

Traditional Baked Lutefisk with Butter aka Norwegian Filet Mignon

Olson's is a common brand of lutefisk made right here in Mpls. since 1910. There are a few old fashioned butcher shops that still rehydrate the cod but its more common these days to buy it locally pre- packed. We carry Olson Lutefisk at Anoka Meat & Sausage and what we are sampling today.

Servings: Varies

Ingredients

- 1.75 lb. Lutefisk pepackaged from Olson Fish Company
- 1/2 lb. Millerville butter
- Kosher Salt & Pepper

Steps

1. Thaw in the refrigerator over night. Rinse the fish and place in a glass baking dish.
2. Preheat oven to 375 degrees F.

Sprinkle with kosher salt & pepper

Place 1 stick of butter (chunks) around the fish & cover with tin foil.

Notes

- Lutefisk is prepared as a seafood dish of several Nordic countries. It is traditionally part of the Christmas feasts Norwegian julebord, Swedish julbord, and Finnish joulupöytä.
- Origin: Dried fish
- Preserved fish provided protein for generations in a part of the world with a strong fishing tradition. It is not known when people first started treating dried fish with lye. The reason was probably that the lack of major salt deposits in the area favored the drying process for the preservation of whitefish, a process known for millennia.
- Stockfish is very nutrient-rich and was consumed domestically, although it was during the boom in the stockfish trade in the late Middle Ages that it became accessible throughout Scandinavia as well as the rest of Europe. Higher-quality stockfish would be soaked in water, then boiled and eaten with melted butter. Lower-quality fish would be harder and require longer boiling, using more fuel; it has been suggested that adding ash from beech or birch to the boiling water would break down the protein chains and speed up the process. The introduction of lye in the preparation process might therefore have been incidental.
- Preparation
- Lutefisk served in a Norwegian restaurant with potatoes, creamed peas, and bacon.
- Norwegian Constitution Day dinner in Minnesota, lutefisk is served with lefse, and meatballs.
- Lutefisk for sale in a Norwegian market.
- The first step in preserving is soaking the fish for five to six days, with the water changed daily. The saturated lutefisk is then soaked in an unchanged solution of cold water and lye for an additional two days. The fish swells during this soaking, and its protein content decreases by more than 50 percent, producing a jelly-like consistency. When this treatment is finished, the fish is saturated with lye and inedible, with a pH of 11–12. To make the fish edible, a final treatment of another four to six days of soaking in cold water changed daily is needed. The lutefisk is then ready to be cooked.

