

FISKEBOLLER (Fishballs) (serves 3 to 4)

Preparation:

Heat the margarine in a pot on a medium flame until it melts, mix it with approx. 1 tablespoon flour and whisk it thoroughly so that it does not go lumpy. While stirring continuously, add

¼ l full-cream milk and 1/3 of the fish stock from the fishballs package and heat it. Do not bring it to the boil! Add salt, pepper and freshly grated nutmeg (1 generous knife point) to taste. Turn down the heat to the lowest flame, add fiskeboller to the gravy and let it simmer for about 7 to 10 minutes. Stir occasionally. Serve with boiled potatoes and carrot salad.

Carrot salad:

Peel 3 medium sized carrots and grate them into small strips. Dissolve ½ teaspoon sugar and ¼ teaspoon salt in 50 ml lukewarm water, add the carrots and stir. Let it marinate for 10 minutes. Season to taste.

LUTEFISK the traditional way serves 4

Ingredients:

3 kg Lutefisk
2-3 tablespoons salt
600 g potatoes
200 g sliced bacon
pepper
For the mashed peas
300 ml dried peas (let them soak over night)
water
100 ml milk
1 tablespoon flour
1 teaspoon salt

Preparation:

Preheat the oven at 200°C. Put the fish into a fireproof dish and place the side with the skin on the bottom. Sprinkle with salt and cover it with aluminium foil. Bake for approx. 40 minutes at 200° C. Cut the bacon slices into narrow pieces and fry on a low flame until crisp. Boil the peas until soft, the water in the pot should just cover them. Mix milk and flour with a whisk, mix with the peas and let it simmer for 5 to 6 minutes. Add salt to taste. Serve the fish on warm plates together with mashed peas, boiled potatoes and bacon. You can also add onions fried until golden, mustard, peanuts and honey.

TORSKETUNGER (Cod Tongues) (serves 4)

Preparation:

500 g cod tongues (fresh from the AMFI in Svølvær, frozen from any supermarket) dab dry with absorbent kitchen paper. Small pieces up to 4 cm taste best. Mix a bit of flour with 1 teaspoon salt, ½ teaspoon pepper and ½ teaspoon ginger and carefully turn the tongues in it. Heat a 2 cm big piece of margarine on medium flame in a Teflon pan until it melts and the air pockets have subsided. Fry the tongues for about 10 minutes from both sides until crispy-gold, turn them carefully several times during the process. If necessary, add margarine, but do not let the tongues get fat. Serve with boiled potatoes and carrot salad.

Tip: Do not use any oil, since it heats up at a higher temperature than margarine; furthermore, it masks the fine taste of the cod tongues.

LOFOTEN FISH GRATIN AFTER GRANNY'S RECIPE (serves 4)

Ingredients:

400 g fresh fish fillet (cod, rosefish, pollock)
3 medium sized carrots
1 medium sized leek
1 can asparagus
1 medium sized red pepper
50 g cheese in slices
350 ml cream (with at least 30% fat)
finely grated skin of ½ lemon
Margarine, salt, condiment.

Preparation:

Wash vegetables. Cut carrots into 3 mm wide slices, blanch with 1 teaspoon sugar and a bit of salt. Rinse with cold water, leave it to drain in a sieve. Finely chop the leek and red pepper, divide the asparagus into three parts. Cut the fish into about 4 cm big pieces, if necessary remove bones. Preheat the oven. Smear generously margarine with kitchen paper all over the fireproof dish and cover it tightly with carrot slices. Spread half of the leek evenly across the carrots, sprinkle with a lot of salt and condiment. Asparagus forms the next layer, place on top of it the fish pieces densely. Season once more generously with salt and condiment. Cover with layers of the remaining leek and red pepper, season. Add the cream until the fish is covered. Sprinkle lemon skin over it. Cut the cheese into 5 cm wide slices and put them loosely on top. Bake at 130c for about 1 hour 20 minutes. Serve with boiled potatoes.

GOURMET FISH SOUP

900 g butter
250 g prawn shells
250 g fish leftovers (head, skin etc.)
400 g cod or coalfish
some cognac
5 tablespoons chopped tomatoes
1,5 l water
50 ml apple juice
1 carrot
½ celeriac root
1 onion
1 l cream
salt, pepper

Preparation:

Shortly sear prawn shells and fish leftovers in a pot with butter. Pour cognac over it and enflame it. Add tomatoes and fry them for a bit. Pour water on it and let everything boil for 10-15 minutes. Pour through a sieve into another pot, reduce the liquid to about 300 ml. Slice carrot, celeriac and onion. Pour cream into the fish stock and boil it for 10-15 minutes. Add the vegetables, let them simmer on a low flame for further 10 minutes. Add apple juice, salt and pepper to taste. Cut the fish into pieces of 2 x 2 cm, put them into the soup and let them cook for about 1 minute.