



# *Dried Fish*





## *From Wooden Racks to Green Energy*

Drying fish for preservation is an age-old practice in Iceland. At the edge of the lava fields of the Reykjanes peninsula we still hang fish on wooden racks outdoors, in the heart of winter, as our fathers did. It is a good feeling to carry on such a nice tradition just outside the modern factory where we now process thousands of tons of dried fish products all year round, thanks to the geothermal activity of the peninsula area.

As it did in the past — and still does, with the cold winter breeze drying stockfish in

the open — Nature now supplies us with the renewable energy which enables our company, Haustak, to offer a great variety of dried fish products at any time of the year. This energy comes from the nearby geothermal plant, while the raw material is provided by our fisheries in the Reykjanes area. High quality fish straight from the cold waters of the North Atlantic.

First dried and later salted, cod was in the past a major source of protein for the Western world and even beyond. With progress in technology, transport, and a greater concern for optimal use of natural resources, more species are now being processed, such as haddock, ling, saithe, tusk, and skate. And almost every part of the fish is now made into a food product, including heads, slices, and bones. Meanwhile a market remains for whole fish dried in the open air in the traditional way.

The importance of fish in our diet is widely recognised. It gives us not only proteins, but also vitamins, iron, and calcium. All

these nutrients are still present after the fish has lost about eighty percent of its original weight. And the speed of the drying process is today much quicker than it was on the old wooden racks beside the winter sea. Only weeks after being caught our fully processed fish is filling whole containers ready for shipping. Tons of natural, healthy, energy rich food from the North Atlantic.

## *Energy and Nutrients from Natural Fish Products*



# Dried Fish Products

Drying fish is an efficient way of preserving food. Dried fish has a storage life of several years. On soaking, it regains the qualities of fresh fish, providing a tasty nutritional meal.

In addition to the items listed below, Haustak offers a wide range of other dried fish products, including dried fish skin and dried whole fillets of most of these species.

	Stockfish	Whole	Dried Fish Heads	Dried Fish Bones	Dried Sliced Fish
 <b>COD</b> - <i>Gadus morhua</i>	✓		✓	✓	✓
 <b>Brosme / Tusk</b> - <i>Brosme brosme</i>	✓		✓	✓	✓
 <b>Saithe</b> - <i>Pollachius virens</i>	✓		✓	✓	✓
 <b>Haddock</b> - <i>Melanogrammus aeglefinus</i>	✓		✓	✓	✓
 <b>Ling</b> - <i>Molva molva</i>	✓		✓	✓	✓
 <b>Blue Ling</b> - <i>Molva dypterygia</i>	✓		✓	✓	✓
 <b>Starry Ray</b> - <i>Raja amblyraja radiata</i>		✓			✓
 <b>Sole &amp; Flounder</b>		✓			✓



Dried  
Fish Heads

---



Stockfish

---



Dried  
Fish Bones

---



Dried  
Fish Slices

---



Dried Fish  
Fillets

---



Whole  
Dried Fish



After a few weeks processing, through several steps both in and out of drying compartments, the fish becomes thoroughly and evenly dry, and can be packed in eco-friendly hessian bags. Shortly after, filling numerous, hygienic containers, these bags are ready to be shipped overseas.

