

The Good Lutefisk Guide

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Ling fish (a type of cod fish) is air dried in the North Sea where it is caught... and basically turned into fish jerky that doesn't need refrigeration. It's how the Vikings were able to store food shipboard without refrigeration. When reconstituted (softened) with lye water, 1 lb. of fish jerky turns into 9 lbs. of Lutefisk.

Purification of Lutefisk:

1. Stir 1 cup of pickling salt (Ball brand has no flow additives and can clump... but it is pure salt) into a large water filled ceramic crock pot insert.
2. To this I add the Lutefisk and hold it submerged with a water filled tray that fits the pot.
3. Soak the fish overnight (in the fridge anytime or in the garage in the winter) and drain the water the next day. This will be stinky water. Refill the pot with fresh water. Then stir in ¼ cup of pickling salt into the pot and repeat step 2.

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4. The next day, drain the water and fill with pure water (no salt) and repeat step2.
5. The next day, drain the water and use paper towels to pat/squeeze as much water out of the fish as you can.
6. The fish is now ready to be de-boned. A diagonal cutter and needle nose pliers are useful tools for this step.

Freezing the fish (Lutefisk Ready to Eat - LRE):

The fish can now be ready to eat in 45 minutes... so I take the opportunity to freeze it... if I am not having a Lutefisk meal that same day. Ziplock freezer bags will work... I use a vacuum bag sealer. (Don't vacuum seal Lefse... gets brown)

Cooking the fish:

The Lutefisk Ready to Eat (LRE) is the perfect meal for spur of the moment Norwegians. All the stinky brining and rinsing is done. You just thaw da fish (run water over the bag for example... don't microwave) and cook it.

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- 1. Preheat oven to 400°F.**
- 2. Remove da thawed fish from da freezer bag and use papers towels to pat off any residual moisture.**
- 3. Place da fish in Pyrex cookware & cover with tinfoil.**
- 4. Remove da tinfoil after about 20-25 minutes and use more paper towels to dab out any water collecting around da fish... but do not disturb or flip over da fish... leave da tinfoil off and continue cooking.**
- 5. Total cooking time is about 35 minutes +/- 5 mins... depends on the thickness of the piece you are cooking. Da fish should be flaky when it's done.**
- 6. Butter some lefse and roll up a portion of the LRE in the lefse... consume... repeat. Or try melted butter.**