

## Norwegian Stockfish: Dried to preserve perfection

Drying is an ancient way of preserving fish that dates back a thousand years. Drying preserves the nutrients in the fish as well as creating an intense concentration of flavour. After being caught and cleaned, the fish is immediately hung outside on wooden racks to dry for about 3 months, then matured for 4-12 months. The perfected, finished product is achieved by a delicate balance of wind, rain, sun and a temperature just above 0°C, conditions only found in Northern Norway. Stockfish is an excellent source of protein, vitamins, iron and calcium. No other food is comparable. The nutritional value of 1 kg. Stockfish = 5 kg. fresh fish.



## Norway: Origin matters



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- comes from the cold and clear waters of Norway
- is responsibly managed by the Norwegian government
- is handled by competent people.



*Based in Tromsø, Norway, the Norwegian Seafood Council was established by the Norwegian Ministry of Trade, Industry and Fisheries in 1991. The organisation monitors the production and sale of Norwegian seafood products and raises cultural awareness worldwide through strategic marketing campaigns and informative initiatives.*

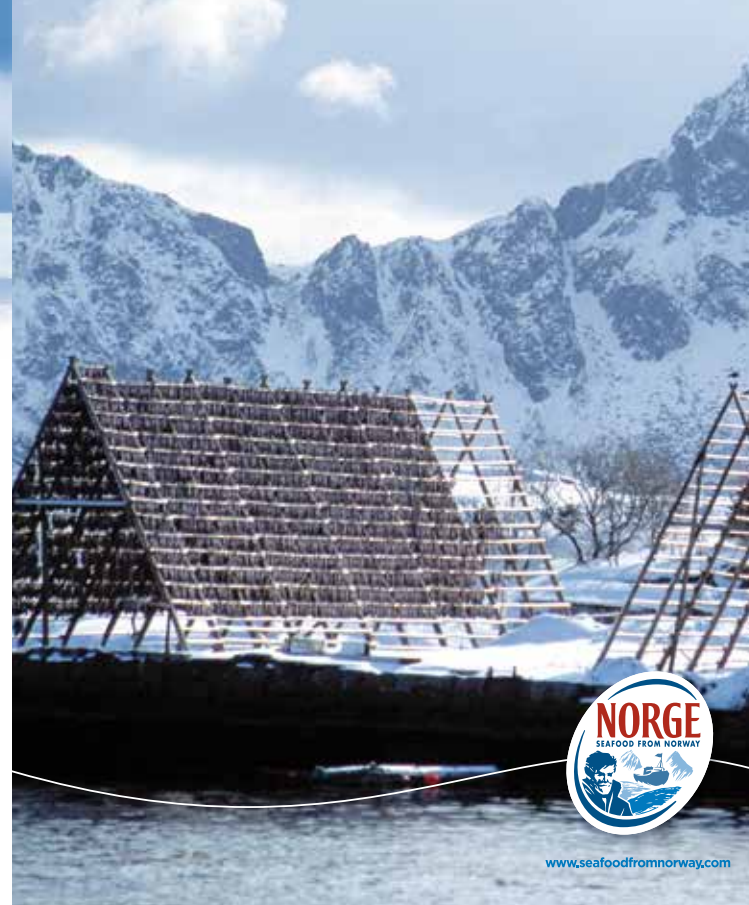
**Norwegian Seafood Council**  
Photo: Johan Wildhagen,  
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## Norwegian Stockfish A timeless pleasure



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## Bringing tradition and innovation to your table

Stockfish is a Norwegian culinary treasure and delicacy worth trying if you are looking for a unique food experience. It has a mild flavour and can be grilled, marinated or boiled and used in soups, salads, starters and main courses. Stockfish was invented by Norwegians, but it was the Italians who took it to their heart and made it part of their world-famous gastronomy. For over 500 years, stockfish has been an important part of Italian cuisine. The combination of stockfish and Mediterranean flavours brings life to original and tasty recipes. Your imagination is the limit.

