

Seal - a valuable game species - project outcomes

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ÖSTERBOTTENS FISKARFÖRBUND r.f.
Fiskets utvecklingsorganisation www.fishpoint.net



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Seal – a valuable game species

Project duration: 2022-2023

Aim: To share knowledge about handling the seal, from shooting to handling, and to develop collaboration between hunters and fishermen.

Activities:

- Arrange courses in hunting, tanning, butchery and cooking
- Arrange meetings between fishermen and hunters to promote collaboration
- Information archive (films, digitise reports, final seminar)

Hunting courses and meetings between fishermen and hunters

- in Ostrobothnia October 2022
- greater interest than expected in the courses, both experienced and young hunters
- culinary inspiration



Hunting collaboration

Swedish hunters, Finnish hunters and fishermen hunting together in Ostrobothnia/Finland June 2023

- knowledge exchange important
- motivational, high value

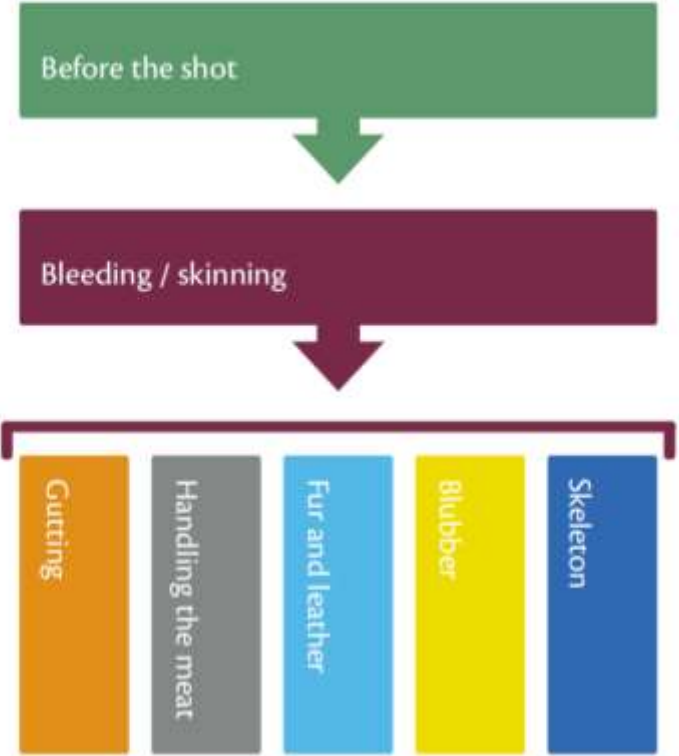
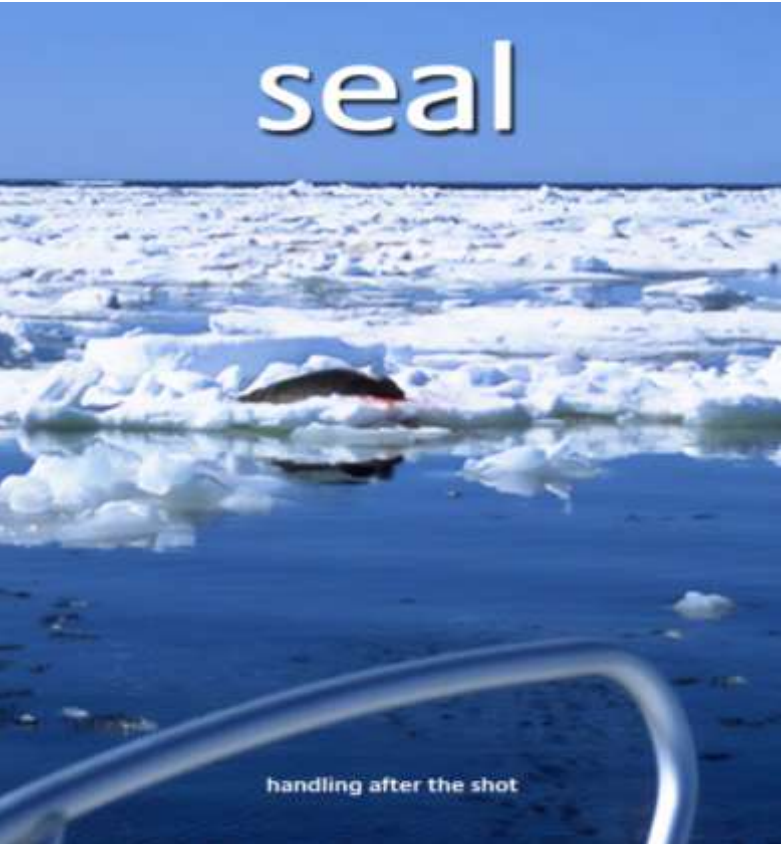


Seal meat workshop

- In Ostrobothnia in June 2023
- There is a genuine interest in seal meat by professional smokers, experienced hunters and their partners and new hunters



Digitising of books produced in EU funded projects 2005-2006



seal – book outline 11

Handling the meat

The meat from a seal is approximately 20 percent of total weight. The main part of the meat is on the back of the seal. The quartering is relatively easy. The meat is almost free from sinew and membranes and is very tender.

