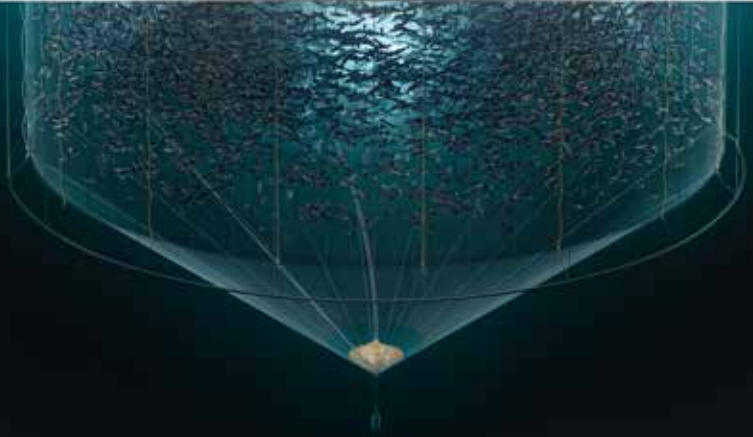




CHEF AND FOOD AUTHOR ARVE SERIGSTAD FROM STAVANGER IS THE MAN BEHIND THE DELICIOUS FISH DISHES IN THIS BROCHURE.

TEMPTATIONS FROM THE SEA



BY DEVELOPING TECHNOLOGY FOCUSED ON SOLVING THE BIOLOGICAL CHALLENGES WE CONTRIBUTE TO THE CONTINUED DEVELOPMENT OF A SUSTAINABLE INDUSTRY WITH FISH WELFARE AS THE MOST IMPORTANT SUCCESS CRITERIA. **GOOD FISH HEALTH IS PARAMOUNT IN ACHIEVING GOOD RESULTS, AND INVESTING IN OUR TECHNOLOGY WILL HELP DELIVER BOTH.**

FISH SOUP WITH COCONUT MILK AND THAI BASIL



INGREDIENTS:

- 2 TBSP FINELY CHOPPED ONION
- 2 TBSP FINELY CHOPPED FENNEL
- 500 ML FISH STOCK
(OR 2 STOCK CUBES)
- 500 ML WATER
- 2 TBSP CRÈME FRAICHE
- 200 ML FULL FAT MILK
- 200 ML COCONUT MILK
OR 200 ML WHITE WINE
- 1 CARROT JULIENNED
- 4 TBSP TURNIP JULIENNED
- 4 TBSP FENNEL JULIENNED
- 2 SPRING ONIONS
- ½ TSP CUMIN
- ½ TSP PEPPER
- SALT (TO TASTE)
- 2 TBSP LEMON JUICE
- FISH, SHRIMPS, MUSSELS,
FISH BALLS TO TASTE

INGREDIENTS:

- 1 POT OF HERBS
- 500 ML RAPESEED OIL



FISH SOUP WITH COCONUT MILK AND THAI BASIL

METHOD:

Fry onion and fennel until transparent in oil at a medium-high heat. If using white wine, add and reduce by half. Add ingredients of liquid (fish stock, milk, coconut milk, lemon juice and water) and boil for 4-5 minutes. Blend in crème fraiche and spices. Add vegetables, and allow soup to boil for another 3-4 minute. Cut the fish into cubes and simmer in a separate pot, then plate the fish in bowls, add the soup and finish with finely chopped spring onion, herb oil and Thai basil.

HERB OIL

METHOD:

Chop the herbs and add to a saucepan with the oil. Blend with blender, heat (approx. 1 minute) until it separates and strain through cheesecloth or a clean kitchen towel over a bowl. Store in fridge.



