

THE ORIGINAL NORWEGIAN MAKAYABU



SEA FROM
FROM NORWAY
NOD

Deep fried Norwegian Makayabu with hot chili sauce

Medium
30–40 min
4 pax

Ingredients:

Deep fried Makayabu:

450 grams pre-soaked Makayabu (salted saithe)
3 whole eggs
100 grams corn starch
100 grams panko (dried bread for coating)
Salt
Pepper
500 ml neutral oil for deep frying

Hot chili sauce:

200 ml mayonnaise
2 tbs sriracha sauce
1 tbs soy sauce
1 lime

Chopped coriander



Instructions:

Deep fried Makayabu:

- Heat the oil in a wide saucepan to 160°C
- Add corn starch into a container and season with salt and pepper.
- Wisk together 3 eggs with an immersion blender.
- Tap dry the fish with kitchen paper.
- Dip the fish in corn starch, egg, and panko.
- Put in the heated oil, turn when the fish is golden on the side that is down.
- When golden on both sides, take out of the oil and over onto a paper.

Hot chili sauce:

- Add all the ingredients in a bowl and mix.

Serve with chopped coriander.

Norwegian Makayabu salad with olives and pine nuts

Easy
30 min
4 pax

Ingredients:

Makayabu:

1 whole pre-soaked Makayabu (salted saithe)
50 ml neutral oil for frying

Salad:

50 grams rocket salad
3 cloves of garlic
150 grams small, sweet tomatoes
1 red onion
1 red chili
50 ml olive oil
70 grams green olives
40 grams pine nuts
1 lemon
Salt



Instructions:

Makayabu:

- Heat a skillet and add oil for frying.
- Put the fish in the pan and fry on both sides until golden.

Salad:

- Cut red onion lengthwise.
- Cut chili.
- Heat a sauté pan and add the olive oil.
- Gently sauté red onion, small tomatoes, and chili. Season with salt.
- Wash the rocket salad and lay on a big plate.
- Toast the pine nuts over low heat until golden.
- Add the sauté vegetables.
- Put the fried fish on top.
- Top the salad with green olives and pine nuts.
- Finish with olive oil and lemon juice.

Norwegian Makayabu with vegetables and salsa

Medium
45 min
4 pax

Ingredients:

Pan fried Makayabu:

550 grams pre-soaked Makayabu (salted saithe)
Corn starch
Salt
Pepper
Other seasoning if wanted
Neutral oil for frying

Sautéed vegetables:

500 grams boiled potatoes
1,5 red onion
200 grams small tomatoes
2 green chilies
60 ml olive oil
Salt

Red bell pepper salsa:

2 red bell pepper
1 red onion
75 ml olive oil
Salt



Instructions:

Pan fried Makayabu:

- Remove most of the bones of the fish and tap dry with kitchen paper.
- Season corn starch with salt and pepper and other optional seasoning.
- Heat a skillet and add neutral oil.
- Turn the fish in the corn starch and gently put the fish in the hot skillet and fry on both sides until golden.

Sauté vegetables:

- Cut the boiled potatoes in half or quarters.
- Slice the red onion thinly.
- Cut the small tomatoes in half.
- Cut the green chili in slices.
- Heat a saucepan and add the olive oil.
- Put in the potatoes and sauté for 2-3 minutes over medium heat.
- Add the onion, tomatoes and chili and sauté for 3-4 minutes, season with salt.

Red bell pepper salsa:

- Heat the oven to 250 °C
- Cut red bell pepper in half and rub in with neutral oil so it covers all the surfaces.
- Bake the bell peppers until the skin is black.
- Add into another container and cover with plastic wrap. Leave until it's room temperature.
- Peel the skin of the bell peppers.
- Cut the bell peppers in small cubes.
- Finally cut the red onion.
- Mix all the ingredients and season with salt.