



Herring (*Clupea harengus*) is a pelagic fish from the cold North Atlantic, valued for its rich flavor, firm texture and versatility. It is widely used in traditional products such as salted, marinated and smoked herring, as well as in frozen fillets for modern cuisine. The taste varies with fat content and season, ranging from mild to full-bodied.

Herring is a highly nutritious fish, rich in omega-3 fatty acids, high-quality protein, and essential vitamins such as D and B12, along with important minerals like selenium and iodine. Its natural fat content (10–20%) contributes to both flavor and texture.

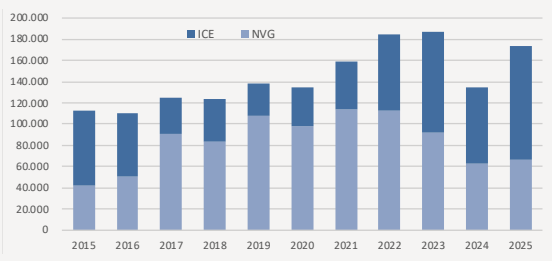
Caught from sustainable Icelandic and Norwegian spring-spawning stocks, Icelandic herring is processed with modern methods shortly after harvest, ensuring consistent quality and excellent product integrity.

Fishing grounds of the Icelandic fleet

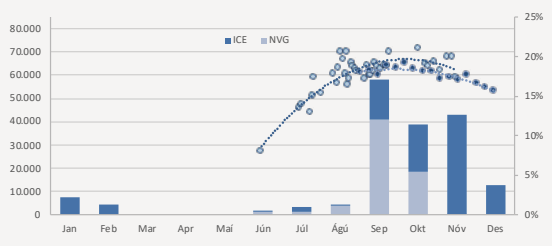


Gradings WR	200 gr+ / 250 gr+ / 300 gr+ / 330 gr+ / 350 gr+ / 400 gr+	
Gradings fillets	30–50 gr / 40–70 gr / 50–80 gr / 60–90 gr / 70–100 gr	
Gradings flaps	10–16 / 8–12 / 6–10 / 5–8 / 4–7 / 4–6 pcs/kg	
Freezing styles	Block frozen/ Blast frozen / Vacuum / IQF	
Packing styles	Plastic bags in standard cartons / Tots	
Catching method	Purse seine (PS) / Trawl (OTM)	
Nutrition facts (100g)	kj	783
	kcal	187
	Protein	19,3
	Fat	Subject to seasons (10–20%)

Catch in Iceland



Catch and fat content by months



Packing



YOUR RELIABLE SEAFOOD PARTNER

Skinney-Thinganes, Isfelag, Brim and Iceland Pelagic form a group of companies involved in fishing, processing and selling frozen, salted and fresh seafood.

Our product portfolio consists of pelagic fish such as herring, mackerel, capelin and capelin roe, groundfish such as redfish, saithe and silver smelt, as well as fishmeal and fishoil.