

A taste of Norway

Recipes from south to north and east to west

featuring exclusive travel trade tips





Welcome to Norway!

Norway, with its long coastline, deep fjords, rich nature and growing city life, welcomes tourist from all over the world. This country is worth a visit year-round, as each seasons offers a different perspective on the country in the north.

Nature has been the primary food source for the Norwegians and has greatly inspired and influenced its cuisine today. Norway has taken advantage of the diverse regions, and therefore offers everything from sweet treats, like berries, ciders and waffles, to cured meats and award-winning cheese. Seafood is also a great pride, and you can enjoy king crab, salmon and the famous Atlantic cod along Norway's coastline.

In this cookbook you will find **recipes for making authentic Norwegian dishes** yourself, as well as region-specific culinary experiences. The cookbook is divided by region, offering you a deeper insight to the Norwegian cuisine.

What really characterizes Norwegian cooking is to a large degree found in the rather **unique agricultural customs**. Sheep and goat graze in the outlying pastures along the coast and in the mountains. The cold and largely unpolluted climate is ideal for growing fruit, vegetables and berries without the extensive use of pesticides. Modest farms and smallholdings that produce milk, cheese and beef in healthy environments, virtually disease-free and subject to strict laws and regulations when it comes to

animal welfare. The extensive coastline also contributes with its long and rich seafood traditions.

The hard work to promote pride in all levels of the food chain has given immediate results. Local products are seeing increased market shares in supermarkets, while new, small-scale producers of commodities such as cheese, honey, pastries and ecologically produced meats are popping up all over the country. Not to mention the hundreds of microbreweries experimenting with different styles and recipes for beer. And as Norway is among the world's top three coffee consuming countries, it's not so strange that we are constantly trying to brew the best coffees on the planet.

At the same time, Norwegian chefs have obtained a formidable international reputation. Norway is the most awarded country in the history of the international cooking competition Bocuse d'Or. In 2016, Maaemo became the first Norwegian restaurant to be awarded all three stars by the Michelin guide.

More information about food and beverage can be found on our webpage:

<https://www.visitnorway.com/things-to-do/food-and-drink/>





Travel Trade Information

Is Norway part of your product portfolio, or do you plan to include Norwegian travels in the future? In either case, you have come to the right place. On the following webpage you will find everything you need to sell Norway.

[Travel trade – how to promote Norway, marketing tools, fam trips – visitnorway.com](https://www.visitnorway.com)

Here you can sign up for our Newsletter, events and e-learning program “Norway Expert”, get in touch with our travel trade managers around the world and to our Norwegian partners. If you need pictures or films, you will get access to our mediabank here as well.

You can find general information about Norway as a travel destination on

www.visitnorway.com

Velkommen til Norge – Welcome to Norway!

Your Visit Norway Travel Trade Team





Table of contents

Content	Page
Welcome to Norway!	2
Travel Trade Information	5
A taste of Southern Norway	7
A taste of Eastern Norway	13
A taste of Western Norway	24
A taste of Trøndelag	29
A taste of Lofoten	35
A taste of Northern Norway	38
A taste of Coastal Norway	44

A taste of Southern Norway





© Magnus Furset at Visit Sørlandet

In Southern Norway, you will find a wide range of culinary experiences. The traditional farm restaurant **Boen Gård** has a recommendation in the Michelin guide. If you wish to gather your own food, **Kote Null** can take you diving, where you can then prepare your catch at a restaurant. In Kvinesdal, you can fish your own salmon and have it smoked at the butcher shop **Nico**. And at **Lindesnes Lighthouse**, the treasures of the sea are also utilized. The region also has several **farmer's markets and farm shops** where you can buy fresh local products such as fruits, vegetables, cheese, honey, and jams. Here, you can experience the diversity of the region's agriculture and purchase products directly from the producers.

See fish and shellfish swimming in tanks at the **Fish market in Kristiansand** and the small boats chugging through the canal. Try local specialties like shrimp or mussels directly from the fishmongers or at one of the many restaurants in the area.

At **Reinhartsen fishmonger**, they serve homemade fishcakes and their smoked salmon and hot smoked mackerel have received several medals in the Norwegian Championship for Seafood.

Welcome to delightful culinary experiences in Southern Norway!



Mona Konuralp

Visit Southern Norway



mona@visitorsorlandet.com



+47 467 514 03



Straand hotel in Vrådal

Vrådal is located in **West Telemark**, the mountainous area in the county and about 3 hours from both Oslo and Kristiansand, which are the common access routes to southern Norway. You can reach both cities either by airplane or ferry. Alternatively you can also choose to travel to Larvik, just 2 hours and 15 minutes from Vrådal.

Vrådal is a **year-round destination** that, in winter, is particularly popular for families with children in winter with trips to **Vrådal Panorama Ski Centre**. During the summer months, the destination is visited by many different types of guests.

Historic Straand Hotel anno 1864 is today run by the **5th generation** of the Straand family. The hotel offers good home-cooked food and delicious light meals on the panoramic roof terrace overlooking Lake Nisser and the surrounding mountains.

The vintage boat **MS Fram**, which carries 90 passengers, operates from June to October with lock cruises several times a week.

