



Recipe
suggestions

Lapland fish soup (serves 6)

Ingredients

- > 40g butter
- > 1 tsp fennel seeds
- > 3 bay leaves
- > 3 celery sticks, finely sliced
- > 1 onion, cut into a medium dice
- > 4 carrots, roughly chopped
- > 2 potatoes, roughly chopped
- > 150ml white wine
- > 400g salmon fillet, skinned and pinboned
- > 400g pollock fillet, skinned and pinboned
- > 200ml double cream
- > handful dill, finely chopped

Method

- > In a medium-sized pan, melt the butter with the fennel seeds and bay leaves.
- > Add all the vegetables, increase the heat a little, then sweat with the lid on for 20 mins, until soft but not coloured. Season. Add the wine, replace the lid and simmer for a further 5 mins until the potatoes are just cooked.
- > Cut the salmon and pollock into large chunks and carefully drop into the saucepan, then gently turn it through the vegetables. Add just enough water to cover the fish. Bring to a simmer, approximately 4 mins.
- > Pour in the cream and stir it through gently so as not to break up the fish. Scatter over the dill and serve with crusty bread.

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