



CAPELIN WITH ROE

Female Capelin | Mallotus Villosus

Capelin is a small fish found in the cold waters of the Arctic, North Atlantic, and North Pacific oceans. It is known for its fully ripened eggs called fish roe or masago. Capelin is similar in flavor and texture to the herring and is considered a delicacy in many parts of the world. This fish is rich in vitamins, minerals, protein, and polyunsaturated acids, and low in mercury, which offer great health benefits. It is typically prepared fried, but more nutrients would be lost, so doctors and nutritionists recommend baking instead.



Packing: 2 x 4.5 kg (19.8 lb), Block
Wild Sizes: 66/70 ct, 71/75 ct



Fishing Method: Purse Seine, Trawl,
Fao 27, 21



Shelf-life: 24 months from production
date when in optimal frozen
temperature.



Flavor/Dietary information :
Subtle flavor, delicate texture



Form: 90% Female, Block, Wild
Caught
Product of Canada



Preparation: Fry, Bake



Species Name/ Source: Mallotus
Villosus / Canada



QUALITY | SUSTAINABILITY
RELIABILITY | INTEGRITY



Conservation status: Canada quote
management