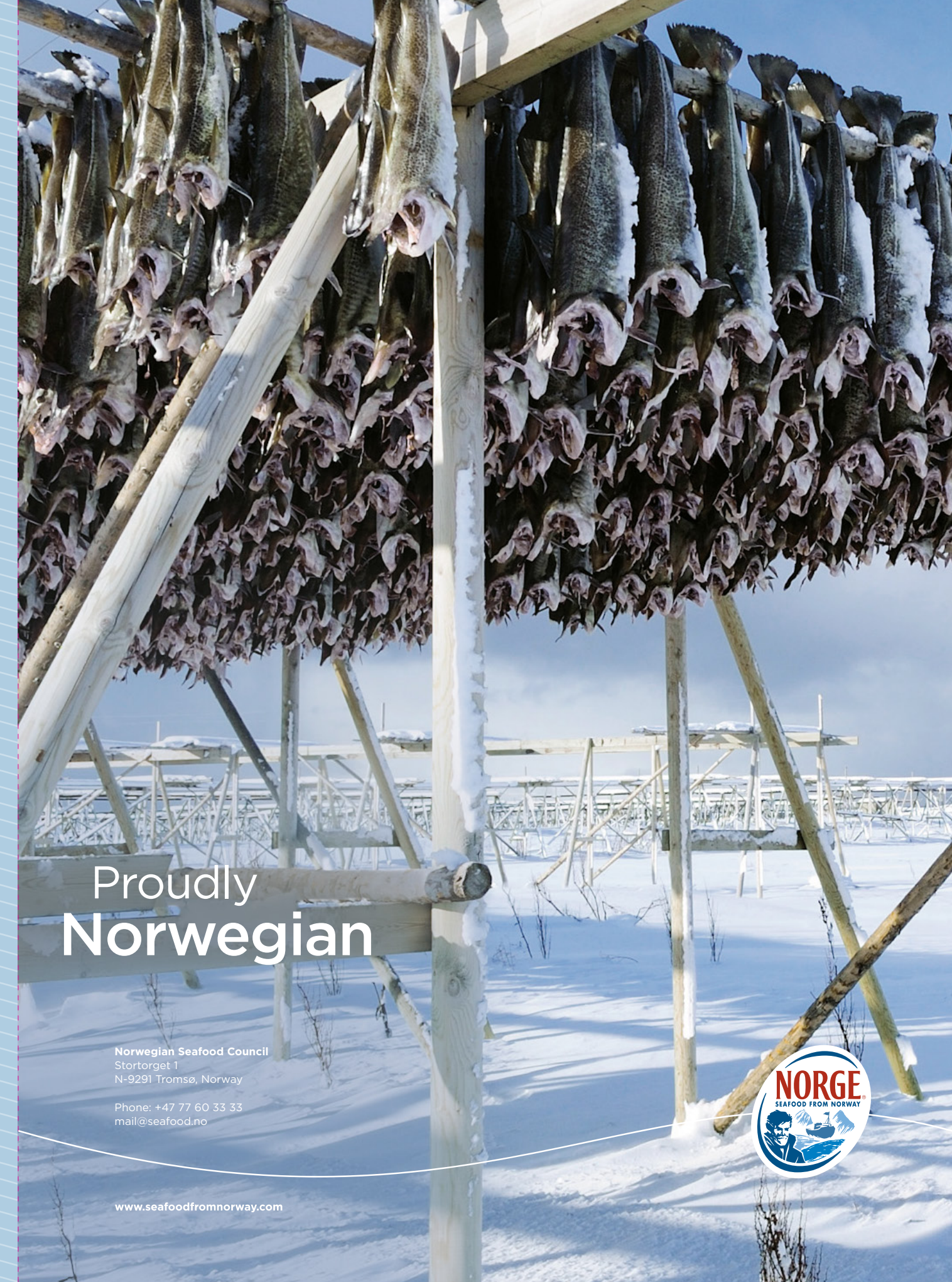
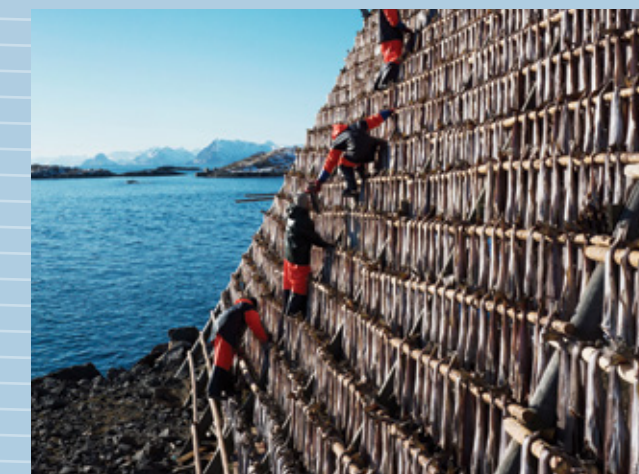


Innovative Vikings. More than 1000 years ago, the people of Northern Norway discovered how they could preserve the natural wonders of their cold and clear waters. By letting the fish dry outside on wooden racks, they developed a product that is today considered a world-class delicacy. Norway is proud to continue this piece of 9<sup>th</sup>-century Viking innovation that still delights us today.

Throughout history, stockfish has played an essential role for the coastal communities of Northern Norway. It has helped them through hard times and was one their richest sources of protein. They soon discovered it had an economic value, and stockfish became an important export product. Today, stockfish is enjoyed in many different cultures, and its nutritional value and exquisite taste are highly valued.

