



## Blue whiting

Micromesistius poutassou (Pelagics)

Blue whiting is a small pelagic fish species of the cod family, widely distributed across the Northeast Atlantic. The main commercial stock is found in the waters west of Ireland and the Faroe-Shetland Channel, extending northwards into the Norwegian Sea. Blue whiting is mainly used for the production of fishmeal and fish oil, with roughly 10-15% of the catch used for human consumption.

In the Northeast Atlantic, blue whiting spawns mainly in spring in deep waters west of Scotland and Ireland. After spawning, the stock migrates northwards into the Norwegian Sea for summer feeding, and this migration pattern determines the main fishing seasons and product availability.

The main fishing nations are Norway, Iceland, the Faroe Islands, and EU fleets operating in the Northeast Atlantic. Commercial sizes of blue whiting are usually measured in centimeters, with fish suitable for human consumption averaging 23-27 cm in length.

**Categories:** Wholesale, Processing, HoReCa.

**Size:** 21+ / 23+ / 25+ / 30+ cm

### Countries:

Faroe Islands  
Ireland  
Iceland  
Netherlands

### Nutrition data:

Calories: 84 kcal.  
Protein: 18 g.  
Fat: 1.5 g.  
Omega 3: 0.3 g.  
Water: 80 g.

### Product forms:

WR  
HG

### Processing:

Seafrozen  
Landfrozen

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

## Inquiries

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

inquiries@seachef.eu

+371 28779999

www.seachef.eu

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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.



### **Pacific mackerel**

WR, HG, HGT.



### **Blue mackerel**

WR, HG, HGT.

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