



DE'LISH 1 RECIPES EPISODE 10 - ICELAND

STARTER: PICKLED HERRING WITH SKYR SAUCE

MAIN: FISH CURRY LOAF WITH ICELANDIC VEG

DESSERT: SPICED BLUEBERRY SOUP

STARTER: PICKLED HERRING WITH SKYR SAUCE

Ingredients

12 small pieces pickled herring	SAUCE:
4 slices dark rye bread	1/3 cup plain yoghurt
1 red apple	1/3 cup sour cream
1 green apple	1/3 cup riccotta or cottage cheese
lemon juice to rub on apple slices	1/2 green chilli, crushed
2 hard-boiled eggs, thinly sliced	1/4 tsp hot chilli powder
	salt and white pepper to taste

Method

- In a small bowl, mix all the sauce ingredients and set aside.
- Cut discs out of the rye bread slices using a mould cutter or tin. Slice the apples and rub them with lemon juice.
- Dot some of the sauce in the centre of each plate, and place a bread disc on top. Create layered stacks using the larger slices of red apple, egg and green apple, distributed evenly on each plate. Roll the herring and arrange three pieces on the top of each stack. Garnish the plate with the sauce and fresh dill.

MAIN: FISH CURRY LOAF WITH ICELANDIC VEG

Ingredients:

1kg fresh fish	VEG:
2 medium onions, sliced	30g asparagus, blanched
4 cloves garlic, crushed	30g red cabbage, chopped and blanched
1 green chilli, crushed	30g baby carrots, blanched
1 red chilli, crushed	30g potato, par-cooked and sliced
1 tsp ground turmeric	olive oil for frying
1 tbsp dhania powder	salt to taste
1 tbsp cumin seeds	SAUCE:
1 tbsp desiccated coconut	50g butter
100ml potato flour	50g flour
100ml cake flour	1 1/2 cups milk
2 eggs	salt and white pepper to taste
30ml tamarind steeped in hot water	1 tbsp butter
juice and zest of 1 lemon	
1 tsp salt	
1 cup full cream milk	

Method

- Place a roasting dish with water into the oven and preheat to 180 degrees Celsius.
- In a large bowl, flake the fish with your hands. Using a spatula, mix in the dry ingredients, then the liquid and the eggs. Stir in enough milk to make a sticky mixture and pour into a greased loaf pan. Cover with foil, place in the roasting dish containing water in the oven, and bake for 40 to 50 minutes. Make sure the roasting dish is always half full with water during baking.
- 15 minutes before removing the loaf from the oven, melt the 50g of butter, on low heat, in a saucepan. Stir in the flour and mix to a paste. Mix in the milk with a whisk and simmer, while stirring to prevent lumps forming, until the flour has cooked and the sauce has thickened. Season and mix in the 1 tablespoon of butter.
- Before removing the loaf from the oven, saute the veg on high heat in olive oil, in a frying pan.

- Remove the loaf from the oven, remove the foil, turn out and slice. Plate with the Bechamel sauce and veg. Garnish the plates with cherry tomatos, curry leaves and lemon wedges.

DESSERT: SPICED BLUEBERRY SOUP

Ingredients

150g blueberries or bilberries, fresh or frozen
1/2 tsp elachi powder
1/2 tsp ground cinnamon
1/4 tsp clove powder
2 cups water
1 cup coconut milk
85g castor sugar
1 tbsp desiccated coconut
15g corn flour
60ml cold water
1 cup fresh cream

Method

- Bring the 2 cups of water and the coconut milk to boil with the spices.
- Drop the berries into the boiling water and cook on low heat until they burst. Add the sugar to the soup and stir until it has dissolved.
- Mix together the corn flour and the 60 ml cold water and then stir this mixture into the soup. Cook until the cornflour has thickened, then stir in the cream.
- Serve in bowls or mugs and garnish with berries, mint leaves and rose syrup.