**How to soak:** soak the stockfish in clean, cold water (2-4°C). Change the water at least once a day. Cut the stockfish into serving portions after soaking for 2-3 days, depending on the thickness and texture of the fish. If preferred, the skin can also be removed during the soaking process. The fish must be kept refrigerated during the whole process.

**For how long:** if the stockfish has passed through rollers, soak for 2-4 days. Whole fish need to be soaked for 7 days.

**How to know it's ready:** Stockfish has a soft consistency when it is ready to cook.

**How to store:** Stockfish can be kept frozen for up to 18 months. The stockfish will more than double its weight when soaked.







## Focaccia with Broccoli Rabe and Norwegian Stockfish

### Ingredients (serves 4)

- 1 kg. of broccoli rabe
- 600 g. of [Norwegian Stockfish](#)
- 500 g. of flour
- 20 ml. of water
- ½ cube of brewer's yeast
- 1 clove of garlic
- Red chilli pepper
- Extra-virgin olive oil
- Salt

### Cooking method

- To make the focaccia dough, knead the flour, yeast, water and salt together in bowl. When it is ready, cover with a tea towel or cling film and leave to rise for at least half an hour. When the dough has risen, roll it out and bake in a conventional oven at 180°C or until it is nice and fragrant.
- Wash and chop the broccoli rabe, then fry them in a pan in the garlic and olive oil and cover with a lid. Season with chilli pepper as desired and add the previously soaked, diced stockfish and continue to cook.
- When the filling is ready, slice the focaccia bread in half and fill with the broccoli rabe and stockfish.



## Spinach and Cheese Risotto with Norwegian Stockfish

### Ingredients (serves 4)

- 600 g. of [Norwegian Stockfish](#)
- 300 g. of fresh spinach
- 300 g. of rice for risotto
- 150 g. of soft cheese (such as ricotta cheese)
- 1 onion
- 1 l. of vegetable stock
- Salt and pepper

### Cooking method

- Sauté ¾ of the finely chopped onion in a pan, then add the pre-soaked, diced stockfish, the blanched spinach and the Canaroli rice. Add two ladles of the vegetable stock and leave to cook, continuing to add the stock as the liquid is absorbed.
- When the rice is ready, turn off the heat and add the Robiola cheese. Mix together and serve.



## Tomato Soup with Mozzarella Cheese and Norwegian Stockfish

### Ingredients (serves 4)

- 600 g. of mature tomatoes
- 600 g. of [Norwegian Stockfish](#)
- 500 g. of Mozzarella cheese
- 200 g. of leftover bread
- Vegetable stock
- 1 onion
- 1 clove of garlic
- Extra-virgin olive oil

### Cooking method

- Pierce the tomatoes with a fork and blanch them in boiling water for a few minutes. Remove the skin and seeds and cook in a casserole dish until soft, then blend. Meanwhile, place the bread to soak in the vegetable stock.
- Fry the clove of garlic and a little, finely chopped onion in a pan, then add the pre-soaked stockfish, which you have cut into chunks, and the blended tomatoes. Finally, add the soaked bread and leave to cook for 10 minutes.
- Serve the tomato broth with Burrata cheese and a drizzle of extra-virgin olive oil.



## Oven-Baked Norwegian Stockfish with Vegetables and Citrus Fruit Dressing

### Ingredients (serves 4)

- 600 g. of [Norwegian Stockfish](#)
  - 3 zucchini
  - 3 carrots
  - 3 artichokes
  - 2 sweet peppers
  - 2 potatoes
  - 2 onions
  - Aromatic herbs
  - Salt and pepper
  - Extra-virgin olive oil
- Sauce**
- 100 g. blanched almonds
  - 2 lemons
  - 2 oranges
  - 1 citron
  - Extra-virgin olive oil

### Cooking method

- Place the stockfish fillet in the centre of a baking tray and cover with the finely sliced vegetables. Add the aromatic herbs, salt, pepper and olive oil, and bake in a conventional oven at 180°C for 20 minutes.
- For the dressing, blend the flesh of the citrus fruits with the almonds and 2 splashes of olive oil.
- When the fish is ready, cut into portions and place a piece of stockfish on each plate. Drizzle with the citrus dressing and serve with the oven-baked vegetables.