

# Atlantic cod

SEAFOOD  
FROM  
NORWAY



Norway has the world's largest cod stock, and it has created a basis of existence for people along the coast for many thousands of years. The cod is still the most important resource for Norwegian fisheries, and it is just as apropos on the menu today as it was 5300 years ago.

## Biology

The cod has an extended, pot-bellied body and a large head. The cod uses the obvious barbel its chin to find food. The cod has a brown speckled colour on the upper side and is light on the underside. The flesh is white. In Norwegian waters we distinguish between two main types of cod: the stationary coastal cod which lives on the bottom of shallow water along the coast, and the migrating Norwegian–Arctic cod which has its maturation area in the Barents Sea and then enters the Norwegian coast as sexually mature cod, better known as skrei.

The North East Arctic stock constitutes the majority of the total Norwegian cod stock. The coastal cod lives in the fjords and all the way out to the continental shelf break. It can have spawning areas which overlap with North East Arctic cod. Other stocks of cod are found along Iceland, the Faroe Islands, in the Baltic Sea, the North Sea, the Irish Sea, west of Scotland and in the North West Atlantic. In addition, there are local coastal and fjord stocks in Canada and the south coast of Greenland.

## Fishery

Cod are fished year round but have a seasonal halt from January to April because of the skrei fishery. Large portions of the skrei (North East Arctic cod) are fished off the Lofoten Islands and the Vesterålen Islands, where the most important spawning grounds are located. The coastal cod is fished along the entire Norwegian coast. Cod are fished most often with bottom otter trawl, Danish seine, lines, gillnets, hand lines and pots.

## Sustainability

Each year the total quota of cod is determined on a scientific basis and as a result of negotiations with other coastal states. The Norwegian Ministry of Trade, Industry and Fisheries allocates the quotas among fleet groups to those who have a right to participate in the cod fisheries.

## Species

*Gadus morhua* – Atlantic cod

## Family

*Gadidae* – Cod family

## Products

Fresh (fillet and whole), frozen (fillet and whole)  
Salted (pieces, fillet and whole)  
Salted and dried (pieces, fillet and whole)  
Dried (pieces, fillet and whole)

## Size

Coastal cod: Max. 130 cm and 40 kg  
North East Arctic cod: Max. 169 cm and 55 kg

## Range

Coastal cod: Fjords and coastal areas  
North East Arctic cod: Feeding area in the Barents Sea, spawning area from Finnmark to Stad with the most important spawning grounds off Lofoten

## Season

The fishery takes place the entire year but has a seasonal halt from January to April (Skrei fishery/Lofoten fishery).

## Feeds on

Zooplankton, fish and bottom-dwelling organisms (crayfish etc.)

## Names in other languages

Latin: *Gadus morhua*  
Norwegian: Torsk  
English: Atlantic Cod  
French: Cabillaud, Morue  
German: Dorsch, Kabeljau  
Danish: Torsk  
Spanish: Bacalao  
Finnish: Turska  
Greek: Gádos  
Italian: Merluzzo bianco  
Icelandic: þorskur  
Japanese: 大西洋マダラ  
Dutch: Kabeljauw  
Portuguese: Bacalhau  
Polish: Dorsz  
Swedish: Torsk  
Turkish: Morina  
Russian: Атлантическая треска  
Chinese: 大西洋真鳕  
Arabic: سمك القد الأطلسي



The North East Arctic stock, which is the largest cod stock in the world, is considered to be in good condition, and it is managed sustainably. The stocks of coastal cod and cod from the strait of Skagerrak and the North Sea are in poor condition. The North East Arctic cod fishery is environmentally certified by:

**Marine Stewardship Council (MSC)** – MSC's fishery certification programme and environmental label for seafood certifies and rewards sustainable fishing.

**KRAV** – The KRAV label is Sweden's best known environmental label for food, based on an organic basis with particularly high requirements for animal welfare, health, social responsibility and environmental impact.

#### Food safety/quality control

The Norwegian seafood industry is subject to stringent requirements in order to ensure food safety. It is a system consisting of several bodies which jointly examine and monitor compliance with the requirements in all stages of the production chain. The bodies which supervise food are the Norwegian Food Safety Authority, the Norwegian National Institute of Nutrition and Seafood Research (NIFES), the Norwegian Directorate of Fisheries and the Norwegian Ministry of Trade, Industry and Fisheries.

A Norwegian Standard (NS 9406:13) has been developed related to the quality mark for Skrei. Quality-marked Skrei are sexually mature spawning cod which have been selected, handled and packaged according to specific requirements described in the quality standard.

#### Nutritional content

Cod is a lean fish and is rich in:

**Protein**, which builds and maintains all the cells in the body.

**Vitamin B<sub>12</sub>**, which is important for the body's production of new cells, including red blood cells, and which can contribute to preventing anaemia.

**Selenium**, an important element in the enzymes that combat harmful chemical processes in the body.

**Iodine**, which regulates the body's metabolism and is important for normal growth and development of the nervous system.

#### Applications/uses

The cod has a mild, white colour to the flesh which handles many different types of accompaniments and spices. It can be strongly spiced as in a bacalao or lightly salted. Cod flakes easily and should therefore not be cut into pieces that are too small. It is very useful and can be grilled, fried, boiled or eaten raw in sushi.

The skrei has a great deal of muscle, good firmness and a white, delicate flesh. The by-products from skrei such as the roe, liver, tongue and jaw make the skrei product absolutely special.

#### You can read more about cod here:

<https://www.regjeringen.no/no/dokumenter/fiskekvoter---fastsetting-og-fordeling/id87879/>

[http://www.imr.no/temasider/fisk/torsk/nordaustrarktisk\\_torsk\\_skrei/nar\\_skreien\\_gyt/nb-no](http://www.imr.no/temasider/fisk/torsk/nordaustrarktisk_torsk_skrei/nar_skreien_gyt/nb-no)

[www.cod.fromnorway.com](http://www.cod.fromnorway.com)

#### Nutritional content

Nutritional content per 100g wild cod (edible food):

Energy:	315 kJ / 75 kcal
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#### Nutrients:

Protein:	17 g
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#### Fat:

Saturated fat:	0.7 g
Cis-mono unsaturated fatty acids:	0.08 g
Cis-poly unsaturated fatty acids:	0.28 g
Omega-3:	0.24 g
Omega-6:	0.2 g
Cholesterol:	0 mg

#### Vitamins:

Vitamin A:	0 µg
Vitamin D:	1 µg
Riboflavin:	0.04 mg
Vitamin B <sub>12</sub> :	0.8 µg

#### Minerals:

Iron:	0.2 g
Selenium:	27 µg
Iodine:	143 µg

#### More information about nutritional content can be found at:

[sjomatdata.nifes.no](http://sjomatdata.nifes.no)

#### Source:

<https://cod.fromnorway.com/cod-essentials/nutrition/>