SCALLOPS WITH CHIVE MAYONNAISE AND SOYA TAPIOCA



INGREDIENTS:

- 2 – 3 SCALLOPS PER PORTION
- SALT
- LEMON JUICE
- BUTTER
- RAPESEED OIL
- CHIVE MAYONNAISE
(MADE FROM CHIVE OIL ,
JUST LIKE DILL MAYONNAISE,
SEE RECIPE, PAGE 20)
- 40 G SMALL WHITE TAPIOCA SPHERES
(PURCHASED IN INTERNATIONAL
FOOD STORES)
- 1 L WATER
- 100 ML SOY SAUCE
- 1 TBSP FISH SAUCE



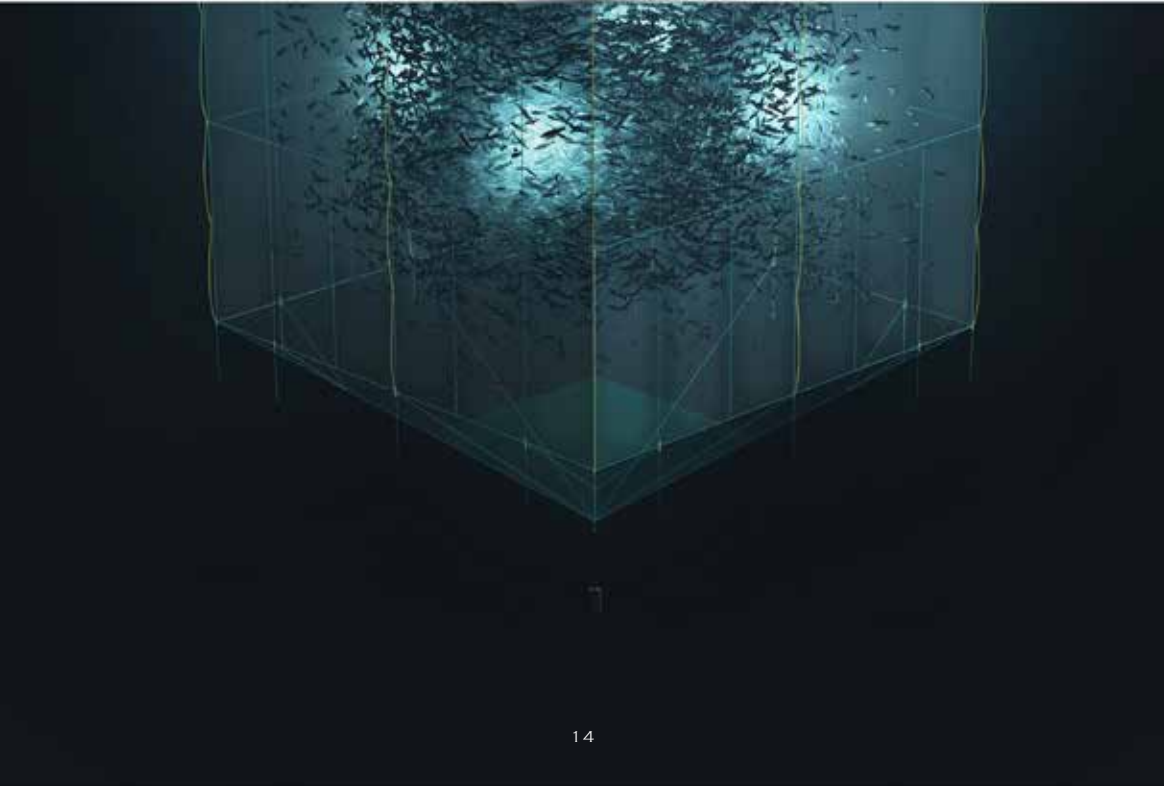
SCALLOPS WITH CHIVE MAYONNAISE AND SOYA TAPIOCA

METHOD:

Bring 1 L of water to boil and turn up the heat when adding the tapioca balls. Boil for 5 minutes, ensuring the balls circulate and don't stick. Strain and rinse in cold water. Strain again and add to a small bowl. Turn in the soya sauce, fish sauce and place in the refrigerator for an hour or so. Add two tablespoons of oil to a pan and heat to just above medium heat.

