



## Signe Johansen's Norwegian Salmon Festive Feast Recipes

The Norwegian Seafood Council has partnered with Signe Johansen, leading chef and author specialising in Scandinavian cuisine, to create an elegant and pretty smoked salmon starter and a show stopping main course using whole baked salmon. The dishes she has selected are traditionally eaten in Norway during the festive season. They are delicious, simple and inventive ways to cook and serve salmon here in the UK this Christmas.

Signe Johansen is a graduate of Leiths School of Food and Wine, has cooked in some of the UK's top restaurants and written two popular cookbooks, *Scandilicious* and *Scandilicious Baking*, about modern Scandinavian cooking, baking and living.

Salmon is growing in popularity over the festive season in the UK as people look for lighter, tasty alternatives to traditional roast dinners. In fact, the consumption of salmon is more than double during the month of December and this increase in demand is secured thanks to the abundant supply of quality salmon from Norway.

In recent years, global seafood sustainability has become a hot topic and it can still be difficult to know what species you can eat with a clear conscience. Norwegian salmon is sustainably harvested from strictly regulated farms spread throughout the country's extensive coastal seawaters and is in abundant year-round supply. You can rest assured when buying salmon from Norway that it is sustainable and of the highest quality.

Norwegian salmon is a succulent fish with a fresh, smooth, rich flavour and a soft, red flesh and defined flakes. Turning a delicate pink colour when cooked, it is deliciously sweet and its succulent flakes that fall away easily when cooked.



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### *Starter*

***Smoked salmon, pickled cucumber & sourdough with creme fraiche, fresh dill & avocado***

#### **Serves 4**

8 slices of Norwegian smoked salmon  
4 slices of toasted sourdough or rye bread  
2 avocados  
Juice and zest of 1 unwaxed lemon  
1 bunch of dill  
4 tbsp creme fraiche  
1 small batch of cucumber pickles  
Black pepper to taste

#### **Method**

Slice open the avocado and cut segments to place on the sourdough or rye bread. Fold the Norwegian smoked salmon on top of the avocado and then scatter the dill, squeeze some lemon juice on top and garnish with creme fraiche. Season with black pepper and serve immediately with the pickled cucumber.

#### **For the pickled cucumber:**

- 150ml white wine vinegar
- 100g fructose (fruit sugar)
- 1 cucumber

Place the white wine vinegar and fructose together in a small saucepan and warm through on a low-medium heat until the sugar completely dissolves. Allow to cool. Finely slice the cucumber and place in a deep bowl and add the cooled vinegar solution. Pickle for about 1 hour before serving. Please note, the cucumber keeps for about 6-8 hours however will turn soggy and slimy thereafter, so it is best to use up what you make on the day.

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### **Main**

***Traditional Norwegian whole baked salmon with a kale, roast butternut squash and pomegranate salad on the side. Roasting a whole Norwegian salmon makes a spectacular festive feast.***

#### **Serves 8-10**

#### For the roast salmon

1 whole Norwegian salmon (approx. 2 kg.), descaled, gutted and cleaned  
75 g butter  
2 small red onions, thinly sliced  
2 unwaxed lemons, thinly sliced



1 large carrot, thinly sliced  
A bunch of fresh parsley  
Herbamare (sea salt with herbs)  
Salt and pepper

#### For the salad

2 butternut squashes  
2 bunches of kale  
2 pomegranates, shucked open and de-seeded (seeds placed in a bowl)

#### **Method**

Preheat the oven to 150°C. You will need an oven large enough to place the butternut squash on one level and the salmon on another. Alternatively, you can choose to cook the butternut squash first and then follow this with the salmon if your oven has less capacity.

You will need two long sheets of extra-strong aluminium foil a roasting tray. Butter both sheets to avoid the fish sticking. Place one sheet on top of the roasting tray and season with herbamare and pepper.

Wipe the salmon dry and make three incisions into each side of the salmon. Stuff all six incisions with a piece of red onion, lemon, fresh parsley and carrot.

Close the salmon and sprinkle with a little lemon juice to taste.

