

Norwegian Fish Cake

(Norway)

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Norwegian fish cake is most Norwegians' favorite dish. In my father's hometown of Haugesund, west coast of Norway, people used to make a living by fishing. There were plenty of fish in the fjord in the old days. My great-grandfather was a fisherman, he supported his whole family by fishing. Over time, there are less and less fish. My grandfather realized he couldn't make a living by fishing anymore so he became a CEO. But his love for fish cakes never died. Whenever we visit him and my grandmother, they will treat us with delicious Norwegian fish cakes.

Ingredients:

2 pounds white fish (Pollack, Haddock, or Cod)

1 1/4 cups whole milk

1 egg yoke (optional)

3/4 teaspoon salt

2 tablespoons potato flour

2 tablespoons all purpose flour

Butter or oil for frying

Instructions:

Dice fish, mix fish with all ingredients except oil. Form patty, fry in hot oil for couple of minutes until brown, serve warm.

Tips: The fish must be super fresh. Do not over-fry the fish cake, otherwise it will taste very rough.