In Vrådal you can climb several of the mountain peaks around the lake in peace and quiet. If you want an active holiday, you can also rent e-bikes, regular bikes, kayaks, canoes and more. **The HUB Riding concept** that the hotel has developed since 2019 is well known. This is particularly suitable for motorbike riders, classic cars and cyclists. On our website you will find great day trips that are specially designed for this customer group.

Vrådal is a hidden gem! Welcome to the heart of Telemark!



Sigrid Medley-Tellefsen

Straand Hotel, Vrådal Booking and
Hovden Høyfjellsenter

 sigrid@straand.no

 +47 906 10 668

«Kling» - Lefser from Telemark

Approximately 12 pieces

Ingredients

- ✿ 175g butter
 - ✿ 1l whole milk
 - ✿ 800g flour
-



© Foap at VisitNorway

Preparation

1. Begin by bringing whole milk and butter to a boil in a saucepan. Once boiling, introduce the flour and gently stir the mixture together.
2. Transfer the resulting dough onto a well-floured workbench and knead it while still warm.
3. This dough is sufficient for approximately 12 pieces. Take one piece at a time, keeping the rest covered under a towel to maintain warmth.
4. Flatten and shape the dough into a round before rolling it out. Use ample flour both above and below the dough to prevent sticking to the baking tray.
5. Roll out the lefse thinly and fry it on a "steketakke" or in a pan. Ensure that the lefse cooks almost in the air, turning it frequently until lightly golden.
6. Place the fried lefse under a kitchen towel to dry. Once dried, they can be stored for an extended period, covered only with a cloth or kitchen towel.
7. When preparing the lefse for serving, lightly spray the dried lefse with water from a spray bottle to soften it.
8. Grease the pieces with soft, room temperature butter, sugar, and cinnamon.
9. Fold the lefse towards the center, resembling a roll. Cut it into suitable serving pieces.
10. Enjoy your klinge!

Smoked Salmon Salad

Ingredients

- ✿ Smoked salmon
- ✿ Salad of your choice
- ✿ Red onion
- ✿ Tomatoes
- ✿ Cucumber
- ✿ Apple
- ✿ Vinaigrette or balsamic glaze

Alternatively: use your favorite vegetables

Preparation

1. Cut the salmon and vegetables into small pieces
2. Add the salad to a serving plate and top with salmon and the vegetables
3. Drizzle over the dressing
4. Serve with bread and enjoy!



A taste of Eastern Norway





About the region

Eastern Norway is the real authentic heart of Norway. People have lived here for thousands of years, leaving an imprint on the landscape and the people living there now.

You are in the middle of Norway's pantry. The farms serve good honest food and drinks based on the region's best ingredients. Many farms have a long history providing a solid fundament for facing the future. The hosts are happy to share both history and future with you.

The rolling countryside around the big lakes offers a relaxed atmosphere and a harmonious environment. Calm your senses and be inspired by beautiful surroundings, quietness, and the historic setting. During winter, the region is the best starting point for cross country skiing. Places such as Sjusjøen, Lygna and Vikersfjell all offer good facilities for outdoor winter activities.

Meet the people, hear the stories, enjoy the food and traditions!

Pearls of Norway

We are your travel partner for exploring Eastern Norway. We have carefully chosen places and sights that are worth a visit such as Kistefos - the sculpture parc with The Twist, Moskus safari on Dovre fjell, Akevitt tasting in the Atlungstad distillery or the remains of the Hamar cathedral. Pearls of Eastern Norway aims to give you a genuine feel of Norwegian traditions. We want you to experience the unique and authentic Norway.

Pearls of Norway offers tailor made tours for groups. We assist in helping you find those places not yet discovered by the many. Our focus is facilitating for group travels, either pre-organized or tailor made. Our professional team, with more than 30 years of experience, customize the tour / itinerary for your groups.



F

Culinary experiences in Eastern Norway

Hotel Kleivstua

Hotel Kleivstua can be found in the nice area **Krokskogen**, a forest between Oslo and Hønefoss.

A stay in this beautiful mountain lodge gives the guests the opportunity to walk through the forest in which many Norwegian fairytales were created. The area is also known for its rich harvesting opportunities, where the guests freely can pick blueberries, lingonberries, mullets and mushrooms.

Close to Hotel Kleivstua you will find the local fruitpress **Røyse Bærpresseri**. Here you can taste their different products made from local fruit and berries, and there are numerous products made of cherry, gooseberry, apples, blackcurrants, rhubarb or strawberry.

Additionally guests can visit an **art gallery** in an old grainstorage, a **medieval church** and the local museum **“Ringerikes museum”**.

A couple of days in this area will be very exiting!

Find two recipes served at Hotel Kleivstua at the end of this chapter.



Rolf Lie

Askeladden Reiser og Transport/ Pearls of Norway



rolf@askeladden.net



+47 900 85 295



Hadeland Glassverk

Only an hour's bus ride from Oslo, you will find the beautiful Hadeland Glassverk. Hadeland Glassverk was established in 1762, and is **Norway's largest, oldest and now the only glasswork** that still makes a living from the operation and conveys our history in a unique way. In fact, Hadeland Glassverk is older in age than the United States.

