



## Baltic herring

*Clupea harengus membras* (Pelagics)

Baltic herring (*Clupea harengus membras*) is the Baltic-adapted subspecies of Atlantic herring and one of the foundational small pelagic fish of the Baltic Sea. Commercially, the fishery is divided into several management units, most importantly the central Baltic, Gulf of Riga, Gulf of Bothnia, and western Baltic stocks. In 2025, target TACs were set at 83,881 tonnes for central Baltic herring, 41,635 tonnes for Gulf of Riga herring, and 66,446 tonnes for Bothnian herring, while western Baltic herring remained effectively a by-catch fishery. In 2024, central Baltic herring catches stood at about 75,236 tonnes, with the largest shares taken by Russia, Poland, Sweden, and Estonia.

From a product perspective, Baltic herring has a dual commercial role. It remains a traditional food fish in the Baltic states and Finland, sold as whole fish, gutted product, fillets, and marinated items, while at the same time large volumes are directed into bait, fishmeal and fish oil, especially for aquaculture feed. This gives Baltic herring a broader industrial role than many similar species: it is both a regional food fish and a strategic fishmeal raw material.

In market terms, Baltic herring is best understood as a core Baltic volume species. It is not positioned as a premium fish, but it is commercially indispensable, linking coastal food traditions with large-scale industrial processing. Alongside sprat, it dominates Baltic pelagic landings and remains one of the species that define the economics of the region's fishing industry.

**Categories:** Processing, Retail.

**Size:** IQF/Blockfrozen - 9-12 / 12-15 / 15+ cm

**Countries:**

Estonia  
Finland  
Latvia

**Nutrition data:**

Calories: 125 kcal.  
Protein: 18.0 g.  
Fat: 3.0-9.0 g.  
Omega 3: 0.5-2.0 g.  
Water: 75.0 g.

**Product forms:**

WR  
HG  
HGT

**Processing:**

Landfrozen

More details available on: <https://seachef.eu/en/species/baltic-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.**



[www.seachef.eu](http://www.seachef.eu)

## 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.



### 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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