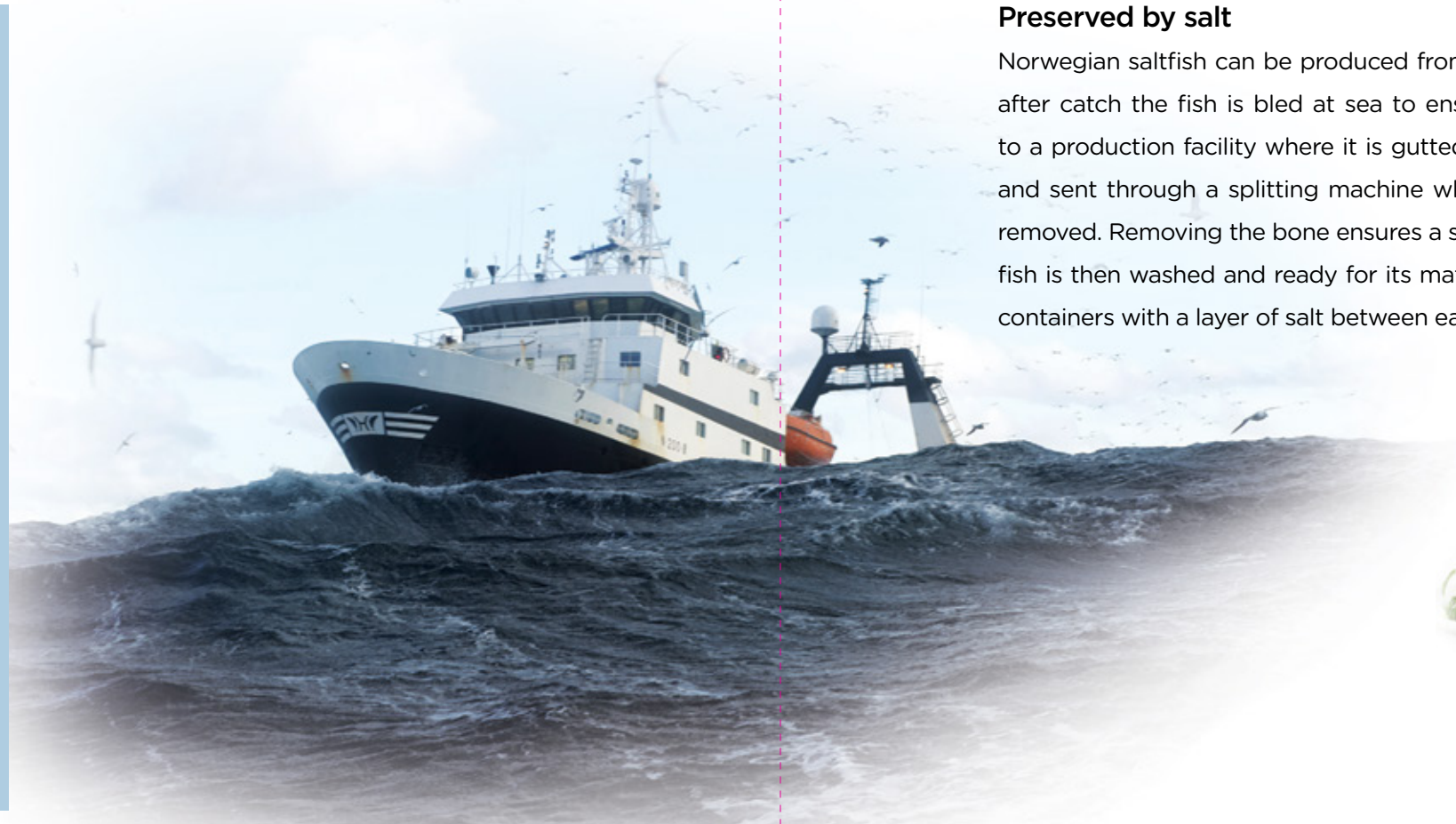
Saltfish can be produced from different species. Each one has a different taste and texture. The salted fish can be sold and consumed as salted fish or it can be dried according to the preference of each market.