We offer **guided tours** and a **self-blowing experience** where the guests themselves get to make their own glass. The tours can be arranged in smaller or larger groups, whereas the activity is suitable for a group size of 20-25 people and takes about 5 minutes to perform per person.

With a total of **6 diverse dining establishments**, culinary experiences abound at Hadeland Glassworks. Here, you can indulge in authentic Italian pizza at Mester Pizzeria, traditional dishes from the à la carte menu, or fresh salads at Kokkestua, where we also serve our famous "world's best cake" (recipe at the end of this chapter). Additionally, you can savor freshly baked goods and flavorful, freshly made baguettes at Bakeriet.

We also have a fantastic and unique museum showing over 15,000 units that have been produced at Hadeland Glassverk over **260 years**. This is Scandinavia's largest glass museum and showcases our incredible collection from our glass production.

We have decided to keep our affordable prices for 2024 as well, so just get in touch for a price agreement. Hope for good cooperation in the future with you and the opportunity to give your guests a memorable experience from Hadeland Glassverk.



Tonje Fosshaug

Hadeland Glassverk



tonje.fosshaug@hadeland-glassverk.no



+47 932 29 686

Kleivstuas creamed mushroom soup with mushrooms from the nearby forest

Recipe for 4 people



Ingredients

- 🍄 400g Fresh mushrooms, cleaned and chopped tip – use a mix of different mushrooms to gain more flavor
 - 🍄 1 pc Kupa onion in small cubes
 - 🍄 8 dl chicken-broth
 - 🍄 2,5 dl cream
 - 🍄 A little finely chopped thyme
 - 🍄 Salt and pepper
 - 🍄 1 dl White wine
-

