



Saithe

Pollachius virens (Groundfish)

Saithe (*Pollachius virens*), also widely known in trade as coalfish, is a cold-water North Atlantic member of the cod family, but commercially it stands apart from classic cod because of its darker flesh tone, firmer texture, and more active, semi-pelagic behavior. It occurs on both sides of the North Atlantic, from coastal and offshore waters to deeper fishing grounds, and is especially important in the Northeast Atlantic.

Saithe can be best described as an active, schooling species that typically moves into coastal waters in spring and returns to deeper waters in winter, which helps explain its strong seasonal role in northern fisheries. From a market perspective, saithe is a highly practical processing species. It is sold in a broad range of product forms, including fresh and frozen whole fish, HG, fillets, loins, breaded, salted, smoked, canned, and frozen by-products. Its flesh is lean, firm, and well suited to portioning and industrial processing, which makes it especially relevant for retail packs, foodservice, and secondary processing. In commercial terms, saithe is often positioned as a dependable northern whitefish with good processing yields and broad format flexibility rather than as a luxury species sold only on image.

The main commercial fisheries are concentrated in the North Atlantic, particularly around Norway, Iceland, the Faroe Islands, the North Sea, and the Barents Sea. For EU imports, the most important sourcing countries in 2023 were Norway (50%), Iceland (24%), and the Faroe Islands (11%), which gives a good picture of today's commercial supply base.

Categories: Wholesale, Processing, HoReCa, Retail.

Size: HG - 0,9-1,2 / 1,2-2,3 / 2,3-4 / 4+ kg | Fillets 3-5 / 5-8 / 8-16 / 16-32 / 32+ oz

Countries:

Faroe Islands
Iceland
Norway
Russia

Nutrition data:

Calories: 92 kcal.
Protein: 18.0 g.
Fat: 0,9 g.
Omega 3: 0.2 g.
Water: 82 g.

Product forms:

WR
HG
Fillets
By-products
HG / J-cut

Processing:

Seafrozen
Landfrozen

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

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.



Pacific mackerel

WR, HG, HGT.



Blue mackerel

WR, HG, HGT.

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