



Atlantic Herring

Clupea harengus (Pelagics)

Atlantic herring is one of the most important pelagic fish species of the northern hemisphere. It is naturally distributed across the North Atlantic, with the main commercial stocks found in the Northeast Atlantic, shoaling around Norway, Iceland, the Faroe Islands, and the North Sea. The stocks differ by their spawning patterns, which affect the migration behaviour, seasonal abundance, fat level and overall quality.

Atlantic herring is a major commercial species for many markets. It is widely used for marinating, smoking, salting and canning.

The main fishing nations are Norway, Iceland, UK and Russia. In the Northeast Atlantic, the main commercial season generally runs from autumn into winter, often beginning in October and continuing through February or March. The average commercial size is around 250-350 grams or 25-35 cm in length.

Categories: Wholesale, Processing, HoReCa, Retail.

Size: WR - 100-200 / 200-300 / 300+ / 350+ / 400+ / 450+ | flaps 6-10 / 5-8 / 4-7 ppk | skinless fillets 50-80 / 60-100 g

Countries:

Denmark
Faroe Islands
United Kingdom
Greenland
Ireland
Iceland
Norway
Russia

Nutrition data:

Calories: 195 kcal.
Protein: 17.5 g.
Fat: 13.5-18.0 g.
Omega 3: 2.5-2.8 g.
Water: 67 g.

Product forms:

WR
HG
Fillets
ROE

Processing:

Landfrozen

More details available on: <https://seachef.eu/en/species/atlantic-herring>

Inquiries

For inquiries, questions or additional information, please feel free to contact us.

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About **SEA CHEF TECHNOLOGIES**

SIA Sea Chef Technologies is an international seafood trading and sourcing company built on a simple idea: to connect reliable seafood production with professional, stable service through strong management, disciplined execution, and modern IT tools. Over time, the company has grown from a focused team into a structured organization with employees and agents operating across different markets, working with a broad portfolio of **frozen and fresh fish, shrimps, and molluscs**. Our growth has been practical rather than theoretical. Every customer, supplier, and project has helped us refine the way we work, from purchasing and quality control to logistics, documentation, and risk management.

We operate in the international seafood B2B segment. Our role is not simply to buy and sell fish, but to create dependable supply solutions in a global market shaped by seasonality, catch volumes, quotas, logistics costs, regulations, currency fluctuations, and shifting customer needs. We combine product expertise with structured internal processes so that our customers receive the right product, in the right quantity, with the right documentation, and in a quality fully suited to its final use. **In this sense, our real product is not only seafood itself, but also information, service, and execution.**

We serve a broad range of professional customer segments across the seafood chain, including importers and wholesalers, processors, distributors, HoReCa businesses, and supermarket chains. Some of our customers are direct end users with highly specific quality and compliance requirements, while others rely on us as a sourcing and logistics partner to bridge information gaps and secure stable supply. What unites them is the need for a professional counterpart who understands seafood products, works confidently with specifications and volumes, and can support both long-term supply programs and spot business. Our customers value speed, clarity, accuracy in documentation, honest communication, and reliable complaint handling, because their own success depends on stable performance from every supplier in the chain.

Our company is guided by a clear set of core principles: promptness, reliability, transparency, and long-term partnership. This combination of product knowledge and process discipline is what defines Sea Chef Technologies and allows us to serve the international seafood market with confidence and consistency.

**The right quality fish. For the right customer.
At the right time. Delivered globally.**



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SPECIES CATALOG



Atlantic Mackerel

WR, HG, Fillets.



Capelin

WR, ROE.



Blue whiting

WR, HG.



Jack mackerel

WR, HGT.



Atlantic Herring

WR, HG, Fillets, ROE.



Silver smelt

WR, HG.



Pacific Hake

WR, HG, Fillets, HGT.



Argentine hake

WR, HG, Fillets, HGT.



Atlantic Salmon

Fillets, HON, By-products.



Steelhead trout

HG, Fillets, ROE, HON, By-products.



Coho salmon

HG, Fillets, ROE, By-products, Steaks.



Chum salmon

HG, Fillets, ROE, Steaks.



King salmon

Fillets, ROE, HON.



Pangasius

WR, Fillets, HGT, By-products, Steaks.



Pink salmon

WR, HG, Fillets, ROE, Steaks.



Tilapia

WR, Fillets, By-products.



Yellowfin tuna

By-products, Steaks, Loins, Chunks, Canned.



Bluefin tuna

HG, By-products, Loins.



Bonito tuna

WR, HG, Loins, Canned.



Skipjack tuna

WR, Loins, Chunks, Canned.



Oilfish

Fillets, HGT, Chunks.



Greenland Halibut

WR, Fillets, HGT, Steaks, HG / J-cut.



Redfish

WR, Fillets, HG / J-cut.



Saithe

WR, HG, Fillets, By-products, HG / J-cut.



Yellow croaker

WR, WR/Gutted.



Pacific saury

WR, Canned, WR/Gutted.



Yellowtail kingfish

WR, HG.



Pacific mackerel

WR, HG, HGT.



Southern Blue Whiting



Blue mackerel

WR, HG, HGT.



Barracouta

WR, HG.



Redbait

WR.



Russian sturgeon

HG, Fillets, HGT, HON, Steaks.



Hybrid sturgeon

HG, Fillets, HGT, HON.



Common bream

WR.



Baltic herring

WR, HG, HGT.



European sprats

WR, HG.



European smelt

WR.



Greenshell mussels

Whole-shell, Half-shell, Mussel meat.



Chilean mussels

Whole-shell, Half-shell, Mussel meat.



Black tiger shrimps

RHOSO, CHOSO, RHLISO, PUD, P&D.



Whiteleg shrimps

RHOSO, CHOSO, RHLISO, PUD, P&D.



Argentinean red shrimp

Whole, Tails.



Northern coldwater shrimps

PUD, Whole.

More details available on: <https://seachef.eu/en/species>

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