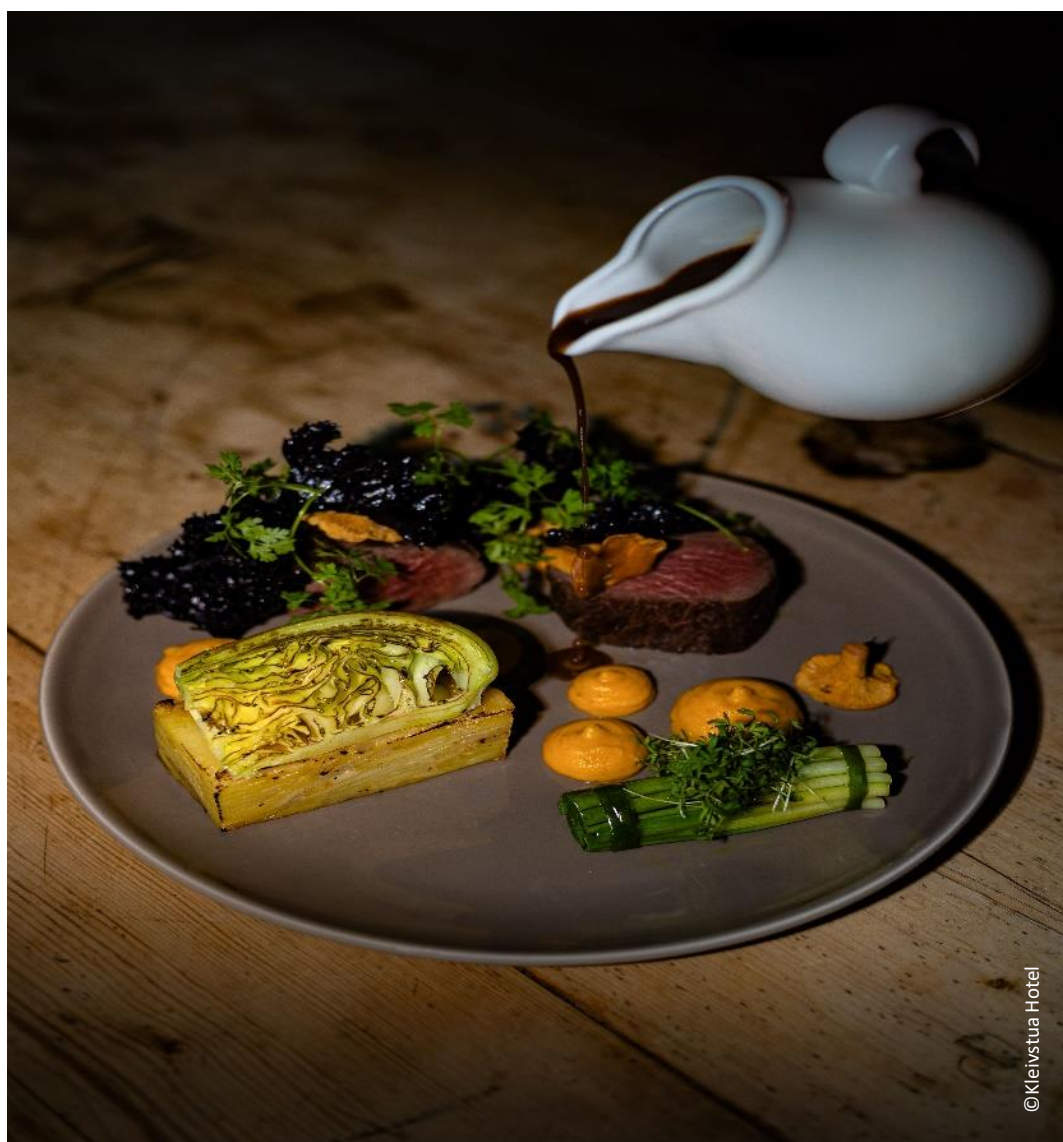
Preparation

1. Start by sauteing mushrooms, onions, and thyme in a pan.
2. When the mushrooms have turned golden, add white wine and let it cook for 5-10 minutes.
3. Add broth and cream. Cook this on medium heat for 30-40 minutes.
4. Finally everything can be run up in a blender or with a stick mixer, season with salt and pepper.

Kleivstuas pink-roasted moose tenderloin

With moose from Krokskogen, served with Pommes anna, pickled chanterelle from Krokskogen, purple cabbage chips, pumpkin puree and a bundle of mini leeks with vegetables from our own garden. Finished with redwine sauce.

Recipe for 4 people



© Kleivstua Hotel

Ingredients

Moose tenderloin

- ✿ 800g moose tenderloin, fully trimmed
- ✿ A little fresh thyme, finely chopped
- ✿ Salt & pepper

Pommes Anna

- ✿ 800g potatoes cut into thin slices
- ✿ 100g melted butter
- ✿ A little fresh thyme, finely chopped
- ✿ Salt & pepper

Pickled chanterelle

- ✿ 200g fresh chanterelle, cleaned
- ✿ 1 dl vinegar 7%
- ✿ 2 dl sugar
- ✿ ½ tsp salt
- ✿ 3 dl water

Redwine sauce

- ✿ 0,5l broth
- ✿ 2dl red wine
- ✿ 1 pc diced onion
- ✿ 2 tsp tomato puree
- ✿ 50g dairy butter in cubes
- ✿ A little fresh thyme, bay leaves, whole pepper, juniper berries

Purple cabbage chips

- ✿ Purple cabbage (kale works just as well)
- ✿ A little sunflower oil
- ✿ Maldon salt

Pumpkin puree

- ✿ 200g pumpkin, type Hokkaido
- ✿ 100g melted dairy butter
- ✿ 150g cream

Grilled sweetheart cabbage

- ✿ Sweetheart cabbage divided into moons
- ✿ A little oil
- ✿ Maldon salt
- ✿ Ground pepper

Mini leek bundle

- ✿ About 8 mini leeks (must correspond to 250g-300g). TIP: if this is difficult to get hold of, it can be replaced with asparagus beans
- ✿ End of a leek, blanched and cut into 0,5-1cm strips (you need this to tie everything together)

Preparation

DAY 1

1. Mix thinly sliced potatoes well with butter, salt and pepper, and put everything in a form with baking paper that is about 10cm x 20cm in size.
2. Set the oven to 160 degrees and bake the potatoes for about 1 hour or until they are tender.
3. When the potatoes are finished baking, it's nice if you can put something heavy on top that can press the potatoes well, put in the fridge overnight. The next day, they can be taken out of the mold and cut into portions as desired (Pommes Anna).

DAY 2

1. Start by giving the meat a good color in a frying pan, the meat should only be browned and not fried. When this is done, marinate the meat well with salt, pepper and thyme. Put the meat aside.
2. Start the sauce in the same frying pan in which the meat was lightly fried. Start by adding onions and the mentioned spices to the pan and sauté until the onions have turned golden. Once done, add red wine and tomato puree and let this cook on a high heat for about 5 minutes. Add broth and let this simmer on a low heat for 1-2 hours.
3. Put the vinegar, sugar, water and salt in a boiler. When the vinegar starts to boil, add the chanterelles and let this boil for 5 minutes. Turn off the heat and leave the chanterelles in the sirup.
4. Mix purple cabbage (or kale) well with a little sunflower oil, salt and pepper, spread this out on a baking tray and bake them 30 minutes at 120 degrees or until they are crispy.

5. Put the pumpkin in a pan with butter, and sauté until the pumpkin has a nice crust, after adding cream, put a lid on the pan, let it cook on a medium heat until the pumpkin is cooked through. Once that's done, everything can be put together in a blender (or stick blender) until the puree has a 'smooth' consistency. Season with salt and pepper.
 6. Sprinkle a little oil over the sweetheart cabbage and fry on both sides on a high heat in a pan until they are almost slightly burnt, this will add a good flavor to the sweetheart cabbage. After that, top the dish with salt and pepper, this should be baked all the way to the end in the oven later.
 7. Blanch mini leeks or asparagus beans together with leek strips in boiling water for 1-2 minutes, then place them in ice water to stop the cooking process. Once done, collect the mini leeks in a bundle and tie them together with one of the blanched leek strips. Sprinkle over a little oil, salt and pepper.
 8. Put the Moose tenderloin in the oven at 185c for about 12-14 minutes, the core temperature should be 48-50c after it has been taken out of the oven, rest for 10-15 minutes.
 9. While the meat is resting, strain the Redwine sauce from the onions and spices, add the butter and season with salt. Keep this on a low heat.
 10. Place Pommies Anna, bunch of leeks, sweetheart cabbage on a baking tray and bake this at 180 degrees for 10 minutes in the oven.
 11. When 10 minutes have passed, everything can be arranged on a plate. Start with vegetables from the oven, then sliced meat, pumpkin puree, pickled chanterelles, tops with purple cabbage chips and Redwine sauce at the end.
-

