



## European smelt

*Osmerus eperlanus* (Pelagics)

European smelt (*Osmerus eperlanus*) is a small cold-water fish associated with coastal waters, estuaries, and large lakes of northern Europe. In the Baltic region, its strongest marine populations are found in the Gulf of Bothnia, eastern Gulf of Finland, Gulf of Riga, and Curonian Lagoon, while inland and estuarine fisheries remain important in places such as Estonia and the wider Gulf of Finland area. Commercial smelt fishing is highly seasonal and is often concentrated on the spawning migration, especially in April-May, when fish are taken on their way into rivers and coastal spawning areas.

From a product perspective, smelt is appreciated for its delicate flesh, mild sweet taste, and distinctive seasonal identity. It is marketed mainly as whole small smelt, fresh or frozen, and is also used in fried, smoked, dried, and marinated products. Because of its size and culinary character, it performs best as a specialty or seasonal item rather than as a mass industrial fish. In the right market, it carries a more artisanal and traditional image than its modest size would suggest.

In market terms, European smelt is best described as a regional northern specialty fish. Its commercial relevance is strongest in the Baltic region, especially in Estonia, Finland, Latvia, Lithuania and the Gulf of Finland area, where it still retains cultural and seasonal value. It is not a major volume commodity, but where local demand exists, it remains a recognizable and commercially useful niche species.

**Categories:** Processing, Retail.

**Size:** WR - 10-15 / 12+ / 15+ cm

### Countries:

Estonia  
Finland  
Latvia

### Nutrition data:

Calories: 90 kcal.  
Protein: 17.5 g.  
Fat: 2.5 g.  
Omega 3: 0.5 g.  
Water: 78.0 g.

### Product forms:

WR

### Processing:

Landfrozen

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

## 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.



### 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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