Add the scallops to the pan and fry for no more than two minutes on one side. Add a tablespoon of butter, and when melted, turn the scallops and finish for 1 – 2 minutes while spooning with the butter/oil. Add salt and lemon juice to finish. Plated as shown in the picture with fresh dill.





USING THE SEA AS THE NEW LARDER IS ESSENTIAL
IN ORDER TO FEED A GROWING POPULATION.
WHO HAS ESTIMATED THAT THE WORLD POPULATION
WILL REACH 9.7 BILLION PEOPLE BY 2050.

AQUACULTURE IS SUSTAINABLE PROTEIN
PRODUCTION, AND THE INDUSTRY WILL PLAY A KEY
ROLE IN FIGHTING HUNGER AND MALNUTRITION.

B I O L O G Y

T E C H N O L O G Y

SMOKED SALMON WITH DILL MAYONNAISE, PICKLED
CUCUMBER BALLS AND RED ONION ON RYE BREAD



INGREDIENTS:

- 1 SALMON LOIN APPROX. 200 G
- 100 G SALT
- 100 G SUGAR

INGREDIENTS:

- 1 EGG YOLK
- 1 TSP DIJON MUSTARD
- 1 TBSP LEMON JUICE
- 1 TBSP APPLE CIDER VINEGAR
- ½ TSP SALT
- ½ TSP GROUND PEPPER
- ¼ TSP CAYENNE PEPPER
- 400 – 500 ML DILL OIL
(SEE RECIPE FOR
HERB OIL AND USE
1 POT OF DILL AND
400 ML RAPESEED OIL

INGREDIENTS:

- 1 CUCUMBER
- 50 ML APPLE CIDER VINEGAR
- 100 ML SUGAR
- 150 ML WATER



SMOKED SALMON WITH DILL MAYONNAISE, PICKLED CUCUMBER SPHERES AND RED ONION ON RYE BREAD

METHOD:

Mix sugar and salt in a bowl. Cover a plate with a thin layer, add a piece of salmon and cover the fish with the remainder of the sugar and salt mixture. Leave for 30 minutes before rinsing and drying the salmon loin. Place the fish in a suitable container with the edges higher than the fish and cover securely with cling film. Make two small holes and have a piece of cling film ready to cover the holes once you have added smoke through one of the holes. Use a smoker and cover the container/salmon with smoke until hidden. Cover both holes, and allow the smoke to work for 15 – 20 minutes.

DILL MAYONNAISE

METHOD:

Whisk egg yolk and the other ingredients except the dill oil in a bowl. Add the dill oil slowly whilst continuing to whisk the mixture. Continue this until the consistency is like mayonnaise. This will be easier if all ingredients are at room temperature.

PICKLED CUCUMBER BALLS

METHOD:

Mix vinegar, and water in a bowl until the sugar dissolves. Peel the cucumber and make balls with a melon scoop, then place the balls in the solution. Place in refrigerator and allow the cucumber spheres to marinate for at least 30 minutes. Plate by placing thin slices of the salmon on deep-fried rye bread (thin slices of rye bread that e.g. may be cut using gingerbread circles and fried in hot rapeseed oil in a pan. Place on kitchen paper for 1 minute to remove excess oil.) Serve with dill mayonnaise, pickled cucumber balls and finely sliced red onion.





FISH FARMING HAS NOW BECOME NORWAY'S
MOST IMPORTANT INNOVATION.

LOW FISH DENSITY PROVIDES GOOD CONDITIONS
FOR THE FISH, AND A TYPICAL PRODUCTION FACILITY
HAS SIX TO TEN CAGES, AND CONTAINS
BETWEEN 3,000 TO 4,000 TONS OF FISH.

THE NETS ARE AT DEPTHS BETWEEN
20 AND 50 METRES AND CONTAIN 97.5%
WATER AND JUST 2.5% FISH.