Hadeland Glassverks

«World's best cake»

Ingredients

Cake base

- ☼ 150g butter
- ☼ 125g sugar
- ☼ 150g wheat flour
- ☼ 1 tsp baking powder
- ☼ 5 egg yolks
- ☼ 5 tbsp milk 3.5% fat

Meringue battle

- ☼ 5 egg whites
- ☼ 180g sugar
- ☼ 100g chopped almonds

Cake filling

- ☼ 1 packet of vanilla cream (5dl)
- ☼ 2dl whipped heavy cream
- ☼ 2 tsp vanilla sugar



© Hadeland Glassverk

Preparation

1. Set the oven to 175°C (347°F)
2. Stir butter and sugar until light and fluffy.
3. Separate egg whites from yolks.
4. Add wheat flour, baking powder, egg yolks and milk.
5. Cover the skillet with baking paper and spread the dough in it.
6. Whisk egg whites to semi-rigid consistency. Then add little by little sugar until it becomes completely stiff. Spread the mass over the dough and sprinkle on the almonds.
7. Bake the cake in the middle of the oven for about 30 minutes. Cool.
8. Divide the cake into two equal parts. Place one part on the cake dish with the meringue side up.
9. Mix whisked whipped cream and vanilla sugar in the vanilla cream and cover the cream on the bottom with a spatula.
10. Place the second cake part on top with the meringue side up. Decorate the cake with whatever berries and the like you want and serve.

A taste of Western Norway





Discover the beauty of Hardanger

On the first day you arrive at **Brakanes Hotel**. The hotel is located in the picturesque **Ulvik**, right at the edge of Hardangerfjord. More than half of the hotel rooms face the fjord. After checking in, you can relax in the sauna with a fjord view, enjoy the beach or try out the hotel swimming pool. For dinner, we recommend to check out the hotel restaurant, which serves delicious food based on local produce, as well as **local ciders** to accompany your meal.

On the second day, you can enjoy a lazy breakfast with a fjord view before hopping on board of **Fjord Cruise Hardangerfjord** which will take you to **Eidfjord**. From there, you can take a bus up to **Vøringsfossen**, which is Norway's most spectacular waterfalls. On the way back, you will stop in **Norwegian Nature Center** to learn about the Norwegian climate, nature and environment. After the tour, take the boat back to Ulvik.





The third day gives you the opportunity to feel some adrenaline rush. Choose between a fun **RIB boat adventure** that will take you to **Osafjord**, or an exciting **sightseeing flight** above the fjord and glacier. In the afternoon, take some time to walk among the **fruit farms** in Ulvik. Fruit trees have been grown in Hardanger since the 14th century thanks to optimal climate. You should join a presentation and **cider tasting** in one of the farms. Like champagne, also cider from Hardanger is a geographically protected brand name and can be only used for products of the highest quality that are made according to very carefully described guidelines.

Day four is when you check out from the hotel with a head full of amazing memories from Hardanger.

Price estimate for the whole package (per person in a double room sharing):

1. With RIB boat tour: 5 635 NOK
2. With seaplane flight: 7 805 NOK

Please contact Book Hardanger for booking and exact prices.



Eva Serwicka

Book Hardanger



es@bookhardanger.com



+47 906 62 701

Alexander Hillerich

Book Hardanger



ah@bookhardanger.com



+47 909 62 700



Covered Hardanger girls – “tilslørte bondepiker”

by Christer Økland, Fjordting Hotels



Ingredients

Apple jam and raw apple

- ✿ 4 red apples (sweet type)
- ✿ 2 green apples (acidic sour type)
- ✿ Sugar
- ✿ Cinnamon
- ✿ Lemon

Crumble

- ✿ 200 g butter
- ✿ 200 g flour
- ✿ 200 g almond flour
- ✿ 200 g sugar

Baked vanilla curd

- ✿ 315 g egg yolk
- ✿ 125 g sugar
- ✿ 125 g cream
- ✿ 25 g milk
- ✿ 1 vanilla bean, seeds and pod
- ✿ 200 g whipped cream

Preparation

Layer 1: Apple jam and raw apple

1. Cut 3 of the red apples and one of the green into odd sizes, remove the core and stem but keep the skin on
2. Place in a pan with 2 tablespoons of sugar, a knife edge of cinnamon and just enough water to cover the bottom of the pan

3. Cook until tender and blend until completely smooth, cool down
4. Finely cut the rest of the red apples into cubes of 2-3mm, blend them with a few drops of lemon to avoid oxidising and add them to the apple purè, reserve for serving.
5. Cut the last green apple into 1 mm slices for decoration, mix with a little lemon to avoid oxidizing, reserve for plating.

