



## Capelin

Mallotus villosus (Pelagics)

Capelin is a small pelagic fish species found in the North Atlantic and Arctic regions. The main commercial stocks in the Northeast Atlantic are found around Iceland, East Greenland, Jan Mayen, and in the Barents Sea.

Capelin is before all known for its roe, which is widely used in the production of roe based spreads and masago. Females with high roe content are considered a delicacy in Asia, where roe content and maturity determine quality. Male capelin are commonly used for smoking and frying in Eastern Europe. Capelin also plays a significant role in fishmeal and oil production, and it is sold as feed for dolphins and zoos around the world.

The Iceland-East Greenland-Jan Mayen stock is shared mainly between Iceland, Greenland, the Faroe Islands, and Norway, with Iceland playing the dominant role in this stock, while the Barents Sea stock is shared mainly between Norway and Russia.

Capelin sizes are often estimated by count per kilogram, or PPK, which stands for "pieces per kilo."

**Categories:** Wholesale, Processing.

**Size:** 25-35 / 30-40 / 35-45 / 40-50 / 55-65 ppk

### Countries:

Canada  
Faroe Islands  
Greenland  
Iceland  
Norway  
Russia

### Nutrition data:

Calories: 98 kcal.  
Protein: 15-18 g.  
Fat: 4.2 g.  
Omega 3: 1.2 g.  
Water: 79 g.

### Product forms:

WR  
ROE

### Processing:

Landfrozen

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

## Inquiries

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

inquiries@seachef.eu

+371 28779999

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

This document and all information contained herein are provided exclusively for the purpose of evaluation and inquiry. No part of this document may be reproduced, copied, distributed, transmitted, disclosed, or otherwise used in any form or by any means without the prior explicit written consent of the author. Any unauthorized use, reproduction, or dissemination of this document, in whole or in part, is strictly prohibited and may result in legal action. By accessing this document, the recipient agrees to comply with the above restrictions.

## 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.

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

## Inquiries

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

inquiries@seachef.eu

+371 28779999

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

This document and all information contained herein are provided exclusively for the purpose of evaluation and inquiry. No part of this document may be reproduced, copied, distributed, transmitted, disclosed, or otherwise used in any form or by any means without the prior explicit written consent of the author. Any unauthorized use, reproduction, or dissemination of this document, in whole or in part, is strictly prohibited and may result in legal action. By accessing this document, the recipient agrees to comply with the above restrictions.