



MACKEREL ATLANTIC

Scomber Scrombrus

Atlantic Mackerel can be found in North Atlantic waters, the Mediterranean Sea, and the Black Sea. Because of its high oil content, it is a good source of omega-3 fatty acids, vitamins, and other dietary benefits. With its flavor and texture, smoking or barbequing are preferred. However, baking, broiling, grilling, and poaching are excellent ways to cook the fish as well. Atlantic Mackerel tastes great paired with more acidic flavors like lime marinade or cranberry sauce.



Packing: 1 x 44.1 lb, Block, Wild
Sizes: 400/600 g



Fishing Method: Trawl/Net, Purse
Seine FAO 27,21



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



Flavor/Dietary information: Rich,
savory flavor; Soft, flaky, moist
texture; High oil content



Form: Block, WR, Wild Caught,
Product of Norway



Preparation: Bake, Broil, Grill, Poach,
Smoke



Species Name/ Source: Scomber
scrombrus / Norway



QUALITY | SUSTAINABILITY
RELIABILITY | INTEGRITY



Conservation status: Quota
Management