HALIBUT WITH CAULIFLOWER PURÉE,
HERB PESTO AND DEEP-FRIED CAPERS



INGREDIENTS:

- APPROX. 150 G SKINNED HALIBUT FILLET PER PERSON
- 2 CAULIFLOWERS
- 1 CELERIAC
- 50 G BUTTER
- 50 ML LEMON JUICE
- SALT AND PEPPER
- ¼ TSP CAYENNE PEPPER

SALT SOLUTION:

- 1 L WATER
- PINCH OF SALT
(DISSOLVE SALT IN WATER)

INGREDIENTS:

- APPROX. 100 G DILL
- APPROX. 100 G CHIVES
- APPROX. 100 G SPINACH LEAVES
- 150 ML PINE NUTS
- 70 G PARMESAN (COARSLY CHOPPED)
- ½ TSP PEPPER
- 300 ML OLIVE OIL
- JUICE FROM 1 LEMON

INGREDIENTS:

- 1 JAR OF CAPERS
- 300 ML RAPESEED OIL



HALIBUT WITH CAULIFLOWER PURÉE, HERB PESTO AND DEEP-FRIED CAPERS

METHOD:

Cover the Halibut pieces with the salt solution in a bowl/container. Leave the fish in the solution for 30 minutes before removing and drying lightly. Coat the bottom of an oven-proof dish with herb oil and add the fish. Bake in oven at 180 degrees for approx. 10 minutes. Roughly chop cauliflower and peeled celeriac. Place in saucepan and cover with water and boil until tender. Reserve 50 ml of the water. Put the butter in the bottom of the blender and add the hot vegetables. Purée and add reserved water, if necessary. Return to saucepan and add spices and lemon juice to taste.

HERB PESTO

METHOD:

Roast the pine nuts until golden in a hot, dry pan. Place everything in a food processor and blend to desired consistency.

DEEP-FRIED CAPERS

METHOD:

Strain capers and dry well with kitchen towel. You could also use a sieve and a hair dryer. They should be completely dry and have lost their shine. Add the oil to a saucepan and deep-fry at a high heat until the capers “open” and become a dark brown. Strain and place on kitchen towel for one minute. Plate as illustrated.





ALL FOOD PRODUCTION IN NORWAY IS STRICTLY REGULATED. IN ORDER TO BECOME A FISH FARMER, A LICENCE FROM THE AUTHORITIES IS REQUIRED.

THERE ARE STRICT REQUIREMENTS TO ENVIRONMENTAL MONITORING, FISH HEALTH AND FOOD SAFETY. ALL AQUACULTURE FACILITIES MUST BE INSPECTED BY A FISH HEALTH SERVICE AT LEAST SIX TIMES A YEAR. IN ADDITION, EACH FACILITY HAS TWO ANNUAL VISITS BY A PUBLIC VETERINARIAN OR FISH HEALTH BIOLOGIST.

BAKED SALMON WITH FENNEL CREAM,
CELERY AND CRUNCHY BUCKWHEAT



INGREDIENTS:

- 1 SALMON LOIN APPROX. 200 G
- 100 G SALT
- 100 G SUGAR

INGREDIENTS:

- 4 FENNELS
- 2 SHALLOTS
- 4 STAR ANISES
- CREAM/FULL FAT MILK
- 50 ML PERNOD (ANISEED LIQUEUR)
- SALT AND PEPPER

INGREDIENTS:

- 50 ML BUCKWHEAT
- 2 L WATER
- 200 ML RAPESEED OIL
- FINE GRAIN SALT



BAKED SALMON WITH FENNEL CREAM, CELERY AND CRUNCHY BUCKWHEAT

METHOD:

Use the same procedure as for smoked salmon, but choose whether to add smoke or not. Place the salmon directly in the oven, or tightly roll the salmon in cling film to achieve the round shape as illustrated. It is most effective if you leave the fish in cling film in the refrigerator overnight, or at least 3 – 4 hours. Bake the salmon, while in the cling film, at 60 degrees for 35 – 45 minutes

