



Trendy fish with Nordic flavours
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*History, traditions & products of
salted fish @ Iceland*

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Salt-cured fish

Important source since ancient times

One of the oldest preservation methods

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Salting of fish has been practiced in Iceland since 15th century, -headed and gutted, salted in barrels. Export of such products in 15th and 16th century. Splitted fish was salted in wooden coffins or tubs (17th and 18th century). In mid 18th to end of 19th century, splitted fish was dry-salted in low piles, 3-5 days before drying, requiring huge amounts of salt

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Post WW2: rapid development for quality and better utilisation due to limited fishery resources

Last decade of 20th century: Better understanding of physical properties of saltfish

The influence of salting procedures on the characteristics of heavy salted cod

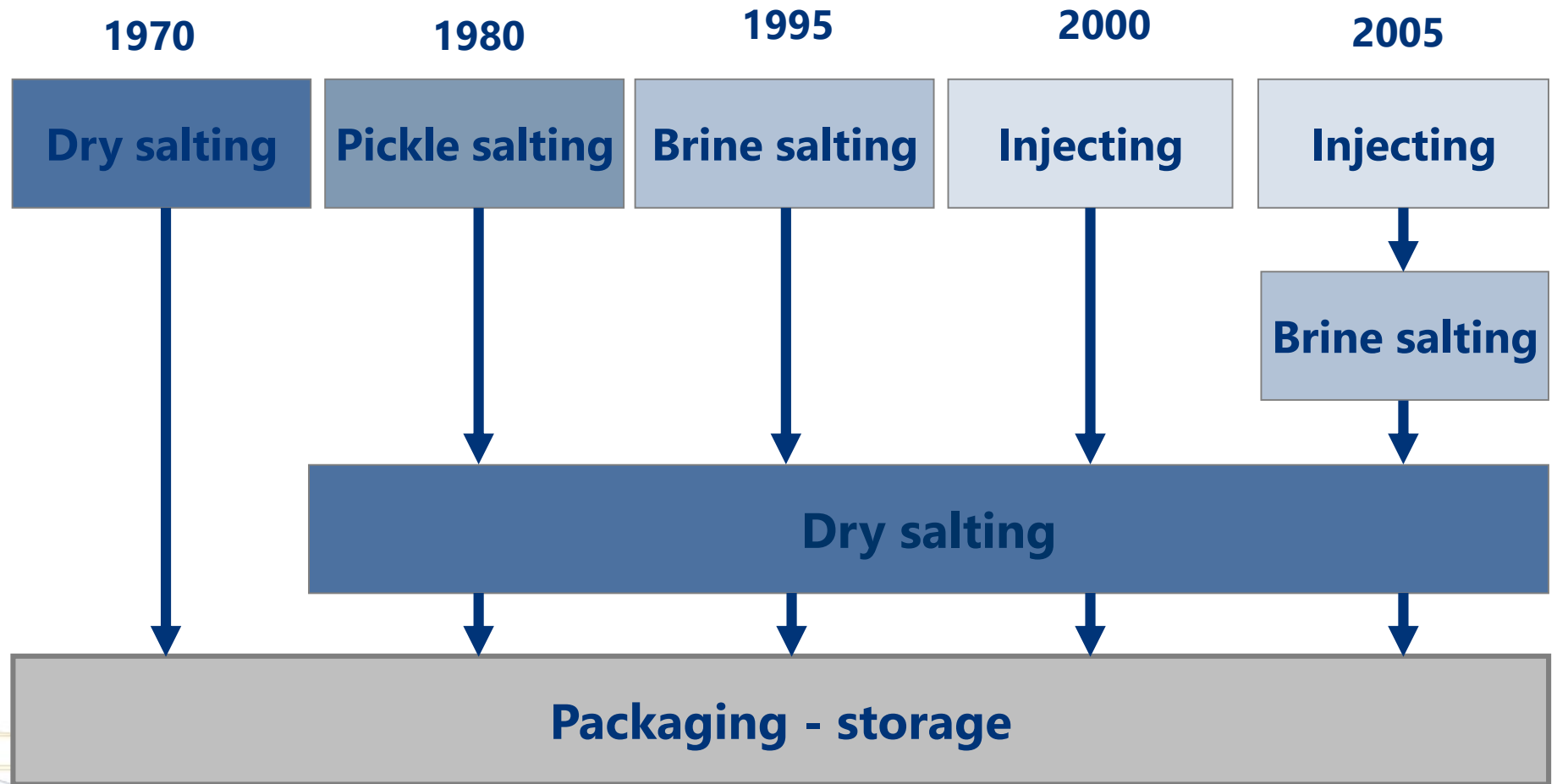
Effects of Different Processing Methods on the Physicochemical Properties of Heavily Salted Cod