NORTH ATLANTIC COD (*Gadus morhua*) The most popular species for producing saltfish. The fish meat is firm and has a white to golden white colour.

LING (*Molva molva*) the species resembles the cod in texture, colour and taste.

SAITHE (*Pollachius virens*) Saithe is a member of the cod family. It has a characteristic taste and the meat is slightly grey.

HADDOCK (*Melanogrammus aeglefinus*) Haddock is also a member of the cod family. It is delicate and mild with a bright white colour.



The different salting methods

There are several ways of salting fish. The most common method used in Norway is pickling. This means that the fish is stacked in containers that preserves the fluids produced during the process. Dry salting is another method for salting fish, where the water runs out of the storage container. Brining is a third method. Brining means that the fish is matured in a brine that contains a concentrated mixture of salt and water. The fish is matured in the brine which is then mixed with the water and fluids from the fish.

The process takes from approximately 12-20 days, depending on the temperature during the maturing process and the method being used.

Preserved by salt

Norwegian saltfish can be produced from both fresh and frozen raw material. Immediately after catch the fish is bled at sea to ensure an excellent quality. The fish is then brought to a production facility where it is gutted and cleaned. When cleaned, the fish is flattened and sent through a splitting machine where approximately two thirds of the backbone is removed. Removing the bone ensures a satisfactory level of salt in the finished product. The fish is then washed and ready for its maturing process in salt, in which the fish is stored in containers with a layer of salt between each fish.



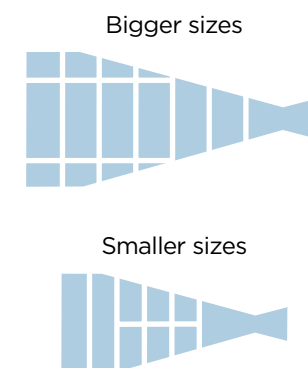
Quality and size

Norwegian saltfish is graded according to three different quality categories; Imperial/Superior, Universal and Mix. Each quality is also commonly sorted by size.

Denomination	Weight
Miudo	< 667 g
Corrente	667 g - 1333 g
Crescido	1334 g - 2666 g
Graudo	2667 g - 3999 g
Especial	4000 g - 5999 g
Jumbo	> 6000 g

Cuts

In order to make the most of the clipfish, we recommend the following cuts:



How to desalt Saltfish



Before consumption, salted fish products must be desalted. The length of the desalting process depends on the thickness of the fish and on how long it has been cured, but is usually 48 hours.

A well soaked saltfish makes all the difference



To achieve a perfect result we have provided these simple guidelines for the desalting process:

1. Cut the fish into portions and rinse excessive salt under the tap. The pieces should be cut into similar sizes.
2. Place the fish in a large bowl of water. A general rule is three times as much water as fish. The bowl of fish should be kept in cool conditions, around 6-8 degrees Celsius during the whole process.
3. Change the water every 8 hours.
4. The fish is ready to be cooked after 48 hours.

Saltfish, a gastronomic treasure



Bacalao, baccalà, bakalaos are words for Norwegian saltfish in different languages.

The main consumption of saltfish is in the Mediterranean area, where it is deeply rooted in the gastronomy of Italy, Spain and Greece. Salted fish is highly valued by chefs because of its versatility, wonderful texture and distinct taste. It can be incorporated into many different food traditions and recipes. In Spain, the varieties are vast and each region has its own dish, a symbol of the region's food tradition. In Italy and Greece, you will find salted fish integrated in their food culture. The product can be used in cutting-edge gastronomy as well as in simple every-day cooking. The fish is rich in vitamins, proteins and other important nutrients and can be used in a variety of dishes.



SPANISH CHEF HUNG FAI

Hung Fai is a famous chef who has fallen in love with Norwegian saltfish. His cooking is known for its fusion of different culinary traditions. This is his testimonial:

"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."

Versatility is the key

Salted fish is well suited for many different recipes. In Spain, you will often find salted fish served as *tapas*. It can also be used in stews, in barbecues, pan-fried and even eaten raw. Each part of the fish has its own use.