Layer 2: crumble

1. Place all ingredients in a Kenwood bowl, using the K-tool run on medium speed until a creamy fluffy texture
2. Place on a sheet pan with baking paper and bake in oven at 160°C in 10 minute intervals 3-4 times until golden, stir in between intervals to make sure it does not bake like a set cake.
3. Set aside to cool, and then break up into wanted pieces. At the restaurant at our hotels we spin them briefly in a blender to get the small crispy crumbs

Layer 3: baked vanilla curd

1. Add a tablespoon of sugar to a pan and spread the vanilla seeds in the sugar
2. Add milk and cream to the sugar and bring to a boil
3. In a separate bowl mix the rest of the sugar and egg yolks
4. Add the boiling milk to the egg yolk and sugar under vigorous whisking to avoid coagulation
5. Place in a form and bake at 110°C in oven until firmly set curd
6. Cool down and spin in blender to smooth texture
7. Divide the cream into 2 bowls, in one bowl gently fold in the whipped 200 g cream, keep the other bowl for serving

Once everything is ready, layer the different elements: apple jam, raw apples, crumbles, curd and cream, to cover each other. Therefore the name “covered farmer girls”.

A taste of Trøndelag





The food region Trøndelag

Right in the middle of Norway, you find Trøndelag. This region offers visitors the essence of Norway and everything Norwegian: High mountains and vast mountain plateaus. Deep forests and valleys. Sami reindeer herders who tend to their herds. The Northern Lights, snow and sparkling conditions for skiing. The elongated Trondheimsfjord with kilometre-long sandy beaches, and polished rocks along the coast. Wild animals such as moose, lynxes, reindeer, bears, wolves, eagles and muskoxen. Modern urban life with a rich cultural and commercial life.

In Trøndelag you have an easy access to a variety of experiences all year around in short distance from Trondheim , Norway's third largest city. And here you can experience different destinations with great contrasts, like Røros, Oppdal and the Trøndelag coast.

As one of Norway's **leading local food regions**, we offer some of the country's best culinary experiences. Unique natural resources and centuries of rich food tradition have made Trøndelag an important region for Norwegian food culture. Here there are more than **200 local food producers** who work closely with the regions restaurants and hotels. As a visitor to Trøndelag you will discover many culinary experiences wherever you go. The short distance from the fjord to the mountains makes Trøndelag special from a culinary perspective.





Cloudbberries, blueberries and lingonberries and mushrooms grow in abundance in the forests, while grouse, elk, reindeer and red deer thrive on the rich soil on the mountain plateaus. If we add in people with a passion for good produce and a genuine desire to serve the best, we can perhaps say that Trøndelag is Norway at its richest, purest, wildest and most beautiful.

Did you know that we have the world's best cheese in Trøndelag? 2023 marked a record-breaking year for the **World Cheese Awards**, with more than 4,500 cheeses competing to become the world champion. This year, the prestigious competition was held in Trondheim in Trøndelag. The blue cheese "**Nidelven Blå**" from Gangstad Gårdsysteri became **the world's number one cheese**. The producer, Gangstad is one of the highlights on The Golden Road, one of Norway's tastiest cycling trips. The route is also home to plenty of other farm shops, hotels, eateries, and cafés that offer local produce, including incredible cheeses.

All this provides an excellent starting point for eating one's way through Trøndelag from north to south and west to east – or in all directions at the spur of the moment. The short distances make this possible.

Welcome to Trøndelag!



Stine Teigen

Trøndelag Reiseliv AS



stine@trondelag.com



+47 984 19378

Pan fried wolffish with pommes puré and smoked butter sauce

Recipe by Odd Ivar Jørgensen, Executive Head Chef at Jonathan Grill & Brasserie Britannia

Recipe for 4 people

Ingredients

Pan fried wolffish

- ✿ 800g wolffish without skin or bones (Any white fish will work)
- ✿ 2 tablespoons butter
- ✿ Salt

Pommes Puré

- ✿ 400g potatoes
- ✿ 75g butter
- ✿ 30g milk
- ✿ Thyme
- ✿ Garlic
- ✿ Salt

Smoked butter sauce

- ✿ 135g butter
- ✿ 120g white wine
- ✿ 1 shallot
- ✿ 100g cream
- ✿ Salt
- ✿ Lemon
- ✿ Fish roe
- ✿ Chives



Preparation

Pan fried wolffish

1. Season the fish and fry it skin side down in a warm pan with some neutral oil
2. Once the fish has developed a nice sear (after about 1-2 minutes) flip it over, cook for about one more minute.
3. Add butter and baste it over the fish until the butter is nicely browned and the fish is cooked (takes about 4 minutes)

Pommes puré

1. Cook the potatoes in simmering water until tender
2. While the potato is cooking warm up butter, milk, thyme and garlic
3. Pass the potatoes through a ricer and add the butter and milk.
4. Season with salt

Smoked butter sauce

1. To smoke the butter put it in a steel container that has an airtight lid with ice.
2. Warm up smoking chips and ignite them, make sure they are burning properly
3. Put the pan into the container onto the ice and put the lid on to extinguish the fire and create the smoke
4. Reduce white wine to half with a chopped shallot

5. Strain and add cream, bring to a boil
6. Add the butter in cubes and whisk until emulsified, do not let it get cool or too warm in the process
7. Season with salt and lemon juice
8. Just before serving, add fish roe and chives

Put it together

Assemble the dish on a warm plate and garnish with vegetables of your choice like root vegetables or steamed greens.

