

Norwegian skrei season returns, bringing Europe's most anticipated winter cod

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The much-anticipated Norwegian skrei season is set to return in January, marking the arrival of one of Europe's most exclusive seasonal seafood delicacies. Celebrated for its delicate flavour, silky texture and snow-white flesh, skrei cod is available only for a limited period between January and April.

Skrei, which means "the wanderer" in Norwegian, is renowned for its extraordinary 1,000-kilometre migration from the icy Barents Sea to its spawning grounds along the coast of northern Norway. This demanding journey results in a lean, firm fish with dense, flaky flesh, making it a prized source of high-quality protein and a favourite among chefs for its versatility in the kitchen.

Once caught, skrei's journey continues beyond Norwegian waters. The seasonal cod is served by chefs across Europe, where it is showcased in diverse culinary traditions that reflect local tastes while highlighting the fish's natural qualities.

In 2025, skrei quality was rated "excellent" by Norwegian quality control authorities. During the season, Norway exported 2,613 tonnes of skrei, generating a total export value of NOK 241 million.

Denmark, Spain and Sweden emerged as the largest export markets for Norwegian skrei, while France and Germany also demonstrated strong demand for the seasonal fish. The continued popularity of skrei across these markets underscores its status as a premium winter delicacy whose migration does not end with the catch.