

# Facts About Skrei

Skrei is ultra-premium specialty Norwegian Cod treasured the world over for its beautifully white meat, delicate flake, and extraordinary flavor. Available for only a few short months each year, Norwegian fishermen brave the ferocious seas on the darkest, coldest nights of the year in pursuit of this sought-after catch.

## Only the Very Best Norwegian Cod Are Classified Skrei

In order to be certified, it must be:

- Wild-caught between January and April
- Fully grown (approximately 5 years old)
- Caught in the traditional spawning grounds that line Norway's coast
- In immaculate condition—no nicks, bruises or damage
- Packed within 12 hours of being caught
- Stored between 32° and 39.2°F
- Packed and processed in accordance with strict criteria that guarantee the highest quality

## Taste and Texture

- Beautifully white, light and lean
- Firm flakes
- Delicate, silky-smooth flavor
- Clean taste that comes from swimming in the cold, clear waters of Norway

## Sustainability

- Skrei comes from one of the world's largest and most sustainably managed cod stocks
- MSC certified
- Only 10% of over 400 million migrating cod are caught and branded Skrei

## Nutrition

- Skrei is rich in protein, vitamins (vitamin D), minerals and omega-3 fatty acids

## Historical Importance

- Thought to be one of Norway's first exports, its annual arrival enabled people to inhabit far north areas of Norway when other food wasn't available
- Known as "the Norwegian Miracle," the name "Skrei" comes from old Norse for "the wanderer"
- In Norway, it's also known as the "Valentine's Fish" as a Skrei has prepared its whole life to make the journey to meet its mate at the spawning grounds where it's caught