Enjoy!



A taste of Lofoten





Holmen Lofoten

Embark on a gastronomic journey at **Holmen Lofoten**, where the art of cuisine is crafted with a twist. Nestled amid the pristine beauty of Lofoten, our retreat offers a blend of local tradition and innovative flavours. Our kitchen team takes pride in foraging the bountiful surroundings to bring you dishes that are both simple and bursting with taste.

Join us for the **'Kitchen On The Edge Of The World'** series—a limited-edition weekend package where culinary wizards and mixology maestros like Valentine Warner, Nathan Outlaw, and Nick Strangeway transform local ingredients into an extraordinary feast for the senses. Each season offer an ever-changing cast of artisans.

From hands-on cooking demos to savouring a four-course dinner under the midnight sun, you'll be at the heart of it all, seated at the chef's table. As you indulge in delicacies prepared from the freshest catch and foraged greens, witness the open kitchen's spectacle, and clink glasses filled with artisanal concoctions.

Your four-night stay with us is more than a dining experience—it's a celebration of **Lofoten's rhythm of life**. By day, inhale the crisp air on an outdoor adventure or unwind by the fireside with a tale. Engage in craft workshops, yielding handmade treasures to cherish your visit.

Reserve your spot for an unforgettable culinary adventure where every bite tells the story of Lofoten's rich and generous land.



Vegeir Selboe

Visit Lofoten



vegeir@visitlofoten.no



+47 958 00 718

Byggotto: Vegan, Stockfish or Lofoten Lamb



Open recipe – adjust as needed

Ingredients

- | | |
|--|---|
| ✿ Barley | ✿ Cabbage |
| ✿ Vegetables: onion, fennel, apple, carrot | ✿ Hard white goat cheese |
| ✿ Apple juice | ✿ Oven-baked Lofoten Lamb or oven-baked stockfish |

Preparation

1. Cut vegetables into small pieces: onion, fennel, apple, and carrot. Sauté the vegetables in a hot pot with a good dollop of butter.
2. Add the barley to the pot with the vegetables.
3. Let the vegetables and grains cook briefly in the pot before pouring in apple juice. Let this cook for 15 minutes. Cut some cabbage into fine strips and stir it in.
4. Grate as much cheese as you like, preferably hard white goat cheese. It gives a good smell and a sticky consistency. Stir the cheese well into the pot along with the barley/vegetables.
5. Top the dish with either edible flowers, oven-baked lamb (Lofoten lamb), or oven-baked stockfish (skrei or other white fish).

A taste of Northern Norway





© Siv Næørø at Visit Norway



© CH at Visit Norway

Finnmark – the northern top of Europe

Our region Finnmark is the top of Europe in Norway.

Here you will find fresh food based on local high quality ingredients, growing and living on the mountains as well as in the sea.

When visiting the lovely Finnmark, don't forget to try **king crab**, **cloudberries** and our famous **reindeer**. If you want something more than just tasting the traditional cuisine of the north, then you also have the opportunities to join a fishing boat to fish the king crab yourself, join a snowmobile trip to see wild reindeer or visit the Samic people.

Finnmark will give you memories for life, and it will be hard to forget the time you spent here.

Find the recipe for Biđus – a traditional dish from Finnmark and the Samic culture – at the end of this chapter.

We look forward to wish you welcome as our guests here in Alta and Finnmark!



Jens Brokman

Destinasjon 71 grader nord



jens@71-nord.no



+47 919 98 610



© Romain Charrier

Explore culinary Northern Norway

Climb aboard an Aurora Dinner Cruise

Experience the magic of the **Northern Lights** while indulging in a gourmet feast aboard our Aurora Dinner Cruise. Inspired by the traditional flavors of Norwegian fish gratin, our menu is a culinary journey that mirrors the ethereal beauty of the auroras overhead. As you sail silently through the **Tromsø fjords** on our eco-friendly vessel, savor dishes crafted from the freshest local ingredients, each bite a testament to Norway's rich culinary heritage. This isn't just a dinner; it's an unforgettable blend of nature's wonders and gastronomic delight. Join us for a taste of the Arctic at 1690 NOK and let the lights and flavors enchant you.



Alexia Diakaki

Brim Explorer



partner@brimexplorer.com



+47 467 06 672

The classic Norwegian Fish Gratin

Recipe for 4 people

Ingredients

- ✿ 600g Norwegian cod fillets, skinned and pinboned
- ✿ 3 tbsp butter
- ✿ 4 tbsp flour
- ✿ 4 dl milk
- ✿ Salt
- ✿ Breadcrumbs
- ✿ 3 pcs eggs
- ✿ Nutmeg, ground

Serve with grated vegetables salad and potatoes



Preparation

1. Preheat the oven to 180 °C.
2. Cut the cod in pieces.
3. Melt butter and stir in wheat flour. Add milk a little at the time. Stir well until you get a smooth sauce without lumps. If you are using raw fish you can make the sauce a little extra thick.
4. Coll the sauce a little, add egg and taste with salt and nutmeg.
5. Mix the cod with the sauce and pour into a grease oven-proof dish.
6. Sprinkle with bread crumbs and bake in the lowest part of the oven for approx. 40 minutes.
7. Serve the fish gratin with grated vegetables salad and boiled potatoes on the side. You can also serve it with a little melted butter if you like.

