

*Baked Skrei® and Vegetables
in a White Wine–Shallot Sauce*



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Skrei—Norwegian Cod in Its Prime

Serves 4

Juicy baked Skrei® is delicately placed atop a bed of boiled cabbage and carrots, and served with a flavorful white wine-shallot sauce.

Ingredients

Skrei:

4 5- to 6-oz Skrei fillets,
skin removed

Salt, to taste

Pepper, freshly cracked

1 clove garlic, sliced

1-2 tbsp butter

Vegetables:

1 head cabbage

2 each carrots, sliced

White Wine-Shallot Sauce:

1 cup white wine

1 tbsp chopped shallots

4 tbsp butter

Salt, to taste

Pepper, to taste

½ bunch fresh parsley, chopped

Directions

Skrei: Sprinkle 1 tsp salt over each Skrei fillet. Let sit for 7 minutes, rinse, and pat dry. Line a baking tray with parchment or foil, and preheat the oven to 350°F. Season Skrei with pepper and top with butter and garlic. Bake Skrei for 10 minutes or until just cooked through.

Vegetables: Chop the cabbage and boil in lightly salted water with the carrots for 3-4 minutes.

Sauce: Bring wine and shallots to a simmer, and let cook until alcohol is cooked out. Whisk in the butter and season with salt and pepper, and hold warm.

Serve the Skrei on a bed of cabbage and carrots, pour the sauce around the Skrei, but not over the Skrei. Garnish with parsley.



*Roasted Skrei®
with Fennel and Sour Cream Sauce*



Roasted Skrei® with Fennel and Sour Cream Sauce

Skrei—Norwegian Cod in Its Prime

Serves 4

Pan-roasted Skrei® loin fillets served with sautéed fennel and fennel-butter sour cream sauce. Add carrots and potatoes for a flavorful and hearty meal.

Ingredients

Skrei:

4 5- to 6-oz Skrei fillets

1 tsp salt

2 qts water

Fennel:

1 bulb fennel, thinly cut

1 tbsp butter

Sour Cream Sauce:

4 tbsp butter, at room temperature

4 tbsp sour cream

Vegetables:

4 each medium carrots,
sliced and cooked

1 lb potatoes, cooked

Directions

Skrei: Remove any scales from skin and season with salt. Let stand for 10 minutes. Melt the butter in a frying pan and add the Skrei with the skin side down. Cook until the skin is dark brown, 4–5 minutes. Turn the Skrei and cook 1 minute on the flesh side, then remove from heat.

Fennel: Sauté the fennel in butter until just tender, 3–4 minutes.

Sour Cream Sauce: Whisk the butter and sour cream together until smooth. You may add freshly chopped herbs or lemon juice if desired.

Vegetables:

Cook medium carrots as desired. Boil potatoes.

Place Skrei on the plate, skin side up. Arrange fennel, carrots and potatoes around the fish, and finish with sauce.



*Salted Skrei® and Beets
in a Lemon Cream Sauce*



Salted Skrei® and Beets in a Lemon Cream Sauce

Skrei—Norwegian Cod in Its Prime

Serves 4

Enjoy the rustic flavor of this satisfying baked Skrei® dish that features tender beets, roasted fingerling potatoes, carrots and fresh dill, finished in a lemon-butter cream sauce.

Ingredients

Skrei:

4 5- to 6-oz Skrei fillets

1 tsp salt

2 qts water

Vegetables:

½ lb beets

½ lb fingerling or Yukon Gold potatoes,
washed and halved

½ lb baby carrots, cut into sticks

2 tbsp olive oil

Salt, to taste

Pepper, to taste

Sauce:

2 cups cream

8 tbsp butter

½ each lemon

Directions

Skrei: Season each Skrei fillet with 1 tsp salt and refrigerate overnight. Bring 2 quarts water to a boil and let Skrei simmer about 10 minutes or until just cooked through. Do not let boil.

Vegetables: Peel beets and cut into 1/2-inch cubes. Boil in lightly salted water until tender. Preheat oven to 350°F. Combine potatoes and carrots with olive oil, salt and pepper. Bake until tender, about 15 minutes.

Sauce: In a small saucepan, heat cream and reduce by half. Whisk in butter, season with salt, pepper and lemon juice.

Serve Skrei over vegetables. Pour sauce over dish. Garnish with fresh dill.



*Truffle-Marinated Skrei® Fillet
and Tomato Salad*



Truffle-Marinated Skrei® Fillet and Tomato Salad

Skrei—Norwegian Cod in Its Prime

Serves 4

Baked Skrei® fillets marinated in truffle oil served atop a cherry tomato and mixed greens salad, drizzled in a fresh basil-parsley herb oil.

Ingredients

Skrei:

4 5- to 6-oz Skrei back fillets, skin removed

4 tsp truffle oil

8 oz mixed baby greens

Salt, to taste

Tomato Salad:

1 pint cherry tomatoes

2 tbsp olive oil

1 tbsp balsamic vinegar

½ bunch fresh basil, chopped (just before using)

Salt, to taste

Herb Oil:

½ bunch fresh basil, chopped (just before using)

½ bunch fresh parsley, chopped

2 tbsp olive oil

Salt, to taste

Directions

Skrei: Preheat oven to 350°F. Drizzle Skrei fillets with truffle oil.

Marinate at least 10 to 15 minutes, or up to 1 hour. Place fillets on a baking sheet lined with parchment or foil and season with salt. Bake until just cooked through, about 12 minutes.

Tomato Salad: Cut tomatoes in half. Whisk together oil and vinegar, stir in the basil, season with salt and pour over tomatoes.

Herb Oil: Combine basil, parsley and oil, preferably in a food processor. Season to taste with salt. Herb oil can be used in many ways and will keep in the refrigerator for at least 1 week, so make extra!

Serve Skrei over the mixed greens with tomato salad on the side. Drizzle Skrei with herb oil.

