

The one and only

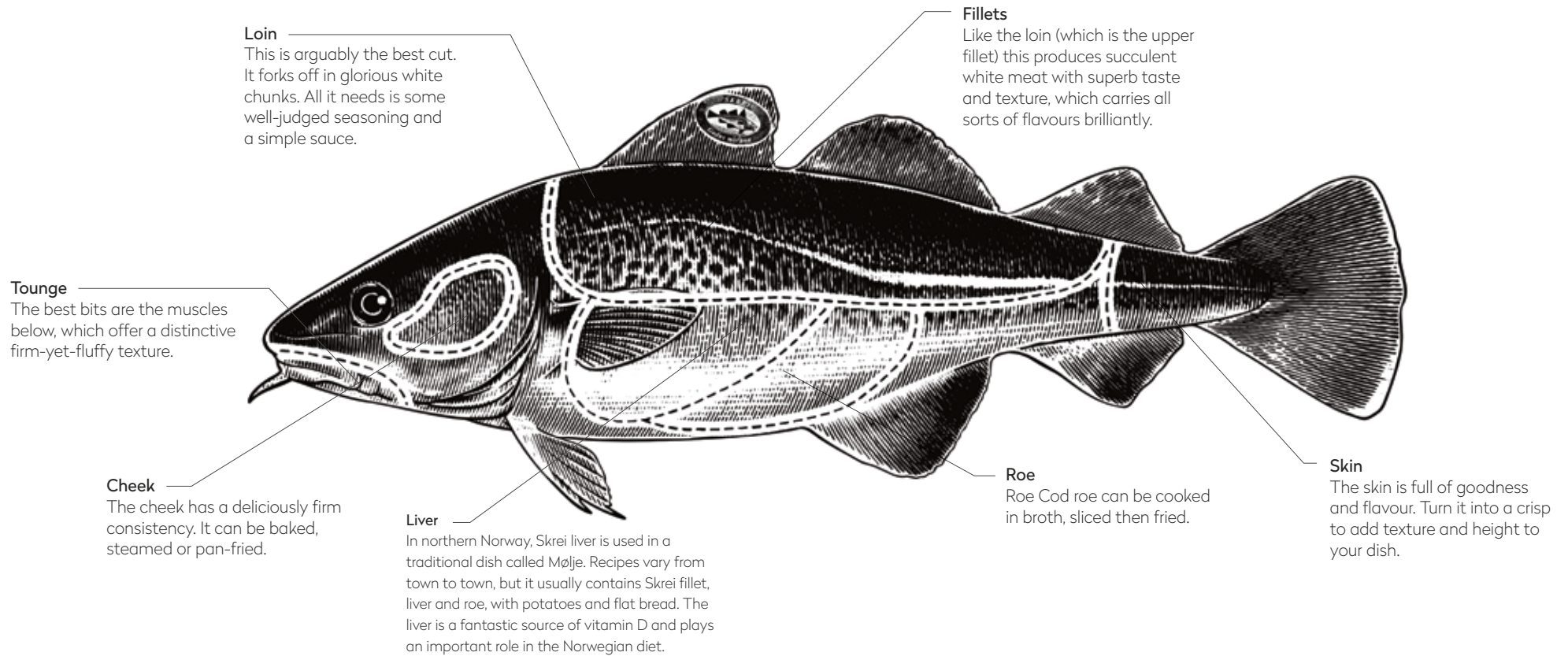


# SKREI

Norwegian cod at its best

Caught only between January and April

SEA FROM  
NORWAY



## Preparing Skrei

Skrei (pronounced 'skray') is a special kind of migratory Norwegian cod.

Skrei means 'wanderer', referring to the 1000km journey these cod makes each year to spawn around the islands of Lofoten and Vesterålen. This epic swim through the rough Barents Sea is what gives the Skrei such a unique and delicate taste. Skrei is strictly seasonal and the catch is tightly monitored.

## Do it justice

The fish do all the hard work for you by making that long, arduous swim through the turbulent Arctic waters of the Barents Sea. This is what makes the flesh so gloriously chunky and succulent. To show it off at its best, avoid over-cooking: it can even be cooked at temperatures as low as 38°C.

## Tounge to tail

This is a remarkably versatile fish. It's also big and healthy. So every morsel can be turned into something delicious.



## To earn their mark, Skrei must be:

- Caught from specific grounds off northern Norway.
- Only available between January and April.
- All companies must comply to strict standards to be able to pack and use the Skrei quality mark.
- To guarantee the highest quality it must be packed and processed in accordance to strict criteria and stored between 0-2°C within 12 hours from catching.
- Third party quality controlled by the Fishery Sales Organisation.

Speak to your supplier for further information,  
or visit [skrei.com](http://skrei.com)



[www.directseafoods.co.uk](http://www.directseafoods.co.uk)

[skrei.com](http://skrei.com)

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