Tip: Fish gratin can be made from all kinds of whitefish, both raw and cooked. It's a perfect dish to use leftover fish from yesterday's dinner. Some of the fish can be replaced with cooked macaroni or vegetables.

The cooking time will be shorter if the fish is already cooked.

Bidus

Recipe for 4 people



Ingredients

- ✿ 1 l of water
- ✿ 2 kg shaggy reindeer meat
- ✿ 4 tablespoons flour
- ✿ 1 tablespoon salt
- ✿ 2 pieces of carrots (more or fewer according to taste and size)
- ✿ 6 pcs of potatoes (more or fewer by taste and size)
- ✿ 100 g goastebuoidi (dried reindeer fat)
- ✿ 1 pc dried reindeer bone

Preparation

1. Put about 4 deciliters of cold water in the bottom of the pot. Then add the reindeer meat. Add more water until it covers the meat. Then mix in wheat flour. Then you can turn on the heat.
2. Stir constantly in the pot until it comes to a boil to prevent the wheat flour from sinking down and the mixture separating. Simmer while peeling potatoes and carrots. Then put these in.
3. Then you scavenge goastebuoidi (dried reindeer fat) and hair in the bidus. **If you're using dried bones, cook these along with the meat from the start.**
4. It is only after adding dried reindeer fat and bones that you can salt. This is because the reindeer fat and bones can be salty. Taste your way.
5. The bidus is done when the potatoes are cooked, reindeer shavings do not need to boil for so long.
6. Bidus can be served with bread or flatbread. Enjoy!

A taste of Coastal Norway





©Marius Beck Dahle

A unique way to experience a taste of Norway

Havila Voyages – a voyage in taste

The location along the coast will determine the menu on board Havila Voyages.

Allow us to present you with the flavours of the fjords, the polar region, the Arctic and the archipelago: four food universes that reflect the coast you sail along. There is an extensive variety of flavours from the vast Norwegian coastline.

On board the Havila Voyages ships, you will get personal service at all meals, and we offer a wide range of side dishes so that you can create a meal for yourself with as much food and as many flavours as you like.

Breakfast, lunch and dinner are served in Havrand, the main restaurant. We also have Hildring, a fine dining restaurant; the five course signature menu here offers the very best of Norwegian ingredients. Havly Café serves small light meals and coffee with, perhaps, a Havila bread roll or freshly baked waffles.



Katrin Greywe

Havila Voyages

 katrin.greywe@havila.no

 + 49 160 5571345

Havila fish stew

Ingredients

- | | | |
|--------------------------|--|--|
| ✿ 10 g garlic | ✿ 450ml seafood broth | ✿ Fish (salmon and cod, about 60-80g per person) |
| ✿ ½ piece red chili | ✿ 1L water | ✿ Mussels (3-4 per person) |
| ✿ 100g onion | ✿ 35ml white wine vinegar | ✿ Shrimp (20g per person) |
| ✿ 100g carrot | ✿ 20g brown sugar | ✿ Scallops (1-2 per person) |
| ✿ 100g fennel | ✿ Salt and pepper to taste | ✿ Garnish (dill, cress, etc.) |
| ✿ 300ml Chardonnay | ✿ Boiled potatoes (diced, about 40-50g per person) | |
| ✿ 50g tomato paste | | |
| ✿ 500ml chopped tomatoes | | |
-

Preparation

1. Preheat your oven and roast the garlic, red chili, onion, carrot and fennel until nicely coloured.
2. In a large pot, combine the roasted vegetables with the Chardonnay, tomato paste, chopped tomatoes, seafood stock, water, white wine vinegar and brown sugar.
3. Season the stew with salt and pepper to taste and allow the mixture to simmer.
4. Add the diced cooked potatoes to the pot.
5. Cut the fish into pieces and add it to the pot along with the mussels, shrimp and scallops.
6. Let it simmer until the fish and seafood are fully cooked.
7. Adjust the seasoning if necessary and serve the stew hot, garnished with dill, cress or your favorite herbs.

Enjoy your Havila fish stew!





Imprint:

Edited by Franziska Roszinski

Idea/concept by Ulrike Katrin Peters

Edition © 2023

Innovation Norway

Caffamacherreihe 5

20355 Hamburg

www.visitnorway.com

We would like to thank the following partners for their great support and contribution:

Visit Southern Norway, Straand Hotel, Askeladden Reiser og Transport, Hadeland Glassverk, Book Hardanger, Trøndelag Reiseliv AS, Visit Lofoten, Destinasjon 71 grader nord, Brim Explorer, Havila Voyages