TT-Cookbook: How to cook without ingredients ...

Anna's Plokkfiskur (Icelandic Fish Stew)

Ingredients:

mandatory	*optional*
2-2,5 kg potatoes ca. 1 kg white fish 2 onions 1-2 cups milk ca. 3 tea spoons curry powder salt & pepper	salad or veg as a side dish traditionally served with some slices of rugbrauð (icelandic rye bread), but goes well just by itself too

- [ ] VEGETARIAN
- [ ] VEGAN
- [x] Iceland
- [x] GLUTEN FREE
- [ ] LACTOSE FREE
- [x] NUTS FREE
- [x] SOY FREE

How to prepare:

Boil potatoes until they're soft (or use leftover potatoes). Cut the fish into small pieces (2-3 cm). Chopp onions into pieces and fry with oil in a big pan. Add fish pieces to the onions. Drain potatoes and add them to the pan. Mush everything with a masher or a fork. Add milk gradually to get a smooth consistency (use more if neccessary). Spice with salt & pepper and with curry.

Notes:

Plokkfiskur is a traditional Icelandic dish, translating to „pluck fish“. It used to be a poor man's dish and is well known all around the country. Quickly prepared and filling!

Possibly easy to turn into lactose free by using milk alternatives