FENNEL CREAM

METHOD:

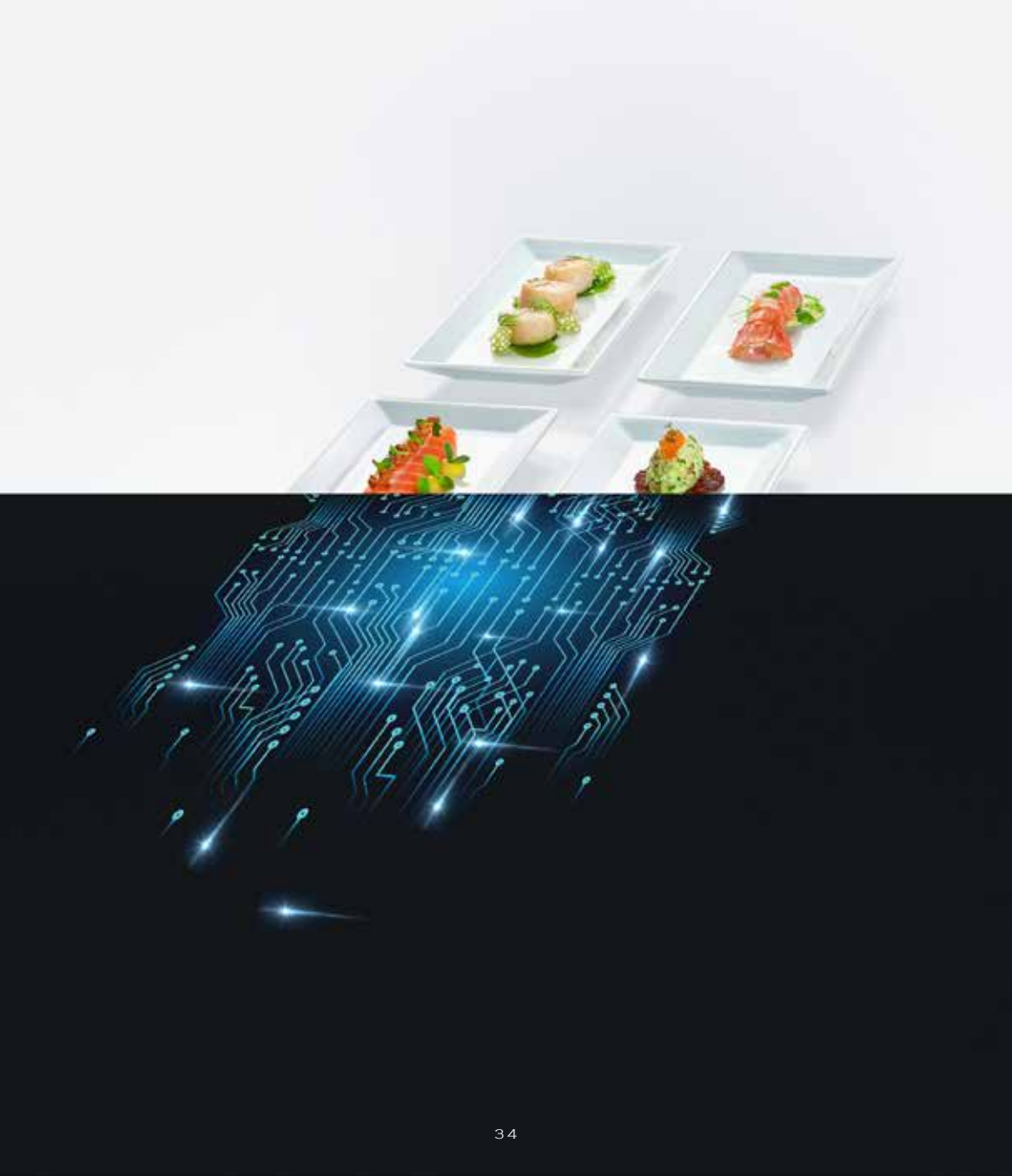
Slice fennel and add to saucepan with shallots, star anise and Pernod. Cover with half of cream and milk. Boil until tender, strain and blend until smooth with immersion blender. Add salt and pepper to taste.

