



ICELANDIC WHITEFISH BRANDADE



RECIPE BY DAGNY ROS ASMUNSDOTTIR

TV CHEF AND AUTHOR OF
COOKBOOKS EASY ICELAND
AND EASY NORDIC.

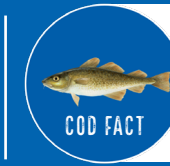


COOKING TIME
30 MINS



SERVING
4

A TRADITIONAL RECIPE FOR COD (OR OTHER WHITEFISH SUCH AS HADDOCK, HOKI OR POLLOCK) FROM ICELAND WHERE CHEF DAGNY ROS ASMUNSDOTTIR IS FROM. SOMETIMES CALLED 'PLUCK', IT USED TO BE MADE FROM LEFTOVERS BUT IT'S NOW A REAL DELICACY.



COD IS A HUGE POPULAR FISH AND HAS BEEN PART OF THE EUROPEAN DIET SINCE THE STONE AGE. THERE ARE THREE KNOWN COD SPECIES: ATLANTIC, PACIFIC AND GREENLAND.

INGREDIENTS

- 600g cooked MSC cod (or any sustainable whitefish like pollock, hoki or haddock) or fish leftovers
- 600g boiled potatoes
- 2 to 3 onions
- 350/400ml milk
- 50g butter
- 3 tablespoons flour
- 2 to 4 tablespoons white pepper
- Sea salt
- 50 to 100ml water and a little fish or vegetable stock is allowed
- Chopped chives (optional)

(Tip: You can also “pimp” this dish by adding grated cheese at the end and putting it in the oven.)



and remember to look for the blue fish label



METHOD

1. Cut the fish and potatoes into very small pieces, and finely chop the onions.
2. Melt the butter in a large pot and fry the onions until translucent. Pour the water over them, and let it boil slightly until almost completely evaporated.
3. Sprinkle with the flour and stir well. Add the milk while stirring and let it simmer for 5 minutes.
4. Add the fish, mix well and let it boil for a while. Season with salt and lots of pepper.
5. Add the potatoes as well, stir and let it all cook together into a thick mash. Taste. Add extra salt and pepper if necessary.
6. Spoon it into a bowl and sprinkle with chives. Serve hot with dark rye bread and butter.