Place the second sheet of foil on top of the salmon and crimp the edges inwards to create a parcel. Once sealed, place the salmon in the oven and roast for 1 ½ - 2 hours.

For the butternut squash, kale and pomegranate salad. Chop up the squash into bitesize chunks, place them on an uncovered tray and place in the oven. Allow 30 minutes for the squash to roast in the oven. Once the butternut squash is cooked, remove from oven.

Finely chop the kale and add this to the pomegranate seeds. Toss together, cover and set aside until the salmon is ready to be served. Garnish the salad with the roasted butternut squash.

Once the salmon is cooked and ready to serve, remove the top foil from the roasting tray and simply move a whole fish onto a presentation plate or board to place at the centre of the table.

To serve, gently scrape off the skin (and assorted cooked vegetables from the incisions) and start portioning up the fish. Serve along with the salad and buttered new potatoes.

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#### **Ends**

**For further information about Norwegian Seafood and the Norwegian Seafood Council please contact:**

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## Notes to editors

### ABOUT THE NORWEGIAN SEAFOOD COUNCIL (NSC)

In Norway the tradition of fishing goes back thousands of year - today, Norway is one of the world's three leading exporters of seafood products and is a world leader in sustainable fisheries management. Norwegian fish and seafood are of superior quality, excellent for health and appreciated by consumers around the world.

The NSC has its headquarters in Tromsø, Norway, 600 km (372 miles) north of the Arctic Circle. The NSC was created by the Norwegian Minister of Fishing in 1991 in order to promote Norwegian seafood products throughout the world. The NSC is a public company owned by the Ministry of Fisheries and Coastal Affairs.

### ABOUT THE NORGE LOGO



Norge is Norwegian for 'Norway' and this logo is a guarantee that the product is of Norwegian origin. The logo can only be used on products caught, farmed and processed in Norway and on licenced products in foreign markets.

### ABOUT NORWEGIAN SALMON

- Norwegian salmon is from Norway's cold, clear waters and in abundant supply all year round
- A succulent fish with a fresh, smooth, rich flavour and a soft, red flesh and defined flakes. Turning a delicate pink colour when cooked, Norwegian salmon is deliciously sweet and its succulent flakes that fall away easily when cooked
- Sustainably harvested from strictly regulated farms spread throughout the country's extensive coastal seawaters, salmon from Norway is in abundant year-round supply and is enjoyed in over 100 countries worldwide
- Norway is the world's biggest producer of Atlantic salmon – over 1.1 million tonnes in 2013 which equates to 60% of the world's production
- In 2013 55,000 tonnes was exported to the UK, up from 46,900 tonnes in 2012
- Seafood from Norway is served in around 31 million meals every day – of which 12 million are salmon
- A typical salmon net-bag is wider than an Olympic swimming pool – the largest being 160m in circumference and 70 metres deep - and the maximum ratio of fish to water is 2.5% fish to 97.5% water, though the average is lower at 1.4% of fish to 98.6% water
- There isn't an average size for salmon, different markets have various preferences, with Russians choosing a larger fish (4-6 kilos) and Italians liking the smallest fish (1-2 kilos)
- Salmon is the most efficient farmed-food when compared to poultry and meat. Salmon farming takes place within the natural environment, sustainability in aquaculture is essential. The goal for the Norwegian fish farming industry is therefore to minimise the environmental impact and to keep it within sustainable limits.
- The Norwegian authorities, research communities and industry all work together to enable Norwegian aquaculture to operate within a sustainable framework. The industry is subject to strict regulation and is legislated for in the Norwegian Aquaculture Act, which focuses on sustainable development. Under this Act, no one is allowed to run an aquaculture facility without a licence – which comes with numerous obligations and is strictly monitored

- There are three existing labels for sustainable salmon farming, the most visible being GLOBALGAP which is voluntarily used to certify food products worldwide. Their standards for aquaculture include food safety, animal welfare and general environmental impact and the majority of the major Norwegian fish farming companies are certified in accordance with GLOBALGAP's standards

