

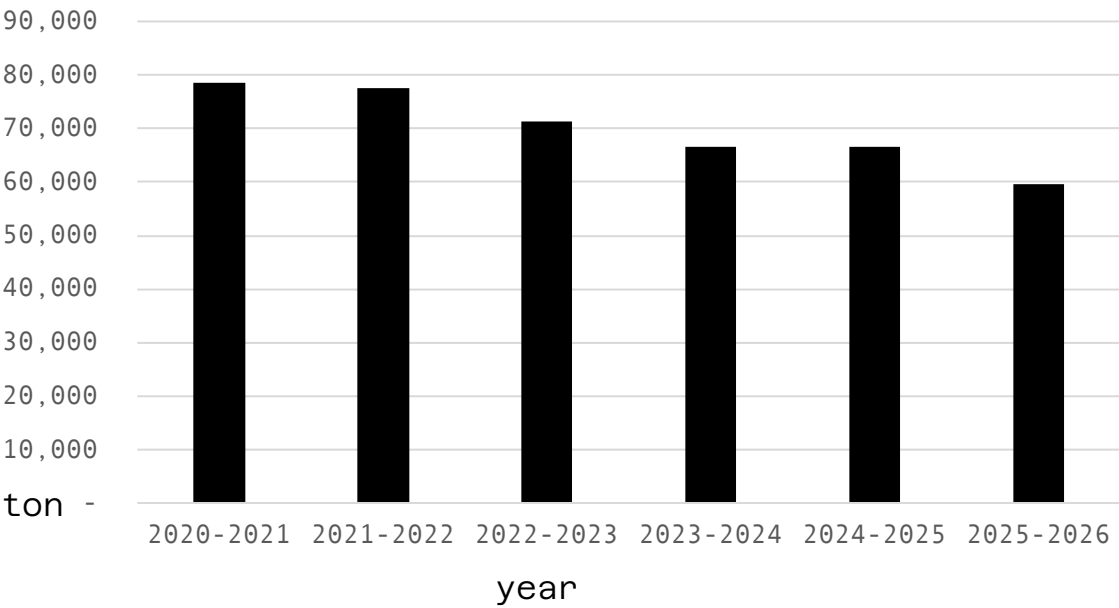
# saithe

*pollachius virens*

Saithe has a **distinctive flavour** and a more concentrated taste of fish. The firm texture of saithe makes it easy to handle and, like other white fish, there are many different ways to prepare it.



Saithe quota



Saithe is a large codfish, usually between 70 and 110 cm long in catches. The largest individual caught in Icelandic waters measured 132 cm. It is found all around Iceland, but is rare in the colder waters to the north and east of the country. The saithe can be described as benthopelagic fish, i.e., it occurs both close to the bottom and in the water column. It has a streamlined shape and is consequently a very good swimmer. It can swim rapidly all over the Icelandic continental shelf and individuals tagged in Icelandic waters have often been fished along mainland Europe.

**Catch method**

The saithe has, for a long time, been one of the most important commercial fish species in Icelandic waters. Catches have been from 30,000 to 130,000 tonnes annually since 1950. The current catches are mostly taken with bottom trawl and spread rather evenly over the year. However, considerable catches also used to be taken by gillnetters. The saithe both sustains direct catches and exists as a bycatch in cod and haddock fisheries.