Today, the main markets for consumption of stockfish are Italy, Nigeria, Croatia, USA, Great Britain and Sweden. Similar to Italy, the stockfish trade to Nigeria has longstanding traditions. The Nigerian market has been a hub for African trade for centuries, and our biggest stockfish market overall since the 1930s. Stockfish in Nigeria is known as *okporoko* or *panla*, and is often used in soups and stews. Both Italians and Nigerians have brought their love for stockfish along with them to other parts of the world, and overall stockfish finds its way to over 30 countries across the globe.



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# Stockfish

A unique flavour  
created by  
nature



Cured Products from Norway



Dried cod perfected by  
**centuries-old  
traditions**

# Stockfish

# A Norwegian cultural icon: Origin and production

Stockfish has played an important part in Norwegian history and was one of Norway's first export products. The production process and methods have not changed much since it all started centuries ago. After the fish is caught, it is gutted and hung on wooden racks outdoors to dry for up to three months. The maturing process then continues indoor for another 4-12 months. To secure the best quality, the space where the fish is stored must always be kept dry and have fresh air circulating. This will develop the unique flavour of the fish and preserve all its nutrients.



## Stockfish production is carefully managed

Norwegian producers have developed strict control policies to ensure absolute top quality of the final product. During the drying season, the stockfish is inspected regularly to make sure these high standards are maintained. The stockfish is sorted and graded by quality and size, and can be classified into over 20 different categories. The sorting process is traditional craftsmanship done by hand, ensuring a selection to suit every need.

# Origin and production

Stockfish is a natural product, produced without any kind of additives. The weather in winter and spring, with its combination of sun, wind and rain, is the only ingredient necessary to perfect this unique product. Just as with wine, each production year creates its own unique taste and flavour. The geographical position of Northern Norway, with its clear, cold water and world-class raw materials, is the key to why Norway is the only place where authentic stockfish is produced.

## STOCKFISH OFFERS A WIDE RANGE OF CHOICES

Stockfish is either round fish (whole) or 'rotskjær' (split along the backbone but joined by the tail). The fish are tied together two and two with cotton yarn, hemp or synthetic thread. Stockfish can be produced from the following species:

- ① Stockfish produced from cod. Most stockfish is made from North Atlantic cod (*gadus morhua*). It is highly appreciated in Italy and several other countries.
- ② Stockfish produced from cod passed through rollers. This process creates a different taste and texture. It is recognisable by the patterns on the sides of the fish.
- ③ Stockfish produced from saithe (*pollachius virens*), a cod species found along the Norwegian coast. Stockfish from saithe is popular in countries such as Nigeria, Switzerland and the USA.
- ④ Stockfish produced from tusk (*brosme brosme*), a codfish found on both sides of the Atlantic. Tusk is consumed in several countries with Nigeria as the biggest importer.
- ⑤ Stockfish produced from haddock (*gadus aeglefinus*), also a species in the cod family. It is found on both sides of the North Atlantic and is very popular in African countries.

Unique texture  
exquisite taste

## How to soak stockfish

The drying process removes the water content in the fish while preserving all its nutrients. Therefore, stockfish must be rehydrated before cooking. Stockfish is one of the richest known sources of protein. The drying process also creates a well-balanced concentration of flavours, proteins, vitamins, iron and calcium. The nutrition value of one kilo stockfish is the same as approximately five kilos of fresh fish.



## Stockfish - the path to perfect flavour

### NUTRITION VALUE

1 kg Stockfish  
=  
5 kg fresh fish



**How to soak** Soak the stockfish in clean, cold water (2-4°C). Change the water at least once a day. Cut the stockfish into serving portions after soaking for 2-3 days, depending on the thickness and texture of the fish. If preferred, the skin can also be removed during the soaking process. The fish must be kept refrigerated during the whole process.

**For how long?** If the stockfish has passed through rollers, soak for 2-4 days. Whole fish need to be soaked for 7 days.

**How to know it's ready** Stockfish has a soft consistency when it is ready to cook.

**How to store** Stockfish can be kept frozen up to 18 months.

The stockfish will more than double its weight when soaked.

## Why Italians are passionate about stockfish

Stockfish was invented by Norwegians, but it was the Italians who took it to their heart and made it part of their world-famous gastronomy. For over 500 years, stockfish has been an important part of Italian cuisine. It was first introduced by Pietro Querini, an Italian nobleman and merchant who was shipwrecked off the Norwegian islands of Lofoten in 1432. When he returned to Italy he brought with him 50 barrels of stockfish - and the Italian passion for stoccafisso was born.



### ITALIAN CHEF PAOLO BARRALE

There is a long and strong relationship between stockfish and Italian cuisine. As well as being a product that is very important to our national traditions, the reason why many chefs like me choose this kind of fish is that it lets you rediscover the tastes, smells and flavours

of the past, while allowing you to guide your guests to a modern-day, innovative culinary experience. I find stockfish to be the perfect ingredient for creating new and unusual recipes, yet maintaining the comfort of well-known and much-loved Italian flavours.



Stockfish is a Norwegian culinary treasure and delicacy worth trying if you are looking for a unique food experience. It has a mild flavour and can be grilled, marinated or boiled and used in soups, salads, starters and main courses. Your imagination is the limit.