CRUNCHY BUCKWHEAT

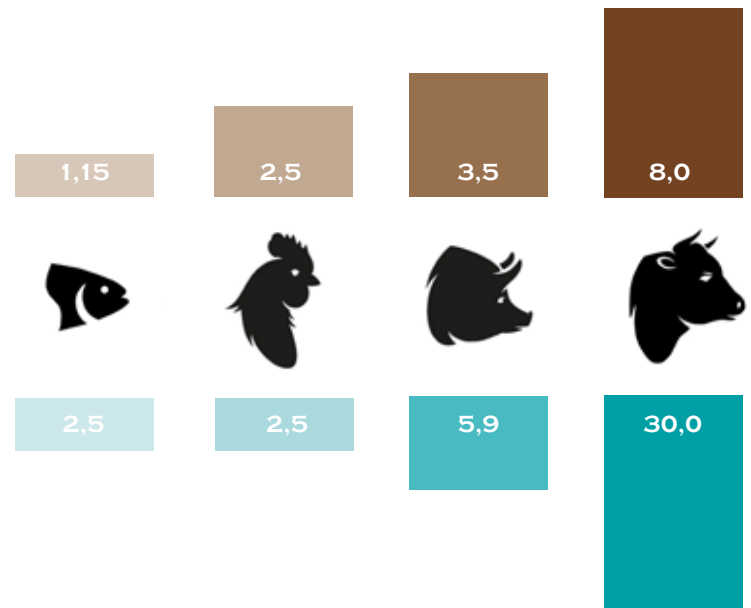
METHOD:

Boil buckwheat in water until expanded to double the size. Strain and dry buckwheat lightly with clean kitchen towel. Heat the oil and add the buckwheat. Watch closely, and stir with a spoon to prevent sticking. This may take time, because the rest of the water has to evaporate before the buckwheat turns golden and ready. Take care to prevent burning. Strain and place buckwheat on kitchen paper and sprinkle with salt. Plate as illustrated with strips of celery (use a vegetable peeler or cheese slicer and cut strips of celery. Place in bowl and cover with cold water. Leave in refrigerator for around an hour). Fresh chervil is used in the picture.

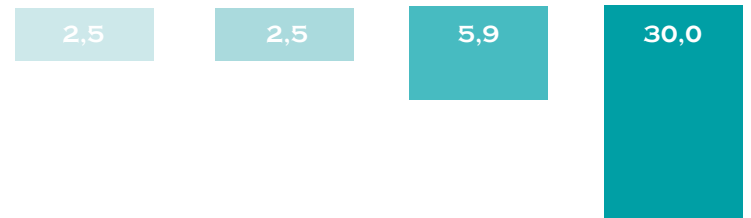




THE AMOUNT OF KG FEED WHICH IS REQUIRED TO PRODUCE 1 KG OF PROTEIN



THE NUMBER OF KG CO² RELEASED PER KG OF PROTEIN





EAT MORE FISH AND SEAFOOD!

ONE OF THE MOST COMPREHENSIVE ASSESSMENTS THE SCIENTIFIC COMMITTEE FOR FOOD SAFETY HAS UNDERTAKEN RESULTED IN THE REPORT “A HOLISTIC VIEW OF FISH AND OTHER SEAFOOD IN THE NORWEGIAN DIET”. HERE THE COMMITTEE WEIGHS THE BENEFICIAL HEALTH EFFECTS OF FISH AGAINST ANY ENVIRONMENTAL TOXINS. THEIR CONCLUSION IS THAT WE SHOULD CONTINUE TO EAT FISH, AND PREFERABLY IN GREATER QUANTITIES THAN AT PRESENT.

