

Bake Icelandic Plokkfiskur with Rachel

Link: <https://www.youtube.com/watch?v=uqM8yOyOmk0&feature=youtu.be>

INGREDIENTS:

White fish (haddock, basa, tilapia)
Some smoked trout or smoked salmon
8 potatoes medium size (option – to put in one sweet potato)
1 small onion, cut finely
Optional garlic
Butter
Salt and Pepper to taste



METHOD:

- Cook the potatoes in salted water. After they are cooked, mash together with butter and milk in your usual way. Put the potatoes aside.
- On a low to medium frying pan, sauté the onions in butter until they are clear.
- Add the fish to the pan. Mash up with your fork to make sure that the fish is covered with the onion/butter mixture and cook until the fish is flakey.
- Combine the potatoes and fish into one mixture.
- Line an 8 x 11 baking dish with butter and spoon the fish-potato mixture evenly into the dish.
- Option to sprinkle with paprika, turmeric, parmesan cheese or smoked sea salt.
- Bake at 350°F until warmed through and serve.
- Enjoy!

It can be made ahead of time (always a bonus in a busy household) and tastes great.

Rachel Young is an ICCT Board member and teaches Icelandic.