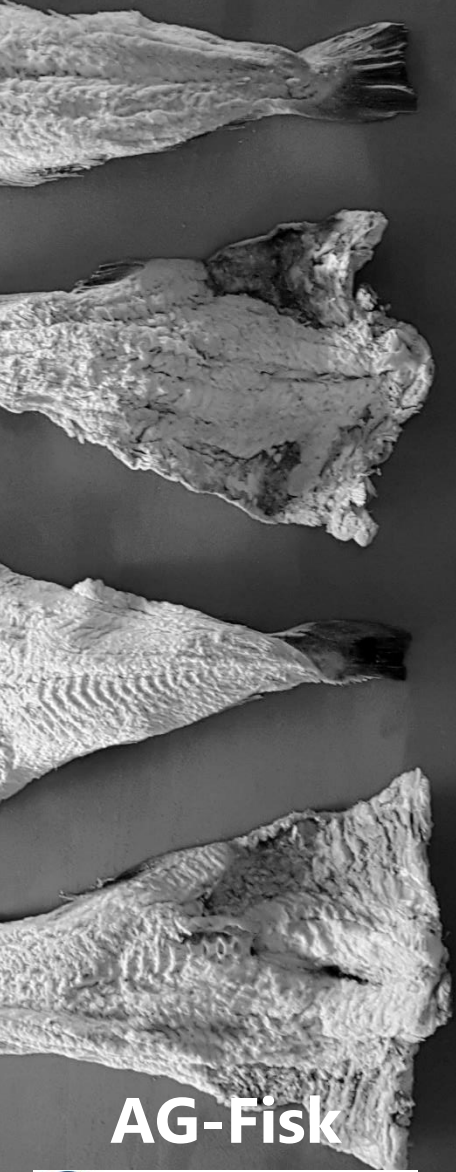
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Development in "recent" years





The products in Iceland ...

Fully salt cured splitted – pickle salted

Fully salt cured fillets – brine salted

Lightly salted fillets (**not** salt cured)

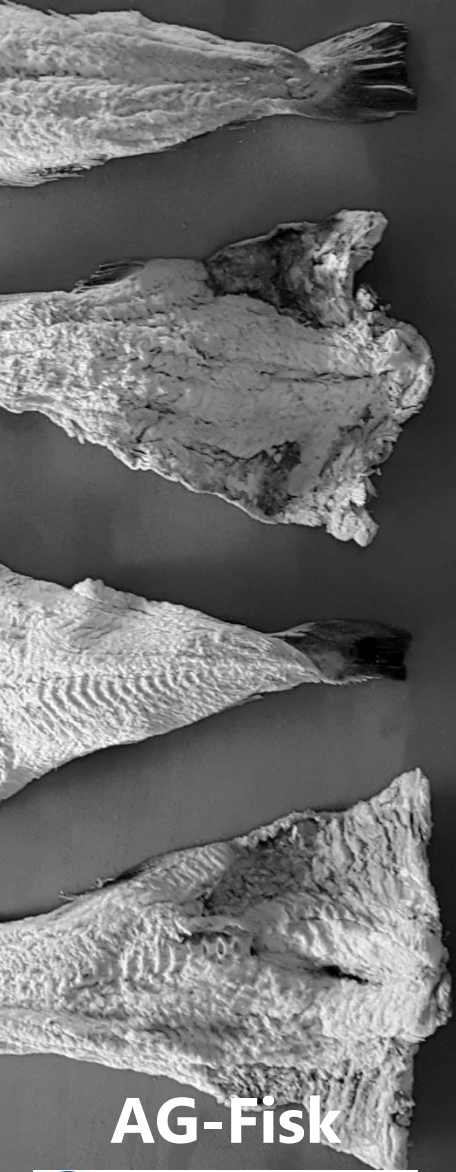
Desalted fish in Iceland: is often very salty...the salt content of the “traditional” dish of Icelanders is not well defined

However, the traditional dish has been the same for decades ...

Boiled, served with melted intestinal sheep fat!

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The products in Iceland ...



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