

Cultural heritage of Norway

The method of salting and drying cod was probably developed by Iberian fishermen along the coast of Newfoundland in the early 16th century, possibly earlier. This method was brought to Norway in 1690 by the Dutch merchant Jappe Ippes. Foreign merchants who settled in the city of Kristiansund in the 1730s began to export salted cod. The main reasons these foreign merchants came here were the very rich fishing grounds and the climate, which is ideal for drying fish. Today, the clipfish industry is still of great importance to the coastal communities from western to northern Norway.

In Norway, the best-known recipe for clipfish is "bacalao", which just means cod in Spanish. This dish, which was brought to Norway by Iberian merchants, is a fish casserole consisting of clipfish, tomatoes, red sweet peppers, olive oil, onions, potatoes and pepper. Over the years, Norwegian chefs have used their imagination and experience to adapt a number of southern European clipfish traditions to the Norwegian palate.



Proudly
Norwegian

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Clipfish

A gastronomic
treasure from
Norway



Cured Products from Norway

Dried and salted cod
premium quality
product



Clipfish

Born by necessity perfected by craftsmanship

The combination of an ample supply of cod, a mild spring sun and the cold north wind made the flat rock faces along the Norwegian coast well suited to drying fish. The Norwegian word *klippfisk* simply means 'rock fish'. Traditionally, the fish was laid out to dry on rocks by the seaside, but today it is mainly dried indoors with modern techniques.



SPECIES

The most famous clipfish is Norwegian cod, but other cod species like ling, saithe and tusk are also used. After splitting, two-thirds of the backbone is removed and the fish is cured in a wet-salted or dry-salted process. The fish is then sorted by size and quality according to the preferences of the target market.

① **NORWEGIAN COD (*Gadus morhua*)** is the authentic clipfish. Over 90% of Norwegian cod catches come from the north-eastern Arctic cod stock, which grow up in the cold waters of the Barents Sea. It is the largest fish in the cod family and has a pale uniform colour when salted. Norwegian cod is mainly consumed in Portugal, Spain, France and other European countries.

② **SAITHE (*Pollachius virens*)** has a darker meat, with a stronger characteristic taste. Saithe is mainly consumed in North East Brazil, the Dominican Republic and Central and Middle Africa.

④ **TUSK (*Brosme brosme*)** is typically smaller compared with the other species. It is slightly darker in coloration. Tusk is mainly consumed in Brazil, the Caribbean and Central and Middle Africa.

③ **LING (*Molva molva*)** is a slender fish compared with the other types of cod. The fish meat has a light and pleasant coloration. Ling is mainly consumed in Latin America and the Caribbean.

Did you know that...

- ◆ Norwegian clipfish has long been considered a great delicacy in **Brazil**, where it is far more expensive than the finest filet mignon.
- ◆ Norwegian clipfish is the first choice at festive holidays such as Christmas and Easter, and of course during the world's biggest festival, the Carnival in Rio de Janeiro. In 2007, Norwegian clipfish was the official theme and mascot of a famous samba school in the city.
- ◆ In the biggest cities, Brazilians prefer to eat clipfish loins of Atlantic cod - while in the North East, with its deep African cultural heritage, the preference is mainly clipfish of saithe, which has a stronger taste and combines well with traditional spices.
- ◆ In **Angola**, clipfish of saithe, also known as makayabu, is primarily consumed by the Bakongo people, an ethnic group comprising around 13 per cent of Angola's 22 million inhabitants. Clipfish is more expensive than many local fresh species and is eaten the year round, mostly at weekends.
- ◆ In **Jamaica**, the national recipe is Ackee made with clipfish of saithe. Throughout the Caribbean, sounds of the classic calypso song "All solfish sweet" can be heard in honour of clipfish.

◆ The Portuguese have many recipe books for clipfish with up to 500 and even 1000 recipes. On average, a Portuguese eats 10 kg of clipfish annually.

◆ The **Portuguese** have strong bonds with bacalhau, or cod, in its many varieties. Among seamen and the workers in the vineyards, clipfish was called "o fiel amigo" - the faithful friend - as it had a long shelf life and could be relied upon when other fish were scarce and difficult to get.

◆ In **Portugal**, it was said that a woman was not ready for marriage until she could make 365 different clipfish dishes!



How to desalt Clipfish



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 clipfish makes all the difference

up to **+30%** more weight after soaked*

*based on Nofima studies (www.nofima.no)

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.



Clipfish is highly appreciated by chefs all over the world because of its versatility, wonderful texture and distinct taste. The tradition is so strong in Portugal that people talk about there being fish, meat, poultry and bacalhau dishes. It is used in hundreds of dishes and the methods of preparation vary from boiling, mincing, deep-frying, pan-frying and grilling to roasting and baking en papillote.



DOMINICAN CHEF MADELEINE PELAEZ

My experience with bacalao is unforgettable. Since I was a little girl, Friday was always "bacalao day" in my family. We would wait all week for this day. Norwegian clipfish has deep roots in Dominican gastronomy. This product allows us to innovate

and is perfect for both the home cook and professional chefs. I love using Norwegian clipfish because of its delicate taste and firm texture. It is also endlessly versatile. In addition, dried and salted fish from Norway is perfect in a tropical climate because of its long shelf life.



BRAZILIAN CHEF OSÓRIO VALENTE

Clipfish has been part of my life ever since childhood, more than 70 years ago, when my mother would prepare family weekend meals with clipfish of saithe. In my professional career, I've become one of Brazil's award-winning chefs for preparing a dish with clipfish of Norwegian cod. This is an excellent product, which is reserved for special dishes. Also, as part of my heritage, I know that clipfish of Norwegian saithe combines perfectly with traditional Bahia cuisine, and is thus one of the most popular dishes in the Northeast for special occasions.



PORTUGUESE CHEF JUSTA NOBRE

While visiting Norway I had the opportunity to accompany fishing, salting and drying cod and that made me respect Norwegian Clipfish even more. As a chef and housewife I always select the best ingredients - for my clients, family and friends. So my choice could not be other than our dear *Bacalhau da Noruega*.