

Norwegian cod

Tasty, healthy and easy to cook

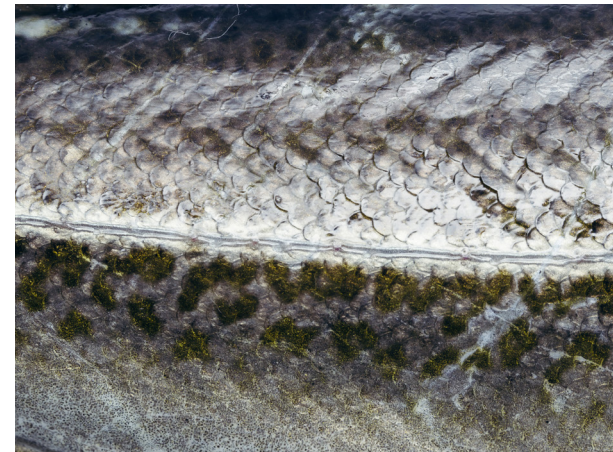
SEA FROM
FORWAY
NOD





Why is Norwegian cod good for you and your family?

Protein | Omega-3 | Vitamin A | Vitamin B12 | Selenium | Iodine



Did you know that...

Cod is an excellent source of protein and iodine. It is a very lean fish with a fat content lower than 3%, but rich in minerals and vitamins, such as selenium and high quality protein. Cod is packed with nutrients to help you keep your family healthy.

- **Protein** is important for growth and maintenance of muscles and necessary for a normal development of children's skeleton
- **Vitamin A** important for good eye health
- **Vitamin B12** helps the production of red blood cells and prevents anemia
- **Iodine** Aids metabolism and regulates important hormones. Important for mental development of embryo and children.
- **Selenium** an antioxidant that protects the body from environmental pollutants
- **Omega-3** Is good for the heart and reduces the risk of cardiovascular disease



From the cold, clear waters of Norway...

What makes cod from Norway so special? It begins with our cold, clear waters—the perfect environment for cod. It's in the sustainable fishing practices that protect our shores. It's in our quality controls, put in place from fjord to fork. And, of course, it's in the delicious flavor of our flaky white fish.

Norwegian cod is available 365 days a year, thanks in part to our focus on sustainability. We begin the year fishing in the Barents Sea and coastal areas, before moving to locations on the Polar

front, such as Bear Island. The cod fisheries are at their busiest between January and April

Norwegian cod is prized by chefs and food lovers around the world for its flavor and versatility.

Norwegian cod can be steamed, fried, baked or grilled. It also pairs well with the spices commonly used in Middle Eastern and Asian cuisines, making for delicious creative dishes.

We know that many want to eat fish more often. But there is one obstacle: people think that

cooking fish is complicated and takes long time. On the contrary! Fish is perfect for a busy day—exactly because it is easy and fast to make, taste great and in addition it is healthy!

Each day, more than 34 million meals of Norwegian Seafood are served worldwide, including in UAE. Check out the 6 tasty recipes for popular dishes featuring Norwegian cod in the following pages and get cooking!



Fish and chips of Norwegian cod

Serves 4 persons

Ingredients

480 g of cod from Norway
1 l sunflower oil
2 eggs
200 g flour
500 g breadcrumbs
1 lemon
Salt and pepper
Fresh parsley

Tartar sauce

2 tsp capers
2 tsp pickles
15 cl of mayonnaise

Chips, choice

Preparation

Heat 1 liter of sunflower oil. Cut the cod into 4 parts, salt and pepper. Then roll the beaten eggs and breadcrumbs into the flour. Fry until the pieces are golden brown (2 to 4 minutes). Then place them on absorbent paper to absorb the fat.

For sauce, mix mayonnaise with finely chopped capers and pickles, and pepper.

Serve with your favorite chips and the sauce next to it. To decorate, add a little fresh parsley and a few lemon slices.



Norwegian cod fillet in mustard sauce, fettuccini and bacon cubes

Serves 4 persons

Ingredients

4 Norwegian cod fillet portions
350 g fettuccini
100 g beef/turkey bacon cubes
70 g thick cream
2 tbsp traditional-style mustard
2 dl apple juice
¾ shallot
¼ chive bunch
2 tbsp olive oil
10 g coarse salt
Salt

Preparation

Boil a big volume of salted water (10 g of coarse salt per liter). Peel and dice thinly the shallot. In a hot frying pan, roast the beef/turkey bacon cubes and leave aside on some absorbing paper. In the same pan, add a drop of olive oil and sweat the shallot with a small pinch of salt. Deglaze with the apple juice. Reduce until it is almost dry. Add mustard and thick cream. Mix, season with pepper and cook gently for 5 min.

Pour down the pasta in boiling water and cook them al dente (the time is indicated on the

package). Strain them and leave aside.

In a frying pan, with 2 table-spoons of olive oil, cook cod fillet portions for 3 min. on each side. Season with salt and pepper.

