

Remoulade

This is a popular condiment for sandwiches and hot dogs but is a tasty sauce over potatoes as well.

Ingredients

- 1 egg yolk
- 1 teaspoon Dijon mustard
- 3/4 cup grapeseed or canola oil
- 1 tablespoon white wine vinegar
- 2 teaspoons chopped pickle
- 2 teaspoons horseradish
- 1 tablespoon chopped parsley



Instructions

1. In a medium bowl, blend the egg yolk and mustard using a wire whisk.
2. *Very slowly* add the oil, blending until smooth and thick.
3. Add the white wine vinegar, chopped pickle, horseradish, and parsley. Blend completely.
4. Store in a tightly sealed container in refrigerator.

Alternatives & Substitutions

A traditional Icelandic mix would typically call for gherkin, capers, and chervil. You can substitute the same measure: 2 teaspoons gherkin in place of the pickle, 2 teaspoons capers for the horseradish or 1 tablespoon chervil in place of the parsley.

Yields approximately 1 cup

Fiska Bollar

A classic Icelandic dish, fish is minced and mixed with seasonings and lightly fried.

Ingredients

- 1 1/2 pound haddock or other type of fish fillets
- 1 medium onion, finely chopped
- 2 1/2 tablespoons flour
- 1 tablespoon cornstarch
- 1 egg
- 2-3 teaspoons salt
- 1/6 teaspoon pepper
- 1 cup milk
- Oil for frying



Instructions

1. Mince fish and onions and mix together in a medium bowl. Blend in flour, cornstarch, egg, salt, and pepper. Add milk gradually and stir well.
2. Cover and refrigerate for 30 minutes to thicken. When set, scoop by tablespoonful and form into rounded balls. On stovetop, fry in 2-3" of hot oil, turning until lightly browned on all sides.

Curry Cream Sauce

- 3 tablespoons butter
- salt and pepper to taste
- 1/4 teaspoon curry
- 1/4 cup flour
- 1 1/2 cups milk

In a small skillet over medium heat, melt butter with salt, pepper, and curry. Sprinkle in flour and whisk until smooth. Slowly add milk, continuing to whisk to keep smooth. Bring to a boil, stirring constantly until sauce begins to thicken. Boil for 2 minutes, continuing to stir. Remove from heat and cool.

Alternatives & Substitutions

Serve with melted butter, curry cream sauce (recipe above) or brown gravy.

Rúgbrauð Svart

This traditional bread is sweet, heavy and hearty, excellent with a main dish or to make a sandwich

Ingredients

- 1 cup buttermilk
- 1 cup sour cream
- 3/4 cup dark corn syrup
- 1 cup all-purpose white flour
- 1 cup whole wheat flour
- 1 cup rye flour
- 1 1/2 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt

Instructions

1. Heat oven to 250°. Grease a 5x9 bread loaf pan.
2. In a large bowl, blend together buttermilk, sour cream, and corn syrup.
3. In a separate bowl, mix flours, baking powder, baking soda and salt.
4. Add the dry ingredients to buttermilk mixture and blend completely.
5. Pour into prepared loaf pan.
6. Bake for 3 hours.
7. Remove from oven, cool completely on wire rack.

Alternatives & Substitutions

This bread freezes very well.

Yields 1 loaf



Piparkökur

Icelandic pepper cookies are very light and crispy with a mild pepper flavor

Ingredients

- 1 1/4 cups butter, softened
- 1 1/4 cups sugar
- 3/4 cup light corn syrup
- 2 eggs
- 3 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 teaspoons ground cinnamon
- 2 teaspoons ground cloves
- 1 teaspoon ground ginger
- 1/4 teaspoon ground black pepper

Instructions

1. In a large bowl, cream butter and sugar until smooth. Beat in the corn syrup and eggs, mixing well after each addition. In a separate bowl, sift together the flour, baking powder, baking soda, salt, cinnamon, cloves, ginger, and pepper. Add dry ingredients to the butter mixture, and mix until smooth. The dough will be very soft. Cover with plastic wrap and refrigerate at least 3 hours or overnight.
2. Preheat oven to 350°. Line baking sheets with parchment paper. Roll dough into 1/2" balls and place on prepared baking sheet at least 2" apart. Place 1/2 cup of flour in a shallow dish, then using a smooth-bottom glass, dip into the flour and press the cookies flat.
3. Bake for 10 minutes. Remove from oven and lift up sheet of parchment paper without disturbing cookies. Cool on baking racks. When cool, gently peel the cookies from the paper. They will be very thin and crisp. Store in cookie jar or sealed container.

