Main dishes / Iceland

Plokkfiskur

Flaked boiled fish mashed with potato in a white sauce. Icelandic home cooking made from leftovers.

Time 55 min **Servings** 4

What you'll need.

- ☐ 700 g Cod — fillet
- ☐ 700 g Potatoes
- ☐ 1 piece Onion
- ☐ 60 g Butter
- ☐ 40 g Flour
- ☐ 500 ml Milk
- ☐ 1 tsp Mustard
- ☐ 200 g Rye bread — to serve
- ☐ 20 g Chives
- ☐ Salt and pepper — to taste

Let's make it.

01 Boil the potatoes in their skins until tender, peel them and cut them into large pieces.

02 Poach the cod in salted water for eight minutes, lift it out and flake it by hand, removing bones and skin.

03 Fry the onion in butter until soft, stir in the flour and cook it two minutes, stirring.

04 Pour in the milk in a thin stream, whisking continuously, and bring the sauce to the thickness of cream.

05 Stir in the mustard, salt and pepper, add the fish and potato and warm everything through for five minutes.

06 Mash with a fork to a coarse, uneven texture in which the pieces are still recognisable, and scatter with chives.

Recipe & provenance UniTools / UniTools — theunitools.com / CC BY-SA 4.0.
Original recipe and attribution CC BY-SA 4.0
recipes.dvs-services.be / plokkfiskur