Add the fettuccini in the hot cream 1 min to heat them. Place them in the plates. Add the bacon cubes and the cod fillet portions.

Decorate with chive.

Sayadieh with Norwegian cod

Serves 4 persons

Ingredients

600 g fillet of Norwegian cod with skin
2,5 dl long grain rice, washed and drained
1 large onion, sliced
½ dl vegetable oil
½ dl raw pine nuts
½ dl raw almonds
1 pinch turmeric
2 pinch cumin
2 pinch caraway
1 cinnamon stick
½ teaspoon salt
5 dl fish stock
2 tbsp olive oil

Preparation

Fry the almonds and pine nuts in a pan with 1 tbsp of vegetable oil until they turn golden brown. Remove the pan and set aside on a kitchen absorbent paper. Season with salt.

Season the cod with some salt. Heat a frying pan on medium heat with 2 tablespoons of vegetable oil and fry the cod with the skin side down. When its golden color turn it around and fry the other side until its almost cooked through. Remove the cod from the pan, remove the skin and flake into pieces.

Fry the onion in 2 tablespoons of in vegetable oil, until crispy and brown in color, season with salt. Remove half of the fried onion



and keep aside for the garnish. Add the spices, the fish stock and the rice, season with salt if necessary. Cover the pan and cook over low heat for 25 min. The rice is cooked when all liquid has evaporated.

Put the rice in a serving plate. Place the flaked cod on top and sprinkle with the fried onions, pine nuts and almonds and olive oil.



Norwegian cod with black pepper glaze

Serves 4 persons

Ingredients

600g fillet of Norwegian cod without skin and bones
 10 cl soy sauce (sweet)
 2 tbsp apple vinegar
 1 tbsp black pepper
 1 bulb
 1 pomegranate
 1 tbsp lemon juice (squeezed)
 1 tbsp sunflower oil
 1 spring onion

Preparation

Preheat oven to 200°C.

For the sauce, mix together in a saucepan sweet soy sauce, vinegar and pepper and cook for 5 minutes.

Brush the cod with the sauce and add the oven 8–12 min at 200°C.

As accessories: mixing together thinly sliced pear and pomegranate, have in thin strips of onion, lemon juice and oil

Machboos with Norwegian cod

Serves 4 persons

Ingredients

600 g Norwegian Cod with skin

Cod marinade

1 tsp salt
 Half tsp turmeric powder
 1 tsp chili powder
 1 tsp lemon juice
 1 tsp vegetable oil

2 tbsp geeh
 1 onion, chopped
 5 green cardamom pods
 1 tsp black peppercorns
 3 bay leaves
 5 cloves pods
 1 cinnamon stick
 1 tbsp minced garlic
 1 tbsp grated ginger
 2–4 green chili
 2 tomatoes, peeled and chopped
 ½ tsp salt
 1 tbsp Arabic masala
 ½ tsp turmeric
 2 dried lime, in 4 half's
 5 dl fish stock
 2,5dl long grain rice, washed and soaked 30min

Preparation

Rub the cod with the marinade and leave in the fridge for 1 hour. In a pan, fry the onion with 2 tablespoons of geeh until soft, then add cardamom pods, peppercorns, bay leaves, cloves and cinnamon sticks.

Add minced garlic, ginger, green chilies and sauté until the raw smell is gone. Now add tomatoes along with salt, Arabic masala,



turmeric, dried lime and fish stock and bring to boil.

Add the rice and cook under a lid until the liquid is absorbed.

In a frying pan, heat 2 table-spoon vegetable oil and fry the

cod with skin side down until crisp, then fry it on the other side until its cooked through.

Serve the Machboos with the Norwegian Cod on top.

Saluna with Norwegian cod

Serves 4 persons

Ingredients

600 g fillet of Norwegian Cod with skin
 2 tbsp olive oil
 1 tbsp vegetable oil
 2 tbsp geeh
 2 red onions, sliced
 4–6 small green chili, in pieces
 2 garlic cloves, minced
 ½ tsp salt
 ½ tsp black pepper
 ½ tsp turmeric
 ½ tsp cumin
 1 tbsp Arabic masala
 2 dried lime, in 4 half's
 4 tomatoes, without skin, chopped in pieces
 2 tbsp tomato puree
 1 lime, juice
 5 dl water
 fresh coriander

Preparation

Season the cod with salt, Arabic masala, black pepper and olive oil and marinate for 30 min.

Fry the onion in a pan with geeh and oil until soft, add chili, garlic, spices and stir.



Add dried lime, tomatoes and tomato puree. Cook for 15–20min. Add water, lime juice and bring to boil.

Fry the cod in a pan with the skin side down until golden and crisp.

Put it down in the sauce, add coriander and let simmer for 10 min.

Serve with rice and garnish with fresh coriander

Norwegian Seafood Council
Stortorget 1
9291 Tromsø
Norway
Phone: +47 776 03 333
E-mail: mail@seafood.no

