



Cod

Gadus morhua L.

Cod is one of the commonest and most economically significant of our saltwater fishes. We differentiate between migrating pelagic cod and stationary coastal cod.

The spawning cod – Norwegian Arctic cod – is Norway's most important stock. It lives most of its life in the Barents Sea but migrates both as an immature capelin cod (spring cod) and as a mature spawning cod. Its spawning grounds stretch from the Lofoten archipelago in the north to Stad on the south-west coast, but its primary spawning areas are in Vestfjord and the coast of Møre og Romsdal county. The coastal cod is more stationary in shallow water and has local variations along the Norwegian coast. It is found from the shore and down to depths of approximately 600 metres. The coastal cod reaches spawning maturity earlier and grows slower than the migrating Norwegian-Arctic cod.

Cod can reach 1.8 metres in length and weigh as much as 55 kg. It is one of the 'support beams' of the Norwegian fishing industry, and is sold fresh, frozen, salted, dried and as clipfish.

Nutritional Content

Cod is primarily an excellent protein source, but it also contains a good deal of vitamin B₁₂ and selenium, and a healthy ratio of potassium to sodium.