- The meat is divided into:
- Two inner filets
 - Two tenderloins (or backstraps)
 - Neck meat
 - Ribs and flank meat
 - Shoulders and legs/hips with fins and head flippers.

The best parts are the tenderloins/backstraps, the neck and inner filets. Seals weighing less than 100 kilograms have the best meat according to most people. On older seals the muscles are coarser and the meat tougher. Older seals have higher levels of phenols and testosterone that can give the meat an unpleasant taste and smell.

A. Preparations

Be aware of the importance of hygiene. Wash your hands before butchering the meat, change gloves, and wash or change the knives that you used for gutting. It is recommended to butcher the meat in a suitable locality. If it has to be done in the field, the gut, with the fur side down, can serve as a surface.

Prepare for the storage and cooking of the meat. Protect the meat from water or soil contamination if it has to be transported. Make sure that the meat can be stored on clean surfaces or in clean containers after being cut up. The more you have prepared, the less risk there is of the meat turning rancid.



- A. Preparations
- B. Butchering
- C. Storing
- D. Cooking



- You need this:
- Small, sharp, and flexible knife
 - Whetstone/sharpeners
 - New disposable gloves
 - Cleaned working table/surface
 - Paper towels
 - Good, hermetic and clean vessels for storage/plastic bags
 - Ice pack for transport



Digitised cook book – seal in the modern kitchen



rimmad sälbiff med senapsås, morotspuré och sockerärter, 4 port

1 kg ryggbiff av säl

saltlag

2,5 l vatten
350 g salt (gärna colorozo)
3 msk strösocker

Koka upp vatten, salt och socker. Låt svalna. Spruta in saltlag i köttet med en kanyl eller saltspruta, lägg sedan köttet i saltlagen 12 timmar.

1 gul lök, grovhackad
15 kryddpepparkorn
4 st lagerblad
4 morötter
100 g smör
2 dl grönsaksbuljong
2 dl grädde
3 msk fransk senap
150 g sockerärter
salt och peppar

till servering: kokt mandelpotatis

Koka upp det rimmade sälköttet i vatten, skumma väl och tillsätt lök, kryddpeppar och lagerblad, sjud i cirka en timme. Skala och skär morötterna i bitar, koka dem i en kastrull med lite vatten under lock tills de har lite kärna kvar. Ta bort locket och låt vätskan koka bort, kör sedan morötterna i en matberedare med smör, smaka av med salt och peppar. Koka upp buljongen och tillsätt grädde och senap, koka ihop såsen och smaka av. Servera det kokta sälköttet med morotspuré, senapsås, hastigt förvallda sockerärter och mandelpotatis.

garnityr: lingon



sälwok med jasminris och sötsur sås, 4 port

4 dl jasminris
500 g sälbiff, strimlad
1 msk rapsolja
500 g blandade grönsaker, strimlade
2 msk sesamolja
2 msk soja
salt och peppar

Koka först riset enligt anvisningarna på förpackningen. Gör såsen (nedan). Fräs köttet i het rapsolja och tillsätt sedan grönsaker. Krydda med sesamolja, soja, salt och peppar. Klart att servera.

sötsur sås

2 msk tomatpuré
0,5 röd chilifrukt, tärnad
1 msk vitvinsvinäger
3 msk strösocker
2 dl vatten
2 km arrowrot

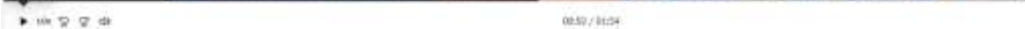
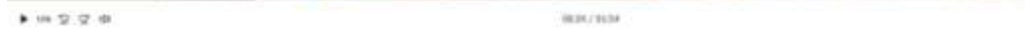
Koka upp samtliga ingredienser och red av med arrowrot blandat med en matsked vatten.

Tips: Välj grönsaker efter säsong, tex morot, purjolök, squash, röd lök, paprika.



Production of educational videos

Tanning



Production of educational videos

Tanning



Educational videos

Hunting, butchery and cooking



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Seals are valuable game species

- Seals are valued game among hunters, there is potential to increase interest in seal hunting on a small scale
 - With the trade ban coastal communities have lost a sustainable resource, interest for hunting is reduced, and with increasing seal populations fish catches are decreasing - coastal fishermen are retiring.
- Seals have become an increasingly problematic resource
- From a resource to a pest / problem waste
- A need for change

